

ONCE IN A WHILE

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Music: "Once In A While", Ross Mitchell, *Dance Night Collection* CD, Trk #8 Time: 2:30

Seq: Intro, A, B, C, B 1-14, End Rhythm & Phase: Foxtrot Ph 6



INTRO

1-4 LOP FCG LOD WAIT 1; TOG TCH; SD DRAW CLS CP DLC; SWAY L & R;

1-4 LOP fcg LOD lead feet free wait one; step tog L, -, tch R, - blind CP; sd R, -, draw L trng to fce DLC, tch L; sd L with left side stretch, -, sd R with rt side stretch, -;

PART A

1-4 REVERSE TURN;-; HVR TELEMURK; Start NAT FALLAWAY WEAVE;

1 Fwd L trng LF, -, sd R twd COH (*W heel turn*), bk L to CP RLOD;
2 Bk R trng LF, -, sd L twd LOD, fwd R to BJO DLW;
3 Fwd L, -, fwd sd R rising trng RF, rec fwd L SCP DLW;
4 Thru R trng RF, -, sd L twd Wall rising trng RF, bk R to end SCP DRW (*W fwd L, -, sd R, bk L*);

5-8 Finish NAT FALLAWAY WEAVE; 3 STEP; TRAVELING HOVER CRS;-;

5 QQQQ Bk L, bk R trng LF passing thru CP, sd fwd L twd DLW blind BJO, fwd R DLW BJO (*W fwd R, fwd L trng LF to BJO, sd and fwd R, bk L*);
6 Fwd L blind CP DLW, -, fwd R, fwd L;
7 Fwd R turn RF, -, sd L cont trng, sd and fwd R LOD to end SCAR DLC (*W fwd L, -, fwd R btwn M's feet trng 1/2 RF, sd and bk L*);
8 QQQQ Fwd L in SCAR, sd fwd R blind CP, fwd L to BJO, fwd R to end BJO DLC;

9-12 OPEN REV; OUTSD CHK; OUTSPIN SPIN & TWIST;-;

9 Fwd L trng LF, -, sd R twd LOD, bk L to BJO DRC;
10 Bk R, -, sd fwd L to BJO DRW, fwd R checking;
11 Small bk L toe in trng strongly RF, -, fwd R LOD outside W cont trng RF, bk L to end fcg RLOD, (*W fwd R outsd ptrn trng RF, -, cls L cont trng, fwd R*);
12 &1-3 XRIB toe pressure/unwind transfer weigh to R, cont trng, bk L to CP DRW
(1&23) (*W fwd L/fwd R arnd M, fwd L trng RF, fwd R btwn M's feet*);

13-16 CHECK & WEAVE;-; HOVER; SLOW SD LOCK;

13 Slip R bk under body with back contra check action head to right, -, fwd L head to left trng LF, sd and bk R start LF turn right sd stretch;
14 QQQQ Bk L with rt sd stretch continue LF turn, bk R to CP, sd and fwd L left sd stretch turn LF, fwd R with left sd stretch CBJO DLW;
15 Fwd L, -, sd fwd R brush L to R, rec fwd L DLC;
16 Fwd R, -, sd L trng LF pick up W, cont trng LF XRIBL CP DLC;

PART B

1-4 DBLE REV CP DLW; WHISK; SYNC WHISK; SCP CHASSE;

1 (SQ&Q) CP fwd L trng LF, -, sd R cont trng, spin LF on R (*W bk R trng LF, -, heel turn L/sd and bk R cont trng, XLIF*);
2 Fwd L, -, fwd R rising trng RF, XLIB to SCP
3 SQ&Q Thru R, -, turn left hip twd ptrn cls L to CP DLW/sd R rt sd stretch, XLIB SCP DLC;
4 SQ&Q Thru R, sd L/cls R, sd fwd L to SCP LOD;

5-8 HALF NAT; BK TRNG WHISK; SCP CHASSE; PU;

5 Fwd R, -, sd L twd Wall acrs W, bk R CP RLOD (*W fwd L, -, fwd R btwn M's feet, fwd L*);
6 CP RLOD bk L trng RF with rt sd stretch, -, sd and bk R cont turn with rt sd stretch, XLIB to SCP DLC;
7 SQ&Q Thru R, -, sd L/cls R, sd L to SCP;
8 Fwd R, -, sd L trng LF pick up W, cls R CP LOD;

9-12 CONTINUOUS WAVES;-;-;-;

