Once In A Lifetime

Choreographed by	Carol* & George Stayte (UK) * Fully Qualified D & G Instructor. 02392 423925 carol.stayte@ntlworld.com
Description	64 Count Partner Dance, Start in Right Side by Side / Sweetheart Position. Gent's and Lady's footwork the same throughout unless otherwise stated.
Music	Paper Rosie - Gene Watson CD: Best Of The Best (122 Bpm 16 Count Intro)
Alternative	Once In A Lifetime - Heartbeat. CD: Once In A Lifetime. (114 bpm. 16 Count Intro)

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 Step 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 ***May 2015***

Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.