ONCE IN A WHILE

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Record**:** Hi Hat: 910 / 984 / EN-012   "Once in a While"   Cell: 847-910-2880
Artist: Joe Leahy
Footwork**:** Woman's Footwork Opposite Unless Noted   Speed**:** 1:55 @ 43 RPM
Rhythm**:** Foxtrot   RAL Phase**:** III + 2 (DIAM TRN and CHR & SLP)
Sequence**:** Intro – A – B – A – End   Released**:** March 2011

INTRODUCTION

1-2 CP WALL wt 2 meas ; ;
    1-2   CP WALL wait ; ;

PART A

1-16 BOX ; ; HVR ; PKUP SD CL ;
    1-2   [CP WALL – BOX] Fwd L **, -** , Sd R , Cl L ; Bk R **, -** , Sd L , Cl R ;
    3-4   [CP LOD – HVR & PKUP SD CL] Fwd L **, -** , Fwd & Sd R rising , Sd & slightly fwd end in tight SCP ;
       Small Fwd R trng slightly LF **, -** , Small Sd L , Cl R end CP LOD (W Fwd L trng LF moving in-front of M **, -** ,
       Small Sd R fin trn end fcg RLOD in front of M , Cl L) ;

PROG BOX ; ; FWD & RUN 2 ; FWD SD CL to CP WALL ;
    5-6   [CP LOD – PROG BOX] Fwd L **, -** , Sd R , CL L ; Fwd R **, -** , Sd L , Cl R ;
    7-8   [CP LOD – FWD & RUN 2 & FWD SD CL] Fwd L **, -** , Fwd R , Fwd L ; Fwd R trng ¼ RF , Sd R ,
       Cl L (W Bk L trng ¼ RF **, -** , Sd L , Cl R End CP WALL) ;

BOX ; ; TWSTY VIN 4 to BJO CHKG ; FSHTL ;
    9-10   [CP WALL – BOX] Fwd L **, -** , Sd R , Cl L ; Bk R **, -** , Sd L , Cl R ;
    11-12   [CP WALL – TWSTY VIN 4 to BJO CHKG & FSHTL] Sd L , XRIB , Sd L , XRIF to BJO LOD (W Sd R , XLIF ,
       Sd , XLIB) ; XLIB trng slightly LF (W RF) , Sd R trng ¼ RF (W LF) , Fwd L , XRIB (W XLIF) ;

2 L TRNS to WALL ; ; HVR ; CHR & SLP ;
    13-14   [BJO LOD – 2 L TRNS] Fwd L start LF upper body trn **, -** , Sd & Bk R cont LF trn , Cl L ; Bk R start LF
       upper body trn **, -** , Sd & Bk L cont LF trn , Cl R ;
    15-16   [CP WALL – HVR & CHR & SLP] Fwd L **, -** , Fwd & Sd R rising , Sd & slightly fwd end in tight SCP ;
       Thru R slightly bending knee **, -** , Rec L with slight LF upper body trn , Slip R bhd L fin 1/8 LF trn end CP DLC
       (W Thru L slightly bending knee **, -** , Rec R no rise & swvl LF thighs locked , Fwd L) ;

PART B

1-8 DIAM TRN to SCAR ; ; ; ;
    1-4   [CP LOD – DIAM TRN to SCAR] Fwd L twd DLC **, -** , Fwd & Sd R , Bk L twd DLW ;
       Bk R **, -** , Bk & Sd L , Fwd R twd DLW ; Fwd L twd DRW **, -** , Fwd & Sd R , Bk L twd DRC ;
       Bk R **, -** , Bk & Sd L Blend to SCAR DLW , Cl R ;

X HVR to BJO ; X HVR to SCAR ; X HVR to SCP ; THRU FC CL ;
    5-6   [SCAR DLW – X HVR to BJO & X HVR to SCAR] Fwd L **, -** , Fwd & Sd R w/slight rise and trng slightly RF ,
       Fwd L to BJO lowering to finish step (W Bk R **, -** , Bk & Sd L w/slight rise and trng slightly RF , Bk R to BJO
       lowering to finish stp) ; Fwd R **, -** , Fwd & Sd L w/slight rise and trng slightly RF, Fwd R to SCAR lowering to
       finish stp (W Bk L **, -** , Bk & Sd R w/slight rise and trng slightly RF , Bk L to BJO lowering to finish stp) ;
    7-8   [SCAR DLW – X HVR to SCP & THRU FC CL] Fwd L , Fwd R w/slight rise , Fwd & Sd L w/slight RF body trn to
       SCP lowering to finish stp (W Bk R , Bk L w/slight rise**,** Sd & Fwd L w/slight RF body trn lowering to finish stp) ;
       Thru R **, -** , Sd L to fc ptr , Cl R ;

1-10 DIAM TRN ; ; ; ;
      1-4   [CP LOD – DIAM TRN] Fwd L twd DLC , **-** , Sd R , Bk L twd DLW ; Bk R , **-** , Sd L , Fwd R twd DLW ; Fwd L twd DRW , **-** , Sd R , Bk L twd DRC ; Bk R , **-** , Sd L , Fwd R twd DLC ;

  2 L TRNS to WALL ; ; HVR ; THRU FC CL ;
      5-6   [BJO DLC – 2 L TRNS] Fwd L start LF upper body trn , **-** , Sd & Bk R cont LF trn , Cl L ; Bk R start LF upper body trn , **-** , Sd & Bk L cont LF trn , Cl R ;
      7-8   [CP WALL – HVR & THRU FC CL] Fwd L , **-** , Fwd & Sd R rising , Sd & slightly fwd end in tight SCP ; Thru R , **-** , Sd L to fc ptr , Cl R ;

  SLO SD DR CL ; SD CORTE ;
      9-10   [CP WALL – SD DR CL & SD CORTE] Sd L , Draw R to L , Cl R , **-** ; Sd L relaxing L knee and trn to RSCP leaving R leg extended , **-** , **-** ;

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ONCE IN A WHILE
QUICK CUES

Intro: CP WALL wt 2 meas ; ;

Pt A: BOX ; ; HVR ; PKUP SD CL ;
     PROG BOX ; ; FWD & RUN 2 ; FWD SD CL to CP WALL ;
     BOX ; ; TWSTY VIN 4 to BJO CHKG ; FSHTL ;
     2 L TRNS to WALL ; ; HVR ; CHR & SLP ;

Pt B: DIAM TRN to SCAR ; ; ; ;
     X HVR to BJO ; X HVR to SCAR ; X HVR to SCP ; THRU FC CL ;

Pt A: BOX ; ; HVR ; PKUP SD CL ;
     PROG BOX ; ; FWD & RUN 2 ; FWD SD CL to CP WALL ;
     BOX ; ; TWSTY VIN 4 to BJO CHKG ; FSHTL ;
     2 L TRNS to WALL ; ; HVR ; CHR & SLP ;

End: DIAM TRN ; ; ; ;
     2 L TRNS to WALL ; ; HVR ; THRU FC CL ;
     SLO SD DR CL ; SD CORTE ;