

Once In A While

Choreo: Casey & Sharon Parker, 11168 Loduca Dr, Manteca, Ca. 95336 **email:** trustme@pacbell.net
Music: Once In A While, download itunes, CD Mirror Lake Pavilion Presents: The New Stanton Band
Artist: New Stanton Band (2:58) **Speed:** increase speed 5%
Footwork: Opposite, Unless noted (W's footwork in parenthesis) (approx. 47 rpm)
Rhythm: Foxtrot **Phase:** III **Difficulty:** Easy
Sequence: Intro – A – A – B – A – Int 1 – A – A – B – Int 2 – A – End **Released:** Dec 2010

Ver 1.1

Intro

1 SCP LOD Wait through pickup notes -

1- SCP LOD lead ft free wait through pickup notes;

Part A

1 – 8 Fwd & Run 2; Manu Sd Cls; Spin Trn; Box Bk to SCAR; Cross Hover 3X SCP;;; Thru Fc Cls;

1-4 blending to SCP Fwd L, -, Fwd R, Fwd L; Fwd R trng RF to cp fc lod, -, Sd L, Cls R; Bk L with strong RF trn, -, Fwd R heel to toe between W's feet spinning RF to fc dlw, Sd & Bk L (strong Fwd R between M's feet trng RF, -, Sd & Bk L around M brushing R to L, Fwd R); Bk R, -, Sd L, Cls R to scar dlw;

5-8 Fwd L outside W, -, Sd R passing through cp lod, Rec Sd & Fwd L to bjo dlc; Fwd R outside W, -, Sd L passing through cp lod, Rec Sd & Fwd R to scar dlw; Fwd L outside W, -, Sd & Fwd R beginning to trn W to scp lod, Fwd L to scp lod; Thru R trng to cp wall, -, Sd L, Cls R blending to cp wall;

Part B

1 – 8 Box;; Twisty Vine SQQ; Fwd to fc & Sd Cls; Box;; Twirl Vine SQQ; Thru Fc Cls;

1-4 Fwd L, -, Sd R, Cls L; Bk R, -, Sd L, Cls R; Sd L, -, XRIBL (XLIBR), Sd L; Fwd R trng to cp wall (W Bk L to cp wall, -, Sd L, Cls R);

5-8 Fwd L, -, Sd R, Cls L; Bk R, -, Sd L, Cls R; leading W to trn RF under jnd lead hnds Sd L, -, XRIBL, Sd L (trng RF under jnd lead hnds Fwd R, -, Bk L cont trn, Sd & Fwd R); Thru R trng to cp wall, -, Sd L, Cls R;

Interlude 1

1 – 2 Twirl Vine SQQ; Thru Fc Cls;

1-2 leading W to trn RF under jnd lead hnds Sd L, -, XRIBL, Sd L (trng RF under jnd lead hnds Fwd R, -, Bk L cont trn, Sd & Fwd R); Thru R trng to cp wall, -, Sd L, Cls R;

Interlude 2

1 Sd Tch L & R;

1 Sd L, Tch R to L, Sd R, Tch L to R;

Ending

1 – 3 Vine SQQ; Thru to fc & Sd Cls; Slow Dip & Hold;

1-3 ; Sd L, -, XRIBL (XLIBR), Sd L; Thru R trng to cp wall, -, Sd L, Cls R; Slow Dip Bk L & Hold, - , - , - ;