

Once In A While

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Music: STAR CD: # 518 flip: "Annientamento" available from Palomino Records & choreographer
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 1d ft free man fcg WALL 1d 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 **OUTSD 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 B will start from CP/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 trn} 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 {telemar} 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]

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;)
 1a2,3a4 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 QK BK, TRN R Lady ROLL 2 to LINE; & APT PT -;

- QQQQ 1 {**bk 2**} bk L, bk R comm. trng RF, {**w roll 2**} cont trng w/no wgt chg, hold; (fwd R rolling RF twd LOD, cont rolling
 fwd L; {option for last step: bk L w/ no roll })
 QQ- - 2 {**apt pt**} join ld hnd & fc ptr sd L, pt R sd & fwd, -, -;

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 ;;