

Once In A While

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Music: STAR CD: # 518 flip: "Annientamento" available from Palomino Records

Rhythm: Foxtrot / Jive **RAL Phase V** **Timing: SQQ or as indicated in left margin**

Footwork: Opposite, except where noted for woman in parentheses **Suggested Speed:** slow for comfort

Sequence: INTRO, A, A, B, C, B(1-14), ENDING **Release:** May 2005

INTRODUCTION

1-4 WAIT;; ROLL 3; FEATHER to DLC;

- 1-2 ld ft free man fcg WALL ld palms tching wait 2 meas ;;
QQS 3 {**roll 3**} roll fwd & sd L away from ptr, cont roll bk R to fc, sd & fwd L to scp, -; SCP/LOD
4 {**feather**} thru R, -, fwd & sd L, fwd R outsd ptr in CBMP; (thru L, -, trng LF sd & bk R, bk L in CBMP;)
DLC

PART A

1-4 REV TRN ½ ; HOVER CORTE; OUTSD SPIN; CURVED FEATHER;

- 1 {**rev trn ½**} fwd L comm. LF trn, -, cont trng to fc RLOD sd R (heel trn), bk L; CP/RLOD
2 {**hover corte**} bk R comm. LF trn, -, cont trn sd & bk L w/hoverg action, rec R; CBJO/DLW
3 {**outsd spin**} toeing in w/right sd ld sm bk L in CBMP trng RF, -, fwd R heel to toe cont RF trn in CBMP, bk L in CP;
(comm. RF body trn fwd R outsd ptr heel to toe, -, cl L to R toe spin, cont trn fwd R betw m's ft;)
CP/DLW
4 {**curved feather**} fwd R w/left sd stretch comm. RF trn heel to toe betw w's ft, -, cont trng RF fwd L, cont trn fwd R
outsd ptr in CBMP; (bk & slightly sd L comm. RF trn, -, cont trn bk R, w/right sd stretch bk L;)
CBMP/DRW

5-8 CHG TO SCP; FWD OUTSD SWIVEL TWICE; NATL WEAVE to DLC;;

- 5 {**outsd chg to scp**} bk L, -, trng LF sd & bk R rising slightly & trng to SCP, sd & fwd L;
(fwd R, -, fwd L trng LF, sd & fwd R;) to SCP/LOD
SS 6 {**outsd swvl 2x**} thru R swvlg upper body LF, -, bk L bring R ft to left ankle w/no wgt swvlg upper body
RF, -;
(thru L swvlg ½ LF on ball of L to fc RLOD, -, thru R swvlg ½ RF on ball of R to fc LOD;) SCP/LOD
7 {**natl weave**} comm. RF trn fwd R across LOD, -, cont trn sd L, bk R outsd ptr in CBMP; fc DRW
(bk L, -, heel trn bringing R to L trng RF rise & cont trn on R, fwd L outsd ptr;)
QQQQ 8 bk L, bk R trng LF in CP, cont trn sd & fwd L in bjo, fwd R outsd ptr in CBMP;(fwd R, sd & fwd L, sd R,
bk L;) DLC

{NOTE: The 2nd time thru PART A, meas 8 will end fcg LOD}

PART B

1-4 HOVER TELEMAR; CHAIR & SLIP [DLC]; DBL REV SPIN; TELEMAR to SCP;

- 1 {**hover tele**} fwd L to CP, -, fwd & sd R betw w's feet rising & trng slightly RF, sd & fwd L; SCP/DLC
2 {**chair & slip**} thru R on relaxd knee w/lunge action, -, staying low bk L, w/slipping action rising slightly

& brushing past the insd of L ft sm bk R; (thru L on relaxd knee, -, bk R, swvl LF on ball of R to fc ptr sm fwd L;) CP/DLC

3 {dbl rev} fwd L comm. LF trn, -, cont trn sd R, spin LF on ball of R to fc DLC bring L ft besd R w/no wgt; (SQQ&) (bk R comm. LF trn, -, cont trng on R to fc LOD bringing L besd R heel trn cont trn sd & bk R/ XLIF of R;) CP/DLC

