

ONCE IN A LIFETIME

Choreographed by: Karin van der Merwe (Bootscooter Barn Owls-S.A)

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Music: Once in a Lifetime (Heinz Winckler – S.A. Idol 2002)

Description: 32 count, 2 wall Linedance

Level: Beginner

Intro: Start on lyrics

Date choreographed: 1 July 2002

1-8 (Right rock and recover, shuffle to right, forward rock and recover, pivot ½ turn to left)

1 – 2 Rock RF to right side and recover on LF.

3 & 4 Step RF to right side, step LF to RF and step RF to right side

5 – 6 Rock forward on LF and recover on RF

7 – 8 Pivot ½ turn to the left on the ball of RF and step LF forward

9-16 (Shuffle forward, double left hip bump, double right hip bump, cross step and ½ turn to right)

9 & 10 Step RF forward, step LF to RF and step RF forward

11 – 12 Step LF forward and slightly to the left and bump the left hip out twice

13 – 14 Step RF forward and slightly to the right and bump the right hip out twice

15 – 16 Cross LF over RF and on the balls of both feet, unwind ½ turn to the right

17-24 (Side and back cross samba step right and repeat to left, forward and back shoulder shimmies)

17 & 18 Step RF to right side, cross LF behind RF and step on RF

19 & 20 Step LF to left side, cross RF behind LF and step on LF

21 & 22 Step RF forward and shimmy shoulders forward

23 & 24 Step LF back and shimmy shoulders back

25 – 32 (Cross step and ½ turn to right, right coaster step, side rock and cross shuffle)

25 – 26 Cross RF behind LF and on the balls of both feet, unwind ½ turn to the right

27 & 28 Step back on RF, step LF to RF and step forward on RF

29 – 30 Rock LF to left side and recover on RF

31 & 32 Cross LF over RF, step RF to right side, cross LF over RF

11 walls will be danced to complete the dance to this particular track of music. Only on the 8th wall, the following steps apply: (TAG)

Dance counts 1 – 8 of above dance script -

TAG

9 – 16

9,10 Step RF forward, hold (pointing right hand down at right side)

11,12 Step LF forward, hold (pointing left hand down at left side)

13 – 16 Repeat above (9 – 12)

17 - 24

17,18 Twist heels of both feet left and then right, (pointing right hand down at right side)

19,20 Twist heels of both feet left, hold (pointing left hand down at left side)

21,22 Twist heels of both feet right, hold (pointing right hand down at right side)

23,24 Twist heels of both feet left, hold (pointing left hand down at left side)

End of tag (start new wall of dance from step1)