ONCE IN A WHILE

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MUSIC: Once in a While, The New Stanton Band, album Mirror Lake Pavilion Presents: The New Stanton Band, Track 2, available as download from Amazon, Napster, etc.

RHYTHM: Foxtrot, Phase V (avg difficulty)

FOOTWORK: Opposite, unless otherwise noted (W’s footwork in parentheses)

SEQUENCE: INTRO A B A (9-16) BRIDGE C C B (MOD) A (1-8) ENDING

INTRODUCTION

1 CP DLC WAIT 3 NOTES,
   1 wait]CP DLC Wait 3 notes,,

PART A

1-4 DIAMOND TURN ½ ;; QUICK DIAMOND 4; DIP & RECOVER;

1 (diam trn 1/2) Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO;
2 Bk R trng LF, -, sd R cont trng LF, bk L CBJO;

QQQ 3 (qk diam 4) Fwd L trng LF, sd R, bk L to BJO DLW, bk R to CP LOD;

SS 4 (dip & rec) BK L, -, rec R, -;

5-8 REV WAVE 1/2; CHECK & WEAVE;; CHANGE OF DIRECTION;

1 [rev wave 1/2] Fwd L trng LF, -, sd & fwd R cont LF trn, bk L to fc DRC (W bk R trng LF, -, cl L cont LF trn, fwd R to CP);
2 [Chk & Weave] Ck bk R w/ slight contra ck action, -, rec fwd L comm LF trn, cont trng sd & bk R;

QQQ 3 Bk L to BOJO, bk R comm trn, cont trn sd & fwd L, fwd R to BJO DLW;

QQQ 4 [chng dir] Fwd L, -, fwd R trng LF, draw L to R CP DLC, -;

9-12 OPEN TELEMARK; NATURAL HOVER CROSS OVERTURNED;; TO A TOP SPIN;

5 [open tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm LF trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW;

SQQ 6 [start nat hov x] Fwd R DLW starting RF trn, -, trng RF sd L, cont RF trn sd R to SCAR (W Fwd L comm RF trn, -, fwd R cont trn, bk L);

QQQ 7 [fin nat hov x overtrnd] Ck fwd L in SCAR w/ R sd stretch, rec bk on R w/slight contr lead, cont LF trn fwd R on toe to BJO DRC checking & spinning 1/8 LF (W bk R, rec L comm slight LF trn, cont LF trn sd & bk R, bk L on toe checking & spinning LF);

QQQ 8 [top spin] Bk L, bk R trng 1/8 LF, sd & fwd L, fwd R to CBJO DLW;

13-16 HOVER TELEMARK; IN & OUT RUNS;; FEATHER;

13 [hov tele] Fwd L, -, fwd R between W’s feet rising & trng RF, sd & fwd L to SCP DLW;

14 [start in & out runs] Trn RF fwd R, -, sd & bk L to CP, bk R to CBJO DRC (W fwd L, -, fwd R between M’s feet, fwd L);

15 [fin in & out runs] Trn RF bk L, -, sd & fwd R between W’s feet cont trn RF, fwd L to SCP DLC (W fwd R trng RF, -, fwd & sd L cont trn RF brush R to L, fwd R);

16 [feath] Fwd R DLC, -, fwd L (W fwd L start LF trn W cont LF trn sd & bk R),

fwd R to BJO (W bk L);

PART B

1-4 MINI-TELESPIN;; CONTRA CHECK & SWITCH; CURVED FEATHER CHECK;

SQQ& 1-2 [mini-telepin] Fwd L trng LF, -, sd R fwd L DLC cont LF trn, sd & bk L LOD no weight in momentary

QQS SCAR/trn body to lead W to CP; Fwd L spinning LF, cl R to CP DRC, tch L to R, - (W Bk R trng LF, -, cl L to R heel trn, sd & fwr R LOD /fwd L LOD trng LF: Fwd & sd R to CP DLC, trng LF small sd L to CP, tch R to L, -);

3 [contra ck & switch] Lower & fwd L w/ R sd leading, -, rec bk R trng RF, bk L trng another 1/8 RF to CP LOD (W bk R head well to L, -, rec fwd L, fwd R);

4 [curv feath ck] Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ck fwd R in CBJO (W fwd L, -, sd & bk R, bk L);

