

FOR ONCE IN MY LIFE

By Irv & Betty Easterday, Boonsboro, Maryland

RECORD: "For Once in My Life" - Grenn 14190

POSITION & FOOTWORK: CP M fcg LOD -- Opposite footwork throughout

SEQUENCE: INTRO - DANCE 3 TIMES - ENDING

MEASURES

INTRODUCTION

1-4 WAIT; WAIT; DIP BK,-,RECOV,-: SIDE,CLOSE,FWD,LOCK;

1-2..In CP M fcg LOD wait 2 meas;;

3-4..Dip bk twd RLOD L,-,recov R twd LOD,-; Side L twd COH,cl R to L,fwd L twd LOD,lock R behind L(W cut LIF of R);

DANCE

1-4 FWD,-,FWD,-; TRN ¼ L,-,SIDE,CL; SIDE,-,BK,-; BK,LOCK,BK,-;

1...CP M fcg LOD walk fwd LOD L,-,R,-;

2...Step fwd twd LOD & COH trng ¼ LF to face COH in CP,-,swd LOD R,cl L to R;

3...CP M fcg COH step swd R twd LOD blending to BJO M fcg RLOD,-,in Bjo M fcg RLOD step bk L twd LOD(W fwd R),-;

4...Bjo M fcg RLOD step bk twd LOD R,lock LIF of R(W lk RIB of L),bk R,-;

5-8 (Impetus Trn)BK PIVOT ½,-,CL(SCP),-; FWD,-,FWD(Face),-; SIDE,CLOSE,SIDE,CLOSE; (SCP)WALK,-,PICKUP(CP fcg LOD),-;

5...In Bjo M fcg RLOD begin an impetus trn ½ RF step bk twd LOD L(W step fwd twd LOD & wall R pivoting arnd RF to face COH),-,continue RF trn on L bringing R ft to L changing wt to R ft(W cont RF trn on L)end SCP ptrs fcg LOD,-;

6...SCP fcg LOD step fwd L twd LOD,-,step thru twd LOD R(W XIF also) to end CP M fcg ptr & wall,-;

7...CP M fcg ptr & wall step swd L twd LOD,cl R to L,swd L twd LOD,cl R to L;

8...Blend to SCP fcg LOD step fwd L twd LOD,-,step small step fwd twd LOD R(W step L IF of M trng ½ LF for pickup) to end CP M fcg LOD,-;

9-12 FWD L TRN,-,SIDE,CL; BK L TRN,-,SIDE,CL(Bjo); FWD,-,FWD CHK,-; BK,-,BK,LK;

9...CP M fcg LOD begin 2 LF trng foxtrot rhythm steps fwd L diag twd LOD & COH to end CP M fcg diag RLOD & COH,-,swd R,cl L to R blend to CP M fcg RLOD;

10...Cont L trng step bk R twd LOD trng LF to face diag LOD & wall,-,swd L,cl R to L blending to BJO M fcg LOD;

11...Bjo M fcg LOD step fwd LOD L,-,fwd R checking fwd motion,-;

12...Bk L twd RLOD(W fwd R),-,bk R,lk L IF of R(W lk IB)remaining in Bjo;

13-16 BK,-,BK,-; FLARE(to SCar)/POINT(twd RLOD),-,BK,-; BK,LK,BK,-; BK,LK,BK,-;

13...Bjo M fcg LOD step bk twd RLOD on R(W fwd L),-,bk twd RLOD L,-;

14...Flare R CW while pivoting ½ RF on supporting L ft to end SCar M fcg RLOD(W flare L CW while pivoting ½ RF on supporting R ft)leave toe of flaring ft momentarily pointed twd RLOD with toe touching floor,-,step bk twd LOD R to end SCar M fcg RLOD(W step fwd L),-;

15...SCar M fcg RLOD step bk L twd LOD,lock RIF of L(W lock LIB),bk L,-;

16...SCar M fcg RLOD step bk R twd LOD,lock LIF of R(W lock RIB),bk R,-;

17-20 (SCar)BK,-,BK,-; TRN(to SCP),-,MANUV,-; (Spin Trn)PIVOT,-,2,-; BK,-,BK,-;

17...SCar M fcg RLOD step bk twd LOD L,-,R,-;

18...Step bk L trng ½ LF(W fwd R twd LOD)to SCP fcg LOD,-,manuv RF on R stepping IF of W to end CP M fcg RLOD preparing for Spin Turn,-;

19...(Spin Trn)Step bk L pivoting ½ RF to face LOD in CP,-,continue pivot fwd R twd LOD & wall,-;

20...CP M fcg diag LOD & wall step bk twd RLOD on L,-,bk R to CP M fcg LOD,-;

21-24 SIDE,CL,-,FWD; TRN ¼ RF,-,SIDE,CL; (Whisk)FWD,-,SIDE,-; HOOK,-,THRU MANUV,-;

21...CP M fcg LOD step side L twd COH, cl R to L,-,step fwd L twd LOD,-;

22...Fwd R twd LOD trng ¼ RF to end CP M fcg ptr & wall,-,swd L LOD,cl R to L;

23...Whisk fwd L twd wall,-,side R diag twd RLOD & wall,-;

24...Complete Whisk fig hook L loosely behind R(W hook RIB)blend SCP LOD,-,step thru LOD R(W XIF)manuv to CP M fcg diag RLOD & wall,-;

FOR ONCE IN MY LIFE(continued)

MEASURES

- 25-28 (2 RF trng two-steps)SIDE,CL,TRN RF,-; SIDE,CL,TRN RF(to CP Wall),-;
(Open Vine)SIDE,-,BEHIND(to L-OP),-; SIDE,-,THRU MANUV(to CP),-;
- 25-26.CP M fcg diag RLOD & wall do 2 RF trng two-steps side L twd wall,cl R to L,
trn RF on L to end M fcg diag LOD & COH in CP,-; Side R twd wall,cl L to R,
trn RF on R to end in LOOSE-CP M fcg ptr & wall,-;
- 27..Step swd L twd LOD,-,release M's R & W's L handhold & blending to L-OP fcg
RLOD step bk twd LOD R(W XIB also),-;
- 28..Blending to face ptr in CP step swd L twd LOD,-,step thru twd LOD(W XIF also)
maneuvering to CP M fcg diag RLOD & wall,-;
- *29-32 RF PIVOT,-,2,-; (Spin Trn)PIVOT,-,2,-; BK,-,BK,-; SIDE,CL,FWD,LOCK;
- 29..CP M fcg diag RLOD & wall do 1 RF cpl pivot L,-,R to end CP M fcg diag RLOD
& wall preparing for a spin trn figure,-;
- 30..CP M fcg diag RLOD & wall Spin Trn step bk L pivoting 1/2 RF to face RLOD in
CP,-,continue pivot fwd R twd LOD & wall,-;
- 31..CP M fcg diag LOD & wall step bk twd RLOD on L blending to CP fcg LOD,-,
bk R,-;
- 32..CP M fcg LOD step swd L twd COH,close R to L,fwd L twd LOD,lock R behind L
(W cut LIF of R);

DANCE GOES THRU THREE TIMES

ENDING: Third time thru dance ELIMINATE MEAS 32; INSTEAD DO
SIDE,CLOSE,DIP BK,-;
In CP M fcg LOD step swd L twd COH, close R to L,dip bk L twd RLOD in CP,HOLD;

*Meas 29 & 32 may be cued CONTINUOUS SPIN

Presented by Forrest & Kay Richards (5/74)