

ONCE IN A WHILE

Released November, 2010

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MUSIC: Once in a While, The New Stanton Band, album *Mirror Lake Pavillion Presents: The New Stanton Band*, Track 2, available as download from Amazon, Napster, etc.

RHYTHM: Foxtrot, Phase V (avg difficulty)

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: INTRO A B A (9-16) BRIDGE C C B (MOD) A (1-8) ENDING

INTRODUCTION

1 CP DLC WAIT 3 NOTES,,
1 {wait}CP DLC Wait 3 notes,,

PART A

1-4 DIAMOND TURN 1/2 ;; QUICK DIAMOND 4; DIP & RECOVER;
1 {diam trn 1/2} Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO;
2 Bk R trng LF, -, sd R cont trng LF, bk L CBJO;
QQQQ 3 {qk diam 4} Fwd L trng LF, sd R, bk L to BJO DLW, bk R to CP LOD;
SS 4 {dip & rec} Bk L, -, rec R, -;

5-8 REV WAVE 1/2; CHECK & WEAVE;; CHANGE OF DIRECTION;
1 {rev wave 1/2} Fwd L trng LF, -, sd & fwd R cont LF trn, bk L to fc DRC (W bk R trng LF, -, cl L cont LF trn, fwd R to CP);
2 {Ck & Weave} Ck bk R w/ slight contra ck action, -, rec fwd L comm LF trn, cont trng sd & bk R;
QQQQ 3 Bk L to BJO, bk R comm trn, cont trn sd & fwd L, fwd R to BJO DLW;
SS 4 {chg dir} Fwd L, -, fwd R trng LF, draw L to R CP DLC, -;

9-12 OPEN TELEMARK; NATURAL HOVER CROSS OVERTURNED;; TO A TOP SPIN;
5 {open tele} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW;
SQQ 6 {start nat hov x} Fwd R DLW starting RF trn, -, trng RF sd L, cont RF trn sd R to SCAR (W Fwd L comm RF trn, -, fwd R cont trn, bk L);
QQQQ 7 {fin nat hov x overtrnd} Ck fwd L in SCAR w/ R sd stretch, rec bk on R w/ slight LF trn, cont LF trn sd & fwd L, cont LF trn fwd R on toe to BJO DRC checking & spinning 1/8 LF (W bk R, rec L comm slight LF trn, cont LF trn sd & bk R, bk L on toe checking & spinning LF);
QQQQ 8 {top spin} Bk L, bk R trng 1/8 LF, sd & fwd L, fwd R to CBJO DLW;

13-16 HOVER TELEMARK; IN & OUT RUNS;; FEATHER;
13 {hov tele} Fwd L, -, fwd R between W's feet rising & trng RF, sd & fwd L to SCP DLW;
14 {start in & out runs} Trn RF fwd R, -, sd & bk L to CP, bk R to CBJO DRC (W fwd L, -, fwd R between M's feet, fwd L);
15 {fin in & out runs} Trn RF bk L, -, sd & fwd R between W's feet cont trn RF, fwd L to SCP DLC (W fwd R trng RF, -, fwd & sd L cont trn RF brush R to L, fwd R);
16 {feath} Fwd R DLC, -, fwd L (W fwd L start LF trn W cont LF trn sd & bk R), fwd R to BJO (W bk L);

PART B

1-4 MINI-TELESPIN;; CONTRA CHECK & SWITCH; CURVED FEATHER CHECK;
SQQ& 1-2 {mini-telepin} Fwd L trng LF, -, sd R fwd DLC cont LF trn, sd & bk L LOD no weight in momentary SCAR/trn body to lead W to CP; Fwd L spinning LF, cl R to CP DRC, tch L to R, - (W Bk R trng LF, -, cl L to R heel trn, sd & fwd R LOD /fwd L LOD trng LF: Fwd & sd R to CP DLC, trng LF small sd L to CP, tch R to L, -);
3 {contra ck & switch} Lower & fwd L w/ R sd leading, -, rec bk R trng RF, bk L trng another 1/8 RF to CP LOD (W bk R head well to L, -, rec fwd L, fwd R);
4 {curv feath ck} Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ck fwd R in CBJO (W fwd L, -, sd & bk R, bk L);

