

For Once In My Life



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Music: "Michael Buble" 143 Records/Reprise 48376-2 Track #4 (Music edited & slowed)
 or Special CD "Shall We Round Dance 13" available from choreographers

Footwork: Opposite, directions for man (lady as noted) Suggested speed: 29MPM (as on Special CD)

Rhythm & Phase: Foxtrot VI Timing: SQQ except where noted [Note: Timing indicates weight changes only]

Sequence: **Intro A A B** Released: December, 2007

Meas

INTRO

1-4 WAIT; TOG & LUNGE AWAY; ROLL ACROSS TO LOP; W ROLL RF 4 TO CP;

- 1 Wait pickup notes & 1 meas in OP both fcg DLW trailing ft free;
- SS 2 **{Tog & Lunge Away}** Shift wgt to R trng body RF (W LF) to fc ptr placing palms of lead hnds tog, -, shift wgt to L flexing knee trng body LF (W trn RF) to fc DLW, - end OP both fcg DLW;
- QQS 3 **{Roll Across to LOP}** Leading W roll LF sd R comm roll RF bhnd W releasing trailing hnds, cont rolling RF sd L, cont rolling RF sd R twd DRW fcg DLW joining lead hnds, - (W sd L comm roll LF IF of M, cont rolling LF sd R, cont rolling LF sd L twd DLC fcg DLW, -) end LOP both fcg DLW;
- SS 4 **{W Roll RF 4 to CP}** Leading W roll RF rk sd L releasing jnd lead hnds, -, rec R, - (W sd R comm rolling RF 1-1/2 IF of M, sd L cont rolling RF, sd R small step cont rolling RF, spinning RF on R to fc M cl L) end CP M fcg DLW;
 (W QQQQ)
{Option:} W may choose to roll RF 1/2 instead of rolling RF 1-1/2. In this case W's timing will be SS)

PART A

1-4 HOVER TO SCP; FEATHER TO BJO; DBL REV OVERSPIN; HOVER CORTE:

- 1 **{Hover to SCP}** CP M fcg DLW fwd L, -, sd & fwd R rising, rec L end SCP fcg DLC;
- 2 **{Feather to Bjo}** Thru R, -, fwd L leading W trn LF, fwd R outside ptr w/ L-shoulder lead (W thru L, -, comm trng LF sd R, cont trng LF bk L ptr outside) end BJO M fcg DLC;
- SQ-& 3 **{Dbl Rev Overspin}** Assuming CP fwd L comm trng LF, -, cont trng LF sd & fwd R around W, (W SQ&Q&)
 spin LF on R to fc LOD/fwd L small step & spin LF 1/2 to fc RLOD (W bk R comm trng LF, -, cont trng LF on R-heel cl L to R/cont trng LF sd & fwd R around M, cont trng LF on R-toe XLIF/ bk R & spin LF 1/2) end CP M fcg RLOD;
- 4 **{Hover Corte}** Bk R comm trng LF, -, sd & fwd L rising cont body trn LF, rec R (W fwd L trng LF, -, sd & fwd R rising, trng LF on R rec L) end BJO M fcg DLW;

5-8 BK TO SAME FT LUNGE LINE; SAME FT THROWAWAY; SD HOVER TRANS TO SCP; CURVED FEATHER;

- SQ- 5 **{Bk to Same Ft Lunge Line}** BJO M fcg DLW bk L ptr outside, -, trng slightly RF to fc WALL sd (W S--)
 R twd RLOD leading W trng RF, flex R-knee trng body RF extending L sd twd LOD (W fwd R outside ptr, -, swivel RF on R to fc LOD, flex R-knee extending L thru trng body RF) end Same Foot Lunge Line; (now same footwork)
- S-- 6 **{Same Ft Throwaway}** Sd L comm trng LF leading W fwd, -, cont trn body LF flex L-knee extending R twd RLOD (W thru L comm trng LF to fc M drawing R to L, -, cont trng LF flex L-knee extending R twd DLW);
- QQ 7 **{Sd Hover Trans to SCP}** Half shift wgt to R leading W fwd, -, complete shift wgt to R rising (W SQQ)
 leading W trn RF, slightly trng RF on R rec L (W thru R, -, sd & fwd L trng RF, cont trng RF rec R) end SCP fcg DLW; (now opposite footwork)
- 8 **{Curved Feather}** Thru R comm trng RF, -, cont trng RF sd & fwd L, cont trng body RF fwd R outside ptr w/ checking motion (W thru L comm trng RF, -, cont trng RF sd & bk R, cont trng body RF bk L ptr outside w/ checking motion) end BJO M fcg RLOD;

PART A (cont'ed)

9-12 OUTSIDE SPIN; DBL RONDE TO NAT WEAVE;; CLOSED WHISK TO BJO:

