

# FOR ONCE IN MY LIFE

**Music:** Glee Cast Version  
[Play For Once In My Life \(Glee Cast Version\) by Glee Cast on Amazon Music](#)  
Time 2:56 Available from choreographer

**Rhythm:** Cha Cha Phase: IV + 2 (OP Hiptwist + Half Moon)

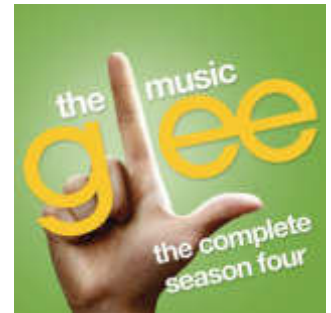
**Footwork:** Opposite except where (Noted)

**Release Date:** May 24

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INTRO AB INTRO (5-6) AB END



## INTRO

### 01-04 BLFY WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; SAND STEP TWICE ; ;

**{Wait}** Bfly Pos Wall ldt free wt 2 meas ; ; **{Sand Step x 2}** Swiv slightly RF on R ft rotate L knee inward & tch L toe to instep of R ft, swvlg slightly LF on R ft rotate L knee outward to tch L heel to floor, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; Swiv slightly LF on L ft rotate R knee inward & tch R toe to instep of L ft, swvlg slightly RF on L rotate L knee outward to tch R heel to floor, XRif (*W XLif*)/sd L, XRif (*W XLif*) to BFLY WALL ;

### 05-06 KICK to 4 TWICE ; ;

**{Kick to 4 x 2}** Swvlg RF on R ft kck L thru twd RLOD, swvlg LF on R ft fold L leg at knee to form figure 4, twd LOD fwd L/lk Rib, fwd L ; Swvlg LF on L ft kck R thru twd LOD, swvlg RF on L ft fold R leg at knee to form figure 4, twd RLOD fwd R/lk Lib, fwd R to BFLY WALL ;

## PART A

### 01-04 START CHASE INTERRUPT WITH TRAVELING DOORS ; ; M TURN to FACE & rt Hndshk ;

**{Start Chase Interrupt w/ Traveling Doors}** Fwd L trng ½ Rf, rec R, fwd L/lk Rib, fwd L (*W bk R, rec L, fwd R/lk L ib, fwd R*) ; Rk sd R, rec L, XRif (*W XLif*)/sd L, XRif (*W XLif*) ; Rk sd L, rec R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; **{M Trn to Fc}** Fwd R trng ½ LF to fc ptr, rec L, fwd R/lk Lib, fwd R (*W fwd L, rec R, bk L/lk Rif, bk L*) to rt Hndshk WALL ;

### 05-08 HALF MOON TWICE ; ; ;

**{Half Moon x 2}** [w/ rt hndshk] Thru L (*W thru R*) to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to rt Hndshk COH ; Repeat meas 5,6 Part A to BFLY WALL ; ;

### 09-12 NEW YORKER ; CRAB WALKS ; ; WHIP to COH & rt Hndshk ;

**{New Yorker}** Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; **{Crab Walks}** [Twd Lod] XRif (*W XLif*), sd L, XRif (*W XLif*)/sd L, XRif (*W XLif*) ; Sd L, XRif (*W XLif*), sd L/cl R, sd L ; **{Whip to Coh & Rt Hndshk}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to rt Hndshk COH ;

### 13-16 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to WALL ;

**{Trade Places x 2}** [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (*W trn LF*), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to fc COH in rt hndshk ; **{Trade Places/W Insd Undrm Trn}** Apt L, rec R comm to pass rt shldr while trng ½ RF to fc WALL, bk L/lk Rib, ipl L (*W apt R, rec L, fwd R spiralg 7/8 LF undr jnd R hnds/cl L, ipl R fcg WALL*) relsg hnds ; **{W Out to WALL}** Rk apt R, rec L, fwd R/lk Lib, ipl R (*W fwd L twd WALL, fwd R comm LF trn, sd L cont LF trn to fc COH/cl R, ipl L*) to BFLY WALL ;

## PART B

### 01-04 OP HIP TWIST ; WHIP to LOP LOD ; OPPOSITE CROSS CHECK & SLIDE THE DOOR ; SPOT TURN to BFLY ;

**{OP Hip Twist}** Fwd L, rec R, XLib/cl R, sd L (*W bk R, rec L, fwd R/lk Lib, fwd R swvl RF fc LOD*) ; **{Whip to LOP LOD}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, fwd L/lk Rib, fwd L*) fwd R/lk Lib, fwd R to LOP WALL ; **{Opposite Cross Check & Slide the Door}** XLif (*W XRif*) chkg, rec R, [behind the lady] sd L/cl R, sd L ; **{Spot Trn to BFLY}** [Relsg both hnds] To COH XRif (*W to WALL XLif*) trng ½ LF (*W to WALL XLif trng ½ RF*), rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

**05-08 ONE HAND to HAND ; DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK & CHANGE SIDES/W UNDERARM ; START SIDE WALK ;**

**{One Hand to Hand}** XLib (*W XRib*) trng to OP, rec R to BFLY, sd L/cl R, sd L ; **{DBL Hand Underarm Turn to Stacked Hnds}** [Raisg both hnds up] XRib, rec L, sd R/cl L, sd R (*W XLif under both hnds trng RF, rec R contg to trn to fc M, sd L/cl R, sd L*) to stacked hnds lft-over-rt ; **{OP Break & Chng Sides/W Underarm}** Strong bk L (*W strong bk R*) xtndg stacked hnds fwd, rec R to W's rt sd, chng places raisg stacked hnds comm RF trn fwd & sd L/cl R, sd L (*W trn RF under stacked hnds to fc ptr, sd L/cl R, sd L*) to Low Bfly COH ; **{Start Sd Walk}** Sd R, cl L, sd R/cl L, sd R to BFLY COH ;

**09-12 CHASE w/ UNDERARM PASS ; ; VINE 2 & FACE to FACE ; VINE 2 & BACK to BACK ;**

**{Chase w/ Underarm Pass}** Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ; **{Vine 2 Fc to Fc}** Sd L, XRib (*W XLib*), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK ; **{Vine 2 Bk to Bk}** Sd R, XLib (*W XRib*), sd R/cl L, trng 3/8 RF sd & fwd R to BFLY WALL ;

**13-16 REVERSE UNDERARM TURN ; UNDERARM TURN ; SAND STEP TWICE ; ;**

**{Reverse Underarm Trn}** [Raisg jnd ld hnds] XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY WALL ; **{Underarm Trn}** [Raisg jnd ld hnds] XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd hnds, rec R contg RF trn, sd L/cl R, sd L*) to BFLY WALL ; **{Sand Step x 2}** Repeat meas 3,4 Intro ; ;

**ENDING**

**01-04 KICK to 4 TWICE ; ; SAND STEP TWICE ; ;**

**{Kick to 4 x 2}** Repeat meas 5,6 Intro to BFLY WALL ; ; **{Sand Step x 2}** Repeat meas 3,4 Intro ; ;

**05-07 KICK to 4 TWICE ; ; STEP APART & RAISING LEAD HANDS;**

**{Kick to 4 x 2}** Repeat meas 5,6 Intro to BFLY WALL ; ; **{Qk Step Apt & Raisg ld Hnds}** [Q] [Relsg ld hnds] Quick Bk L raisg ld hnds ;