

## Once In A Lifetime

64 Count, 4 Wall, Intermediate

Choreographer: Diana Dawson (Scotland) Jan 2015

Choreographed to: Once In A Lifetime by Heartbeat.

Album: Once In A Lifetime (114 bpm)

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### 16 count intro.

#### Section 1: RIGHT SIDE-TOGETHER, CROSS SHUFFLE, LEFT SIDE-ROCK, CROSS SHUFFLE

- 1-2 Step right out to right side, step left beside right
- 3&4 Cross step right over left, step left to left side, cross step right over left.
- 5-6 Rock left out to left side, recover onto right
- 7&8 Cross step left over right, step right to right side, cross step left over right

#### Section 2: RIGHT SIDE, TOGETHER, SIDE SHUFFLE, CROSS, ROCK, 1/4 TURN LEFT SHUFFLE

- 1-2 Step right to right side, step left beside right
- 3&4 Step right to right side, step left beside right, step right to right side
- 5-6 Rock left across right, recover onto right
- 7 Make 1/4 turn left stepping forward on left [9.00]
- &8 Step right beside left, step forward on left

#### Section 3: STEP, PIVOT 1/4 TURN LEFT, CROSS SHUFFLE, THREE-1/4 TURN, SHUFFLE

- 1-2 Step forward on right. Pivot 1/4 turn left [6.00]
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Make 1/4 turn right stepping back on left, 1/2 turn right stepping forward on right [3.00]
- 7&8 Step forward on left, step right beside left, step forward on left

#### Section 4: ROCK FORWARD, SHUFFLE BACK, SLOW COASTER STEP, SCUFF

- 1-2 Rock forward on right, recover onto left
- 3&4 Step back on right, step left beside right, step back on right
- 5-6-7-8 Step back on left, step right beside left, step forward on left, scuff right forward

#### Section 5: STEP, LOCK, SHUFFLE, STEP- PIVOT 1/2 TURN RIGHT x2 (or Rocking chair)

- 1-2 Step forward on right, lock step left up to right
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Step forward on left, pivot 1/2 turn right. [9.00]
- 7-8 Step forward on left, pivot 1/2 turn right [3.00]

**Easy alternative for steps 5-6-7-8 – Rock forward on left, recover, rock back on left, recover (rocking chair)**

#### Section 6: CROSS, SIDE, BEHIND, SWING BACK, BEHIND, SIDE, CROSS SHUFFLE

- 1-2 Cross left over right, step right to right side,
- 3-4 Step left behind right, swing right out and back
- 5-6 Step right behind left, step left to left side,
- 7&8 Cross right over left, step left to left side, cross right over left

#### Section 7: FORWARD ROCK, 1/2 TURN SHUFFLE, STEP, PIVOT 1/2 TURN, SHUFFLE FORWARD

- 1-2 Rock forward on left, recover onto right
- 3&4 Shuffle 1/2 turn left stepping Left, Right, Left [9.00]
- 5-6 Step forward on right, pivot 1/2 turn left,
- 7&8 Step forward on right, step left beside right, step forward on right [3.00]

#### Section 8: LEFT STEP- PIVOT 1/4 TURN x2 (Paddles), CROSS, ROCK, SIDE, DRAG/TOUCH

- 1-2 Step forward on left, pivot 1/4 turn right [6.00]
- 3-4 Step forward on left, pivot 1/4 turn right [9.00]
- 5-6 Cross rock left over right, recover onto right
- 7-8 Long step left to left side, drag right up to left and touch

**Dance ends facing the front wall!**