- 9 **{Outside Spin}** BJO M fcg RLOD bk L small step toeing in comm RF body trn, -, fwd R outside Ptr cont trng RF, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, -, closing L to R cont pivoting RF on both ft, cont trng RF fwd R btwn M's ft) end CP momentary M fcg COH;
- SQQ 10-11 **{Dbl Ronde to Nat Weave}** Cont Trng RF fwd R btwn W's ft ronde L CW, -, cont trng RF on R sd & fwd L around W twd DLW, cont trng body RF sd & bk R twd DLC (W cont trng RF bk L ronde R CW, -, cont trng RF on L-heel cl R to L, sd & fwd L) end BJO M fcg DRW; Bk L leading W fwd outside, bk R slightly trng LF to fc WALL assuming CP, cont trng LF sd & fwd L twd DLW, fwd R outside ptr (W fwd R outside ptr, fwd L slightly trng LF, cont trng LF sd & bk R, bk L ptr outside) end BJO M fcg DLW;
- 12 **{Closed Whisk to Bjo}** Fwd L, -, slightly trng LF sd & bk R, bk L trng body RF leading W fwd outside (W bk R, -, slightly trng LF sd & fwd L, trng body RF fwd R outside ptr) end BJO M fcg LOD;

13-16 CHECKED NAT & SLIP PIVOT; REV FALLAWAY WEAVE TO L-WHISK;; TWIST TRN TO CP:

- 13 **{Checked Nat & Slip Pivot}** BJO M fcg LOD fwd R outside ptr comm trng RF, -, cont trng RF sd & fwd L around W checking, swiveling LF on L bk R small step under body (W bk L comm trng RF, -, cont trng RF on L-heel cl R looking R, swiveling LF on R slip L fwd small step) end CP M fcg DLC;
- QQQQ 14-15 **{Rev Fallaway Weave to L-Whisk}** Fwd L comm trng LF, cont trng LF sd R twd DLC, XLIB momentary in SCP looking DRW, bk R leading W trn LF (W bk R comm trng LF, cont trng LF sd L twd DLC, slightly trng RF XRIB momentary in SCP keeping head to left, swiveling LF on R fwd L) end BJO M fcg DRW; Bk L ptr outside, bk R slightly trng LF to fc WALL assuming CP, sd L twd LOD, XRIB flexing knees looking right twd RLOD (W fwd R outside ptr, fwd L slightly trng LF, sd R twd LOD, trng RF XLIB looking left twd RLOD) end RSCP fcg RLOD;
- 16 **{Twist Trn to CP}** Comm unwind RF 7/8 on ball of R & heel of L, cont unwind RF, cont unwind, (W QQQQ) fin unwind to fc DLW shifting wgt to R (W thru R comm walking CW around M, fwd L, fwd R, swiveling RF on R to fc M cl L) end CP M fcg DLW;

PART B

1-4 WHISK; PROM LK; R LUNGE ROLL & SLIP; OPEN TELEMARCK;

- 1 **{Whisk}** CP M fcg DLW fwd L, -, sd & fwd R, XLIB end SCP fcg DLC;
- SQ&Q 2 **{Prom Lk}** Thru R, -, sd & fwd L leading W trn LF/XRIB, fwd L small step (W thru L, -, sd & fwd R trng LF to fc M/XLIF, bk R) end CP M fcg DLC;
- 3 **{R Lunge Roll & Slip}** Flexing L-knee sd & fwd R twd DLW btwn W's ft flexing R-knee, -, rec L rotating body RF, swiveling LF on L bk R small step under body (W flexing R-knee extend L sd & bk twd DLW, -, rec R rotating body RF, swiveling LF on R slip L fwd small step) end CP M fcg DLC;
- 4 **{Open Telemark}** Fwd L comm trng LF, -, cont trng LF sd & fwd R around W, cont trng LF on R sd & fwd L (W bk R comm trng LF, -, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP fcg DLW;

5-8 RIPPLE CHASSE; CHECKED CONT HOVER CROSS;;:

- SQ&Q 5 **{Ripple Chasse}** SCP fcg DLW thru R, -, sd & fwd L w/ sway to R (W sway to L)/cl R w/ sway to R looking R, sd & fwd L straightening body end SCP fcg DLW;
- SQQ 6-8 **{Checked Cont Hover Cross}** Thru R comm trng RF, -, cont trng RF sd L, strongly trng RF on L sd & fwd R twd DLW body fcg DLC (W thru L, -, fwd R btwn M's ft, trng RF on R sd & bk L twd DLW) end SCAR M fcg DLC; XLIF checking, rec R, XLIF, trng body RF cl R (W XRIB checking, rec L, XRIB, trng RF sd L) end CP M fcg LOD; Bk L w/ R-sd lead ptr outside, bk R trng body slightly LF in CP, sd & fwd L w/ L-sd lead, fwd R outside ptr (W fwd R outside ptr w/ L-sd lead, fwd L trng body slightly LF, sd & bk R w/ R-sd lead, bk L ptr outside) end BJO M fcg DLC;

PART B (cont'ed)

9-12 OPEN REV TRN; M CHASSE (W LF INSIDE UNDERARM TRN) TO SHADOW; TWISTY SHADOW GRAPEVINE 8;;

