

Once In A Lifetime C & G

32 Count, 4 Wall, Absolute Beginner

Choreographer: Annemaree Sleeth (Aus) Jan 2015

Choreographed to: Once In A Lifetime by Heartbeat; Wrapped Up by Olly Murs; My Cherie Amour by Boney M

Start on vocals. (16 Counts or 32 counts for Wrapped Up)

1 –8 CROSS, TAP, BACK, TOGETHER, CROSS, SIDE, BEHIND, TOUCH

1 –2 Cross diagonal R over L, tap L behind R (add finger clicks head height)

3 –4 Step L back , step R side

5 –6 Cross R over L, step R side,

7 –8 Cross L behind, touch diag R side angle body to L diagonal (add finger clicks)

9 – 16 TRIPLES FORWARD X 3, FORWARD BRUSH

Easier option CROSS POINT X 3 FORWARD BRUSH

1 & 2 Step R forward, step L together, step R forward (TINY STEPS FORWARD)

3 & 4 Step L forward, step R together, step L forward

5 & 6 Step R forward, step L together, step R forward (add arms)

7 – 8 Step L forward, brush R forward

Option 7 -8 change to extra triple forward- Step R forward, step L together, step R forward

17 –24 FORWARD, TAP, BACK, TOGETHER, REPEAT

1 – 2 Step R Forward, Tap L behind R (bending both knees)

3 – 4 Step back L, step R together (weight R)

5 – 6 Step L forward, tap R behind L (bending both knees)

7 – 8 Step R back, L together

25 – 32 JAZZ BOX FORWARD, TINY PADDLE, TINY PADDLE TURNS

1 – 2 Cross R over L, step L back,

3 – 4 Step R side, step L forward

5 – 6 Step R 1/8 pivot L, (wgt L) [7.30]

7 – 8 Step R, 1/8 pivot L (weight L) [9.00]

Finish to the front by add extra 2 step ¼ pivots

Split floor to Simon Ward's Intermediate dance "Wrapped Up"