9-10 CP fwd L trng LF, -, sd R twd LOD (*W heel turn*), bk L twd DLW to CP fcg DRC; bk R twd DLW, -, bk L curving LF, bk R cont curving to end fcg RLOD CP;
11-12 CP RLOD bk L trng RF, -, heel turn R, fwd L twd DLC to fce CP DLC (*W fwd R trng RF, -, sd L twd LOD, bk R twd DLC*); fwd R, -, fwd L curving RF, fwd R cont curving to CP LOD (*W bk L twd DLC, -, bk R curving RF, bk to CP fcg RLOD L*);

13-16 3 STEP; HLF NAT TRN; OPEN IMP; THRU FCE CLS HND SHK;

13 Fwd L blind CP DLW, -, fwd R, fwd L;
14 Fwd R btwn W's feet twd DLW trng RF, -, sd fwd L twd Wall (*W heel turn*), bk R to end fcg RLOD CP;
15 Bk L trng RF, -, heel turn cls R trng RF, sd fwd L SCP DLC;
16 Thru R, -, sd L twd LOD trng RF to fce ptrn Wall, cls R join rt hands;

PART C

1-4 OP HVR; OPN NAT; M CHASSE - LADY SYNC RF UNDRARM TRN; CHECK FWD REC CLS - LADY SYNC ROLL 4 SHAD SKTRS;

- 1-2 In handshake fwd L, -, sd fwd R, rec L both looking LOD is slight "V" pos; fwd R twd DLW, -, sd L twd Wall, bk R to fce RLOD still in handshake (*W fwd L, -, fwd R, fwd L to fce LOD*);
- 3 SQ&Q Bk L trng RF raise joined hands, sd R twd LOD/cls L lead W to RF turn, sd R finish trng W trng to fce LOD in handshake (*W fwd R preparing to turn RF, commence RF turn under joined hands fwd L/cls R, bk L to end fcg RLOD*);
- 4 (SQ&Q) Chk fwd L, -, rec R lead W to commence LF turn to SHAD SKTRS, cls L (*W chk bk R, -, fwd L commence RF turn /fwd R, sd bk L to SHAD STKRS on M's rt side*);

5-8 STEP KICK 4;-; LADY SYNC RF ROLL OUT TO HNDSHK; FWD CHK DEVELOPÉ;

- 5-6 QQQQ In SHAD SKTRS step on R, kick L, step on L, kick R; repeat;
- 7 SS(SQ&Q) Small fwd L lead W to turn RF, -, fwd L, - (*W fwd R twd LOD trng RF, -, fwd L cont trng to fce M/bk R, bk L*) join rt hands M fcg LOD;
- 8 S-- Check fwd R support W to developé, -, - (*W bk R, -, raise L ft bending at knee extend ft fwd twd M, -*);

9-12 M BK CHASSE WALL-LADY ROLL 3; THRU HVR SKTRS-LADY in 4; OP NAT TURNS;-;

- 9 SQ&Q Bk L trng RF, -, sd R twd RLOD/cls L, sd R to fce Wall (*W fwd L preparing to turn LF, -, (SQQ) commence LF turn fwd R, fwd L, to end fcg M COH*);
- 10 (QQQQ) Join lead hands thru L twd RLOD, -, sd R twd RLOD rising trng LF fce ptnr, fwd L SKTRS Pos LOD (*W thru R, sd L twd RLOD rising trng RF, fwd R to SKTRS, cls L*);
- 11-12 Both with R ft free fwd R twd DLW trng RF, -, sd L twd Wall, bk R; bk L trng RF, -, small sd bk R twd LOD cont trng RF, fwd L twd LOD still in SKTRS;

13-16 THRU SD CLS WALL; SHAD WHISK; THRU CHASSE; PU-LADY TRANS in 2;

- 13-14 In SKTRS LOD both step thru R, -, sd L trng to fce Wall, cls R; fwd L, -, sd fwd R, XLIB both look DLW;
- 15 SQ&Q Thru R twd LOD, -, sd L twd LOD/cls R, sd L to end SKTRS fcg DLW;
- 16 (SS) Fwd R, -, sd L twd COH, cls R (*W fwd R trng LF, -, fwd L cont trng LF,-*) CP LOD;

END

1-2 BK PREP; SAME FT LUNGE;

- 1 S—(QQS) CP RLOD bk L trng RF to fce COH, tch R to L, -, - (*W fwd R trng to fce M, fwd L trng slightly to fce RLOD, tch R to L, -*);
- 2 S-- Lower on L rt side stretch extend R fwd side bhnd ptnr, stretch left sd sway to rt look at ptnr, hold, - (*W bk R fcg DRW, head to rt, hold, -*);