5-8 BACK FEATHER; FEATHER FINISH; HOVER; SLOW SIDE LOCK;

5 [bk feath] Bk L, -, bk R w/ R sh lead, bk L to BJO;

6 [feath fin] Bk R, -bk L trn LF, sd & fwd R to CBJO DLW;

7 [hov] Fwd L, -, sd & fwd R rising, rec L to SCP DLC;

7 [sl sd lk] Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L start LF trn, W cont LF trn sd & bk R, bk L);
BRIDGE

1-2 DOUBLE REVERSE SPIN DLW; CHANGE OF DIRECTION:
1 [dbl rev] Fwd L trng LF, -, fwd & sd R trng LF bring L to R w/o wgt & spin to DLW (W bk R, -, heel trn transferring wgt to L, fwd & sd R, XLif);
2 [chg dir] Fwd L, -, fwd R trng LF, draw L to R CP DLC, -;

PART C

1-4 OPEN REVERSE TURN; BACK CHASSE BJO; NATURAL WEAVE;:
1 [op rev trn] Fwd L trn LF ½4, -, cont trn sd R, bk L in CBJO;
2 [bk chasse bjo] Cont trng bk R, -, sd & fwd L/cl R DLW, sd & fwd L BJO DLW (W fwd L comm LF trn, -, fwd & sd R/cl L, bk R);
3-4 [nat weave] Fwd R comm RF trn, -, sd L w/L sd stretch, bk R w/ R sh lead to CBJO: Bk L, bk R comm LF trn, sd & fwd L DLW, fwd R to CBJO;
5-8 THREE STEP; HALF NATURAL; BACK TIPPLE CHASSE SCAR; HOVER CROSS ENDING;
5 [3 step] Fwd L blend to CP, -, fwd R, fwd L;
6 [½ nat] Fwd R comm. RF turn, -, cl L to cont turn, bk R;
7 [bk tipple chasse scar] Comm upper body trn to R Bk L trng R, -, sd & R/cl L, sd & slightly fwd R to SCAR DLW (W Fwd R trng RF, -, cont trng sm sd L/cl R, sd & slightly bk L);
8 [hov X endng] Fwd L w/ R sd stetch, rec bk on R, trng 1/8 LF sd L, fwd R to BJO DLC checking (W bk R, rec L, trng1/8 LF sd R, bk L);

REPEAT C

PART B (MODIFIED)

1-4 MINI-TELESPIN; CONTRA CHECK & SWITCH; CURVED FEATHER CHECK;
SQQ& 1-2 [mini-telespin] Fwd L trng LF, -, sd R fwd DLC cont LF trn, sd & bk L LOD no weight in momentary SCAR/trn body to lead W to CP; Fwd L spinning LF, cl R to CP DRC, tch L to R, - (W Bk R trng LF, -, cl L to R heel trn, sd & fwd R LOD /fwd L LOD trng LF: Fwd & sd R to CP DLC, trng LF small sd L to CP, tch R to L, -);
3 [contra ck & switch];
4 [curv feath ck] Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ck fwd R in CBJO (W fwd L, -, sd & bk R, bk L);
5-9 BACK FEATHER; FEATHER FINISH; HOVER; THRU SEMI CHASSE; SLOW SIDE LOCK;
5 [bk feath] Bk L, -, bk R w/ R sh lead, bk L to BJO;
6 [feath fin] Bk R, -,bk L trn LF, sd & fwd R to CBJO DLW;
7 [hov] Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
8 [thru semi chasse] Thru R, -, sd L/cl R, sd L to SCP;
9 [sl sd lk] Fwd R DLC, -, fwd L fwd R to BJO (W fwd L start LF trn W cont LF trn sd & bk R, bk L);

REPEAT A (1-8)

ENDING

1-4 OPEN TELEMARK; THRU SEMI CHASSE; THRU TO PROMENADE SWAY; CHANGE SWAY:
1 [open tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm LF trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW;
2 [thru semi chasse] Thru R, -, sd L/cl R, sd L to SCP;
3 [thru to prom sway] Thru R, -, sd L stretch body upward, cont stretch looking over ld hnds to SCP LOD;
4 [chg sway] Relax L knee keeping R leg extended, -, w/ slight LF upper body trn stretch L sd swiveling W's R ft, look over W cont to sway in CP DLW (W's head well to L);