5-8 BACK FEATHER; FEATHER FINISH; HOVER; SLOW SIDE LOCK;
5 {bk feath} Bk L, -, bk R w/ R sh lead, bk L to BJO;
6 {feath fin} Bk R, -, bk L trn LF, sd & fwd R to CBJO DLW;
7 {hov} Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
8 {sl sd lk} Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L start LF trn, W cont LF trn sd & bk R, bk L);

REPEAT A (9-16)BRIDGE1-2 DOUBLE REVERSE SPIN DLW; CHANGE OF DIRECTION;

- 1 *{dbl rev}* Fwd L trng LF, -, fwd & sd R trng LF bring L to R w/o wgt & spin to DLW (W bk R, -, heel trn transferring wgt to L, fwd & sd R, XLif);
- SS 2 *{chg dir}* Fwd L, -, fwd R trng LF, draw L to R CP DLC, -;

PART C1-4 OPEN REVERSE TURN; BACK CHASSE BJO; NATURAL WEAVE;;

- 1 *{op rev trn}* Fwd L trn LF ¼, -, cont trn sd R, bk L in CBJO;
- 2 *{bk chasse bjo}* Cont trng bk R, -, sd & fwd L/cl R DLW, sd & fwd L BJO DLW (W fwd L comm LF trn, -, fwd & sd R/cl L, bk R);
- 3-4 *{nat weave}* Fwd R comm RF trn, -, sd L w/L sd stretch, bk R w/ R sh lead to CBJO; Bk L, bk R comm LF trn, sd & fwd L DLW, fwd R to CBJO;

5-8 THREE STEP; HALF NATURAL; BACK TIPPLE CHASSE SCAR; HOVER CROSS ENDING;

- 5 *{3 stp}* Fwd L blend to CP, -, fwd R, fwd L;
- 6 *{1/2 nat}* Fwd R comm. RF turn, -, cl L to L cont turn, bk R;
- SQ&Q 7 *{bk tipple chasse scar}* Comm upper body trn to R Bk L trng R, -, sd & R/cl L. sd & slightly fwd R to SCAR DLW (W Fwd R trng RF, -, cont trng sm sd L/cl R, sd & slightly bk L);
- QQQQ 8 *{hov X endng}* Fwd L w/ R sd stretch, rec bk on R, trng 1/8 LF sd L, fwd R to BJO DLC checking (W bk R, rec L, trng 1/8 LF sd R, bk L);

REPEAT CPART B (MODIFIED)1-4 MINI-TELESPIN;; CONTRA CHECK & SWITCH; CURVED FEATHER CHECK;

- SQQ& 1-2 *{mini-tespin}* Fwd L trng LF, -, sd R fwd DLC cont LF trn, sd & bk L LOD no weight in momentary SCAR/trn body to lead W to CP; Fwd L spinning LF, cl R to CP DRC, tch L to R, - (W Bk R trng LF, -, cl L to R heel trn, sd & fwd R LOD /fwd L LOD trng LF: Fwd & sd R to CP DLC, trng LF small sd L to CP, tch R to L, -);
- 3 *{contra ck & switch}* ;
- 4 *{curv feath ck}* Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ck fwd R in CBJO (W fwd L, -, sd & bk R, bk L);

5-9 BACK FEATHER; FEATHER FINISH; HOVER; THRU SEMI CHASSE; SLOW SIDE LOCK;

- 5 *{bk feath}* Bk L, -, bk R w/ R sh lead, bk L to BJO;
- 6 *{feath fin}* Bk R, -, bk L trn LF, sd & fwd R to CBJO DLW;
- 7 *{hov}* Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
- 8 *{thru semi chasse}* Thru R, -, sd L/cl R, sd L to SCP;
- 9 *{sl sd lk}* Fwd R DLC, -, fwd L fwd R to BJO (W fwd L start LF trn W cont LF trn sd & bk R, bk L);

REPEAT A (1-8)ENDING1-4 OPEN TELEMAR; THRU SEMI CHASSE; THRU TO PROMENADE SWAY; CHANGE SWAY;

- 1 *{open tele}* Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW;
- 2 *{thru semi chasse}* Thru R, -, sd L/cl R, sd L to SCP;
- 3 *{thru to prom sway}* Thru R, -, sd L stretch body upward, cont stretch looking over ld hnds to SCP LOD;
- 4 *{chg sway}* Relax L knee keeping R leg extended, -, w/ slight LF upper body trn stretch L sd swiveling W's R ft, look over W cont to sway in CP DLW (W's head well to L);