- 9 {Open Rev Trn} BJO M fcg DLC fwd L comm trng LF, -, cont trng LF sd & bk R, bk L ptr outside (W bk R comm trng LF, -, cont trng LF sd & fwd L, fwd R outside ptr) end BJO M fcg RLOD;
- SQ&Q (W SQQ) 10 {M Chasse (W LF Inside Underarm Trn) to Shadow} Bk R comm slightly trng LF raising jnd lead hnds, -, sd L leading W trn LF under jnd lead hnds/cl R, sd & fwd L placing R-hnd at W's R-waist (W fwd L comm trng LF, -, sd & fwd R cont trng LF under jnd lead hnds, cont trng LF sd & fwd L to fc DWL) end SHADOW Pos both fcg DLW L-hnds jnd M's R-hnd on W's R-waist W's R-hnd extended sd; (now same footwork)
- QQQQ 11-12 {Twisty Shadow Grapevine 8} XRIF releasing L-hnds, trng RF to fc WALL sd L holding W w/ L-hnd, cont trng RF to fc DRW XRIB releasing R-hnd, trng LF to fc WALL sd L holding W w/ R-hnd; Cont trng LF to fc DLW XRIF releasing L-hnd, trng RF to fc WALL sd L holding W w/ L-hnd, cont trng RF to fc DRW XRIB releasing R-hnd, trng LF to fc WALL sd L holding W w/ R-hnd end SHADOW Pos both fcg DLW M's R-hnd at W's R-waist other hnds free extended sd;

13-16 M CHASSE (W RF ROLL) TO HALF-OP; OPEN NAT; OUTSIDE SPIN & TWIST;;

- SQ&Q (W SQQ) 13 {M Chasse (W RF Roll) to Half-OP} SHADOW Pos both fcg DLW XRIF, -, sd & fwd L leading W roll RF w/ R-hnd & release/cl R, sd & fwd L (W XRIF, -, fwd L comm rolling RF, sd & fwd L cont rolling RF to fc DLW) end V-shape HALF OP both fcg DLW; (now opposite footwork)
- 14 {Open Nat} Fwd R comm trng RF, -, cont trng RF sd & bk L, bk R w/ R-sd lead (W fwd L, -, fwd R btwn M's ft, sd & fwd L w/ L-sd lead) end BJO M fcg DRC;
- SQQ (W QQQQ) 15-16 {Outside Spin & Twist} Bk L small step under body comm trng RF ptr outside, -, cont trng RF fwd R outside ptr, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, -, cont trng RF cl L ptr outside, cont trng RF fwd R btwn M's ft) end CP M fcg RLOD; XRIB under body flexing knees, comm twist RF 7/8 on ball of R & heel of L, cont twist RF to fc DRW shifting wgt to R at end, sd & bk L (W fwd L comm running RF around M, fwd R cont trng RF, fwd L cont trng RF to fc M, sd & fwd R) end CP M fcg DRW;

17-22+ FEATHER FIN; TOP SPIN; W INSIDE UNDERARM TRN M TRANS TO WRAP; SD RK 2; W ROLL OUT TO LOP; BJO WHEEL TO SAME FT LUNGE LINE & HOLD;..

- 17 {Feather Fin} CP M fcg DRW bk R trng LF, -, sd & fwd L, fwd R outside ptr (W fwd L trng LF, -, sd & bk R, bk L ptr outside) end BJO M fcg DLW;
- QQQQ 18 {Top Spin} Spinning LF on R bk L ptr outside, bk R cont trng LF to fc COH, sd & slightly fwd L, fwd R outside ptr w/ checking motion twd DRC (W spinning LF on L fwd R outside ptr, fwd L cont trng LF, sd & slightly bk R, bk L ptr outside w/ checking motion) end BJO M fcg DRC;
- SS (W QQS) 19 {W Inside Underarm Trn M Trans to Wrap} Bk L raising jnd lead hnds to lead W trn LF, -, trng RF to fc COH sd R joining trailing hnds at W's R-hip, - (W fwd R, fwd L trng LF under jnd lead hnds to fc COH, sd R, -) end WRAPPED Pos both fcg COH M bhnd W; (now same footwork)
- SS 20 {Sd Rk 2} Rk sd L, -, rec R, -;
- SS (W QQS) 21 {W Roll Out to LOP} Rk sd L leading W roll LF releasing trailing hnds, -, rec R, - (W sd L comm rolling LF, cont rolling LF sd R, cont rolling LF sd L, -) end LOP both fcg COH; (now opposite footwork)
- QQQQ -- 22+ (W QQQQ Q-) {Bjo Wheel to Same Ft Lunge Line & Hold} Sd L trng LF to fc ptr, assuming BJO Pos fwd R comm wheel RF, fwd L cont wheel RF, fwd R cont wheel RF to fc LOD (W sd R trng RF to fc ptr, fwd L comm wheel RF, fwd R cont wheel RF, fwd L cont wheel RF to fc RLOD) end momentary BJO M fcg LOD; Swivel RF 1/4 on R to fc WALL, flex knee rotating upper body RF extending L sd twd LOD & hold as music fades out (W fwd R swiveling RF 1/2 to fc LOD, flex R-knee extending L fwd twd LOD & hold as music fades out),