

FOR ONCE IN MY LIFE

Description: 64 ct. – 2 wall dance / *Level:* Easy Intermediate / 1 Tag x 2 / *Lead:* 24 cts. / *BPM:* 108
Choreographers: Michael Barr (USA) / michaelbarr575@gmail.com / www.michaelandmichele.com
Music: For Once In My Life by Stevie Wonder / iTunes or Amazon (2:47 – 2:50 min.)

1-8 Walk R, L, Forward - Step Side - Heel Touch – Ball-Cross, Side, 1/4 Turning Sailor

- 1 – 2 Step R forward; Step L forward;
3 & 4 Step R forward in front of L; (&) Step L side left; Touch R heel to right diagonal
&5 – 6 (&) Step R next to L heel; (5) Step L in front of R; (6) Step R side right
7 & 8 Step L behind R; Turn ¼ left stepping R next to L; Step L forward (9:00)

9-16 Repeat: Walk R, L, Forward - Side Step - Heel Touch – Ball-Cross, Side, 1/4 Turning Sailor

- 1 – 8 This section is identical to the first set of 8 except you start it on the 9 o'clock wall and finish on the 6:00

17-24 Touch, Step Forward, Touch 1/2 Turn R – Touch 1/2 Turn R, Forward-1/4-Cross

- 1 – 4 Touch/tap R next to L; Step R forward; Turn ½ right on R touch/tap L back; Step L in place (12:00)
5 – 6 Turn ½ right on L touch/tap R forward; Step R in place (6:00)
7 & 8 Step L forward; Turn ¼ right onto R; Step L in front of R (9:00)

25-32 Side Toe Strut, Cross Toe Strut – Side Toe Strut, 1/2 Kick-Ball-Change

- 1 – 6 (1) R toe side right; (2) Drop heel; (3) L toe in front of R; (4) Drop heel; (5) R toe side right; (6) Drop heel
7&8 Turn ½ right on ball of right and kick L forward; Rock/Step ball of L back; Step R forward (3:00)

Note: *These can have a bit of movement from the hips if you like. Also start your ½ turn as you finish count 6.*

33-40 Rock, Return, 1/2 Turning Shuffle – Rock, Return, 3/4 Turning Shuffle

- 1,2 3&4 (1) Rock forward on L; (2) Return weight to R; Turn ¼ left on L; (&) Step R next to L; Turn ¼ left on L (9:00)
5,6 7&8 Rock forward on R; Return weight to L; (7) Turn ¼ right on R; (&) Step L next to R; (8) Turn ½ right on R (6:00)

41-48 L: Side, Behind-Side-Cross, Side – Sailor Step, Behind-Side-Cross

- 1,2&3,4 (1) Step L side left; (2) Step R behind L; (&) Step L side left; (3) Step R in front of L; (4) Step L side left
5 & 6 (5) Step R behind L; (&) Step L next to R; (6) Step R side right
7 & 8 (7) Step L behind R; (&) Step R side right; (8) Step L in front of right (6:00)

49-56 Repeat R: Side, Behind-Side-Cross, Side – Sailor Step, Behind-Side-Cross

- 1,2&3,4 (1) Step R side right; (2) Step L behind R; (&) Step R side right; (3) Step L in front of R; (4) Step R side right
5 & 6 (5) Step L behind R; (&) Step R next to L; (6) Step L side left
7 & 8 (7) Step R behind L; (&) Step L side left; (8) Step R in front of left (6:00)

57-64 Syncopated Double & 2 Single Touches going backwards - Repeat

- &1,2 (&) Small Step on L side left; (1) Touch R forward; (2) Lift R heel off floor and return to floor (Pulse once)
&3&4 (&) Step back on R; (3) Touch L forward; (&) Step L back; Touch R forward
&5,6 (&) Step back on R; (5) Touch L forward; (6) Lift L heel off floor and return to floor (Pulse once)
&7&8& (&) Step back on L; (7) Touch R forward; (&) Step back on R; (8) Touch L forward; (&) Step L next to R (6:00)

Begin Again!

Tags: End of wall 2 & 4 there is an 8-count tag. They start on the front wall and end on the front wall☺

1-8 Walk, Walk, Step Forward, Swivel Left – Swivel Right, Swivel Left, Step Forward, Turn 1/2 Left

- 1,2,3,4 Walk forward: R, L; Step R forward; (4) Swivel on balls of both feet about ½ left (keep looking to front wall)
5,6,7,8 Swivel about ½ right; Swivel ½ to back wall; Step R forward; (8) Turn ½ left onto your L (12:00)