4 {telemark} fwd L comm. trng LF, cont trn sd R (heel trn) rising slightly & trng to SCP, sd & fwd L; SCP/DLW

5-8 IN & OUT RUNS;; NATL HOVER CROSS;;

5 {in & out runs} comm. RF trn fwd R across LOD, -, cont trn sd & bk L to CP/RLOD, bk R w/right sd stretch;

(fwd L, -, fwd R betw m's ft trng RF, fwd L outsd ptr;) CBMP/RLOD

6 bk L comm. RF trn, -, cont trng on L fwd R betw w's ft pivotg ½ RF, sd & fwd L; (fwd R comm. RF trn, -, cont trn fwd L, sd & fwd R;) SCP/LOD

7 {natl hover x} comm. RF trn fwd R across LOD, -, cont trn w/left sd stretch sd L pivotg RF, cont trn sd on ball of R;

(bk L comm. RF trn, -, heel trn bringing R to L trng RF rise & cont trn on R, sm sd L;) SCAR/DLC

QQQQ 8 [on balls of ft] fwd L in CBMP, rec R comm. trng upper body LF to BJO, sd L, fwd R outsd ptr in CBMP; BJO/DLC

9-12 CURVING 3 STEP CHKG TO; BK 3 STEP; HEEL PULL; TELEMAR to SCP;

9 {curving 3 stp} fwd L comm. trng LF blending to cp, -, trng sharply LF fwd R w/right sd stretch, sm fwd L; CP/RLOD

10 {bk 3 stp} bk R, -, bk L, bk R; (fwd L heel to toe w/right sd ld, -, fwd R heel to toe, fwd L;) CP/RLOD

11 {heel pull} bk L comm. trng RF, -, cont trn on L heel pull R bk to L slightly apt, -; CP/DLC

(fwd R trng RF, -, cont trn sd L, drw R to L;)

12 repeat meas 4;

13-16 RUNNING OP NATL; BK 3 STEP; BK LILT 4; WEAVE ENDING;

QQQQ 13 {running op natl} thru R comm. RF trn, sd & bk L, bk R w/right sd ld (fwd L outsd ptr), bk L in CBMP; DRW

14 {bk 3 stp} bk R blendg to CP, -, bk L, bk R; (fwd L heel to toe w/right sd ld, -, fwd R heel to toe, fwd L;) CP/RLOD

QQQQ 15 {bk lilt 4} bk L, cl R rising onto balls of ft keeping knees bent, bk L, cl R rising onto balls of ft keeping knees bent;

QQQQ 16 {weave endg} bk L in CBMP, bk R comm. trng LF to CP, cont trn sd L in BJO, fwd R outsd ptr in CBMP/DLW;

(fwd R, fwd L trng LF, sd R, bk L;) [comm. blending to loose CP/WALL for jive]

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PART C [JIVE]

1-4 CHASSE L & R; SPANISH ARMS TWICE;;

1a2,3a4 1 {chasse l & r} [in loose CP/WALL] sd L/cl R, sd L, sd R/cl L, sd R; to BFLY/WALL

1,2,3a4 2 {span arms 2x} rk bk L, rec R trng RF ld w to trn LF undr jnd ld hnds to wrapped pos, sd L/cl R, sd L unwrap the lady;

(rk bk R, rec L trng ¼ LF undr jnd ld hnds to wrapped pos fc RLOD, sd R/cl L, sd R unwrap trng ¾ RF;)

1a2,3,4 3 in BFLY/COH sd R/cl L, sd R, rk bk L, rec trng RF; (sd L/cl R, sd L, rk bk R, rec L trng ¼ LF to wrapped pos fc LOD;)

1a23a4 4 cont trng sd L/cl R, sd L, sd R/cl L, sd R; (sd R/cl L, sd R, trng ¾ RF unwrapping sd L/cl R, sd L;)
LOP/WALL

5-8 CHG HNDS BEH the BK ~ RK BK REC 2X ~ RK to CHG HNDS BEH the BK;;;;

