

## Once In A Lifetime

Description: Partner Dance. (64 Counts)

Start Position: Right Side by Side / Sweetheart Position.

Gent’s and Lady’s footwork the same throughout unless otherwise stated.

Choreographers: Carol\* & George Stayte, (UK). \*Qualified D & G Instructor. 02392 423925 carol.stayte@ntlworld.com

Music: Paper Rosie by Gene Watson CD: Best Of The Best (122 Bpm 16 Count Intro)

Alternative: Once In A Lifetime by Heartbeat. CD: Once In A Lifetime. (114 bpm. 16 Count Intro)

Tracks available from Itunes and Amazon.

**1** **DIAGONAL CROSS ROCK. BACK ROCK. STEP SLIDE STEP BRUSH.**

**1 – 2**  Rock right over left, **(Turning the body diagonally to the left)** recover on left.

**3 – 4**  (**Straighten up to LOD)** Rocking back on right, recover on left.

**5 – 8**  Step fwd on right, slide left up to right, step fwd on right, brush left fwd.

**2 DIAGONAL CROSS ROCK. BACK ROCK. STEP SLIDE STEP BRUSH.**

**1 – 2** Rock left over right. **(Turning the body diagonally to the right)** Recover on right,

**3 – 4 (Straighten up to LOD)** Rocking back on left, recover on right.

**5 – 8** Step fwd on left, slide right up to left, step fwd on left, brush right fwd.

**3 ROCK ½ TURN. STEP FORWARD. HOLD. PIVOT ½ TURN. STEP FORWARD. HOLD.**

**1 – 4** Rock fwd on right, recover on left, ½ turn right stepping fwd on right. Hold. **Release left hands, right hand over Lady’s head.**

**5 – 8** Step fwd on left pivot ½ turn right, step fwd on left. Hold**. Right hands over Gent’s head,**

**Right hands over Gent’s head, Rejoin into Sweetheart position.**

**4 GENT: STEP SLIDE STEP. HOLD (X2).**

**LADY: STEP SLIDE STEP. HOLD. 1/2 TURN. HOLD.**

**1 – 4 Both:** Step fwd on right, slide left up to right, step fwd on right. Hold.

**5 – 8 Gent:** Step fwd on left, slide right up to left, step fwd on left. Hold. **Release left hands, Right shoulder to Right shoulder.**

**Lady:** ¼ turn right on left, ¼ turn right, stepping back on right, step back on left. Hold. **RLOD**

**5** **TURN 1/4. STEP TOGETHER, STEP SIDE, HOLD. CROSS ROCK ¼ TURN HOLD.**

**1 – 4 Gent:** ¼ turn left to **ILOD** on right, step left next to right, step to side on right. Hold.

**Lady:** ¼ turn right on right step left next to right, step to side on right. Hold

**Lady now behind Gent, rejoin hands to Reverse Indian Position** to **ILOD**

**5 –** 8 Rock left over right, recover on left, ¼ turn left stepping fwd on left. **RLOD Hammerlock, right hands behind Gent’s back.**

**6 PIVOT ½ TURN, STEP FORWARD HOLD. STEP LOCK STEP HOLD.**

**1 – 4**  Step fwd on right, pivot ½ turn left, step fwd on right, Hold. **LOD**

**Release right hands, raise left over Lady’s head. Rejoin into Sweetheart position.**

**5 – 8 S**tep fwd on left, slide right behind left, step fwd on left, Hold.

**7 MAMBO FORWARD HOLD. BACK LOCK BACK. HOLD.**

**1 – 4** Rock fwd on right, recover on left, step back on right. Hold.

**5 – 8** Step back on left, slide right across left, step back on left, Hold.

**8 MAMBO BACK. HOLD. ¼ TURN, STEP TOGETHER, ¼ TURN. BRUSH FORWARD.**

**1 – 4** Rock back on right, recover on left, step fwd on right. Hold.

**5 – 8** ¼ turn right on left, step together on right, ¼ turn left, stepping fwd on left, Brush Right fwd.

**Count: 5 Indian position. Count: 8 Sweetheart position.**

**START AGAIN**