

FOR ONCE IN MY LIFE

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Rhythm & Phase: Cha Cha, Ph III + 1 (ALEMANA)
Music: "For Once In My Life" Artist: Stevie Wonder
Record: MoTown Yesteryear Series (Y 527F) 2:49
Downloads: Amazon.com, Walmart.com, iTunes
Speed: As recorded (or speed to suit) Time: 2:48 or 2:50 (for downloads)
Sequence: Intro – A – B – A – B – Bridge – C – A – B – End

INTRO

- 1 – 6 BFLY WALL WAIT 2 MEAS;; CHASE;;;**
 1 – 4 BFLY WALL Wait 2 meas;; fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L; fwd R trn LF ½ (W RF 1/2), rec fwd L, fwd R/cl L, fwd R;
 5 – 6 Fwd L (W trn LF 1/2), rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R to BFLY;

PART A

- 1 – 4 SHOULDER TO SHOULDER TWICE;; NEW YORKER; SPOT TURN;**
 1 – 4 Fwd L to BFLY SCAR (W bk R), rec R, sd L/cl R, sd L; fwd R to BFLY BJO (W bk L), Rec L, sd R/cl L, sd R; strong XLIFR straight leg to L OP, rec R to fc, sd L/cl R, sd L; XRIF of L trn LF/COH, rec L cont trn LF to fc ptr & WALL, sd R/cl L, sd R;
5 – 8 TIME STEP TWICE;; HAND TO HAND TWICE [BFLY];;
 5 – 8 No hnds fcg ptr XLIBR, rec R, sd L/cl R, sd L; fcg ptr XRIBL, rec L, sd R/cl L, sd R; XLIBR to OP, rec R to fc ptr, sd L/cl R, sd L; XRIBL to L OP, rec L to fc ptr, sd R/cl L, sd R blending to BFLY WALL;

PART B

- 1 – 8 ALEMANA TO LARIAT [BFLY];;;; FENCE LINE; CRAB WALKS;; FENCE LINE;**
 1 – 4 Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W fwd LIFR trn RF, cont trn fwd R to fc M, sd L/cl R, sd L); sip L, R, L/R, L to BFLY fc WALL (W circ M CW R, L, R/cl L, fwd R); sip R, L, R/L, R (W cont arnd M L, R, sd L/cl R, sd L to fc M);
 5 – 8 Lunge LIFR bending knee, rec R, sd L/cl R, sd L; XRIFL, sd L, XRIFL/sd L, XRIFL; sd L, XRIFL, sd L/cl R, sd L; lunge RIFL bending knee, rec L, sd R/cl L, sd R;

BRIDGE

- 1 – 2 BASIC;;**
 1 – 2 Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;

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PART C

1 – 8 CHASE PEEK-A-BOO DOUBLE;;; ;;;

1 – 8 Fwd L trn, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R); sd R & peek lf, rec L, cl R/sip L, sip R (W sd L, rec R, cl L/sip R, sip L); sd L & peek rt, rec R, cl L/sip R, sip L (W sd R, rec L, cl R/sip L, sip R); fwd R trn, rec L, fwd R/cl L, fwd R (W fwd L trn, rec R, fwd L/cl R, fwd L); sd L, rec R, cl L/sip R, sip L (W sd R & peek lf, rec L, cl R/sip L, sip R); sd R, rec L, cl R/sip L, sip R (W sd L & peek rt, rec R, cl L/sip R, sip L); fwd L, rec R, bk L/cl R, bk L (W fwd R trn, rec L, fwd R/cl L, fwd R); bk R, rec L, fwd R/cl L, fwd R (W fwd L, rec R, bk L/cl R, bk L);

9 – 12 OPEN BREAK; WHIP [COH]; HALF BASIC; UNDERARM TURN;

9 – 12 Rk apt L w/trl hnd up, rec R, sd L/cl R, sd L; bk R trng LF, fwd & sd L, sd R/cl L, sd R (W fwd L outsd M, fwd R trng LF 1/2, sd L/cl R, sd L); fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W XLIFR trng RF, cont trn rec R to fc M, sd L/cl R, sd L);

13 – 16 OPEN BREAK; WHIP [WALL]; HALF BASIC; UNDERARM TRN [BFLY];

13 – 16 Fk apt L w/ trl hnd up, rec R, sd L/cl R, sd L; bk R trng LF, fwd & sd L, sd R/cl L, sd R to BFLY (W fwd L outsd M, fwd R trng LF 1/2, sd L/cl R, sd L); fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W XLIFR trng RF, cont trn rec R to fc M, sd L/cl R, sd L);

ENDING

1 – 4 CUCARACHA TWICE;; TWO SIDE CLOSES; APART POINT;

1 – 4 Sd L w/ partial wgt, rec R, cl L/sip R, sip L; sd R w/ partial wgt, rec L, cl R/sip L, sip R; sd L, cl R, sd L, cl R; bk L, -, pt R, -;

QUICK CUES

SEQ: Intro – A – B – A – B – Bridge – C – A – B – End

INTRO: BFLY WALL WAIT 2 MEAS;; CHASE;;;

PART A: SHOULDER TO SHOULDER TWICE;; NEW YORKER; SPOT TURN; TIME STEP TWICE;; HAND TO HAND TWICE [BFLY];;

PART B: ALEMANA TO LARIAT [BFLY];;; FENCE LINE; CRAB WALKS;; FENCE LINE;

BRG: BASIC;;

PART C: CHASE PEEK-A-BOO DOUBLE;;; ;;; OPEN BREAK; WHIP [COH]; HALF BASIC; UNDERARM TURN; OPEN BREAK; WHIP [WALL]; HALF BASIC; UNDERARM TRN [BFLY];

ENDING: CUCARACHA TWICE;; TWO SIDE CLOSES; APART POINT;