1,2,3a4 5 {chg hnds beh bk } rk bk L to LOP, rec R, fwd L/cl R, fwd L trng ¼ LF chg to R-R hndhold beh m's bk;
(bk R, rec L, fwd R/cl L, fwd R trng ¼ RF;)

1a2,3,4 6 sd R/cl L, sd R cont trng ¼ LF (RF) to fc ptr & COH chg to lead hndhold, {rk bk, rec 2x} rk bk L, rec R;
LOP/COH

1,2,3,4 7 rk bk L, rec R, {chg hnds beh bk } rk bk L, rec R; LOP/COH

1a2,3a4 8 fwd L/cl R, fwd L trng ¼ LF (RF) chg to R-R hndhold beh m's bk, sd R/cl L, sd R cont trng ¼ LF (RF);
LOP/ WALL

9-12 CHASSE L & R; SPANISH ARMS TWICE;;; Closing Up To

9-12 repeat meas 1-4;;; but end blending to CP/WALL

13-16 HOVER to SCP; ZIG ZAG ~ 3 STEP ~ & 1 SLOW FWD;;;;

13 {hover} fwd L in CP, -, fwd & sd R w/hovering action, rec sd & fwd L; SCP/LOD

14 {zig zag} fwd R in CBMP comm. RF trn, -, sd L outsd ptr, bk R in CBMP; (fwd L in CBMP, -, fwd R
outsd ptr, fwd L;)

15 sd L w/ left sd stretch, fwd R outsd ptr, (sd R w/right sd stretch, bk L,) in CBMP { 3 stp} blending to CP
fwd L, -;

16 fwd R, fwd L, {slow fwd} fwd R, -; CP/LOD

ENDING

1-2 OK BK, TRN R Lady ROLL 2 to LINE; & APT PT -;

QQQQ 1 {bk 2 w roll 2} bk L, bk R comm. trng RF, cont trng w/no wgt chg, hold; LOP/LOD
(fwd R, fwd L comm. trng RF w/spiral action, fwd R rolling RF twd LOD, cont rolling sd & bk L;)

QQ- - 2 {apt pt} sd & bk L, pt R fwd & ack ptr w/trl arm extd out to sd, -, -;

Once In A While Quick Cues Sequence: A - A - B - C - B(1-14) -

Ending

Fcg ptr & Wall lead palms touching WAIT 2;; ROLL 3; FEATHER to LC;

PART A

REV TRN ½ ; HOVER CORTE; OUTSD SPIN TO; CURVED FEATHER;

OUTSD CHG TO SCP; FWD OUTSD SWIVEL TWICE; NATL WEAVE to DLC;; **Repeat**

PART A

PART B

HOVER TELEMAR; CHAIR & SLIP; DBL REV SPIN; TELEMAR to SCP;

IN & OUT RUNS;; NATL HOVER CROSS;;

CURVING 3 STEP; BK 3 STEP; HEEL PULL; TELEMAR to SCP;

RUNNG OP NATL; BK 3 STEP; BK LILT 4; WEAVE ENDING;[FC the WALL for JIVE]

PART C [JV]

CHASSE L & R to BFLY; SPANISH ARMS TWICE;;;;

CHG HNDS BEH the BK ~ RK BK REC 2X ~ RK to CHG HNDS BEH the BK;;;;

CHASSE L & R to BFLY; SPANISH ARMS TWICE;;; [CLOSING UP TO]

HOVER to SCP; SLOW THRU & ZIG ZAG 4 ~ 3 STEP ~ & SLOW FWD;;;;

PART B(1-14)

HOVER TELEMAR; CHAIR & SLIP DLC; DBL REV SPIN; TELEMAR to SCP;
IN & OUT RUNS;; NATL HOVER CROSS;;
CURVING 3 STEP; BK 3 STEP; HEEL PULL; TELEMAR to SCP;
RUNNING OP NATL; BK 3 STEP;

ENDING

QK BACK, TRN RIGHT LADY ROLL 2 DOWN LINE & APT PT ;;