

FOR ONCE IN MY LIFE

DANCE BY NANCY & DEWAYNE BALDWIN

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RECORD MOTOWN 527

ARTIST STEVIE WONDER

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM CHA CHA PH III + 1[AIDA]

DATE 8-14

SEQUENCE A B BRIDGE C B END

INTRO

1-6 BFLY;; CHASE;;;

Wait;; Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R;
Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R;

PART A

1-4 BFLY VIN 2 FC-FC; VIN 2 BK-BK OP; SLDG DR 2X;;

Sd L, XRib, sd L/cl R, sd L trn COH; Sd R, XLib, sd R/cl L, sd R trn OP LOD;
Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif;

5-8 CIRC AWY & TOG;; NY; START CRB WLKS;

Fwd L trn, fwd R trn, fwd L trn/cl R, fwd L trn; Fwd R trn, fwd L trn, fwd R trn/cl L,
fwd R trn; Thru L, rec R to fc, sd L/cl R, sd L; XRif, sd L, XRif/sd L, XRif;

9-12 FIN CRB WLKS; SPT TRN 2X;; START CRB WLKS;

Sd L, XRif, sd L/cl R, sd L; XRif trn, rec L trn, sd R/cl L, sd R; XLif trn, rec R trn,
sd L/cl R, sd L; XRif, sd L, XRif/sd L, XRif;

13-16 FIN CRB WLKS; FNC LINE; TIM STP 2X;;

Sd L, XRif, sd L/cl R, sd L; X lun R, rec L, sd R/cl L sd R; XLib, rec R, sd L/cl R, sd L;
XRib, rec L, sdR/cl L, sd R;

PART B

1-4 OP BRK; WHP; SHLDR-SHLDR 2X;;

Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L, sd R/cl L, sd R; Rk fwd L, rec R,
sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R;

5-8 BRK TO OP RLOD; WLK; SLDG DR; RK APT REC WL;

Swvl bk L, rec R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R/cl L, fwd R; Rk apt L,
rec R, XLif/sd R, XLif; Rk apt R, rec L to fc, sd R/cl L, sd R;

9-12 CHS PEEK-A-BOO;;;

Fwd L trn, rec R, fwd L/cl R, fwd L; Sd R, rec L, cl R/stp L, stp R; Sd L, rec R,
cl L/stp R, stp L; Fwd R trn, rec L, fwd R/cl L, fwd R;

13-16 CIRC AWY & TOG BJO;; BOLERO WHL BFLY;;

Fwd L trn, fwd R trn, fwd L trn/cl R, fwd L trn; Fwd R trn, fwd L trn. fwd R trn/cl L,
fwd R trn BJO; Fwd L, fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R/cl L, fwd R;

BRIDGE

1-2 BAS;;

Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;

PART C

1-4 ½ BAS; UNDRM TRN; LARIAT;;

Fwd L, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R; In plc stp L, stp R,
stp L/stp R, stp L; Stp R, stp L, stp R/stp L, stp R;

5-8 NY; AIDA; SWCH RK BFLY; START FNC LINE 2X;

Thru L, rec R to fc, sd L/cl R, sd L; Thru R trn, sd L trn, bk R/lk L, bk R; Trn sd L,
rec R, sd L/cl R, sd L; X lun R, rec L, sd R/cl L, sd R;

9-12 FIN FNC LINE 2X; SPT TRN; BAS;;

X lun L, rec R, sd L/cl R, sd L; XRif trn, rec L trn, sd R/cl L, sd R; Fwd L, rec R,
sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;

13-16 BFLY SHLDR-SHLDR 2X;; TRAV DRS;;

Rk fwd L, rec R, sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R; Rk sd L, rec R,
XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif;

END

1 AIDA & HOLD

Thru L trn, sd R trn, bk R,-;