

# ONCE IN A WHILE

SONG: IF I KNEW THEN

ARTIST: LADY ANTEBELLUM

ALBUM: NEED YOU NOW

CHOREOGRAPHER: MICHAEL VERA-LOBOS SYD APRIL 2010

ORIGINAL POSITION: FEET SLIGHTLY APART WEIGHT ON LEFT

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BEATS:                      STEPS:                      4 WALL 48 COUNT INTERMEDIATE WALTZ

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- 1 – 6**                      **STEP FWD, STEP FWD, ½ PIVOT R, STEP FWD , ½ L, ¼ L**  
1,2,3                      Step fwd R, Step fwd L, Pivot ½ R (6:00) (End wt R )  
4,5,6                      Step fwd L, Turning ½ L Step back on R, Turning a further ¼ L end with L to L side (9:00)
- 7 – 12**                      **CROSS ROCK , REPLACE, SIDE DRAG, CROSS WALTZ TRAVELLING FWD**  
1,2,3                      Cross Rock R over L, Rock back on L, Stepping R to R drag L towards R (9:00)  
4,5,6                      Travel fwd – Cross L over R, Rock R to R, Replace wt on L (9:00)
- 13 – 18**                      **CROSS, ¼ R, ¼ R, STEP FWD, FULL SPIN FWD OVER L**  
1,2,3                      Cross R over L, Turn ¼ R stepping back on L, Turn a further ¼ R ending with R to R side (3:00)  
4,5,6                      Step fwd L, Turn ½ L stepping back on R, Turn a further ½ L Stepping fwd on L (3:00)
- 19 – 24**                      **ROCK FWD, REPLACE, ½ R, ¼ R SIDE ROCK, REPLACE, ½ HINGE R**  
1,2,3                      Rock fwd R, Rock back on L, Turn ½ R on R (9:00)  
4,5,6                      Turning ¼ R to face 12:00 Rock L to L, Replace wt on R, Hinge ½ R Ending with L to L (6:00) (Wt L )
- 25 – 30**                      **R SAILOR WALTZ, BEHIND, ¼ R, STEP FWD**  
1,2,3                      Travel Slightly back – Cross R behind L , Rock L to L, Replace wt on R (6:00)  
4,5,6                      Cross L behind R , Turning ¼ R Step fwd on R, Step fwd on L (9:00)
- 31 – 36**                      **STEP FWD, ¼ RAISE/DROP L, ¼ RAISE DROP L, COASTER WALTZ BACK ON L**  
1,2,3                      Step fwd R, Raising both Heels pivot ¼ L ( Drop wt on R ) (6:00), Raising both Heels pivot ¼ L (3:00) ( wt R )  
4,5,6                      Step back on L , Step R beside L, Step fwd on L (3:00)
- 37 – 42**                      **STEP FWD, ½ R, ¼ R, CROSS ROCK, REPLACE, SIDE DRAG**  
1,2,3                      Step fwd R, Turning ½ R Step back on L, Turning a further ¼ R end with R to R ( Wt R 12:00 )  
4,5,6                      Cross Rock L over R, Rock back on R, Step L to L dragging R towards L ( Wt L 12:00)
- 43 – 48**                      **CROSS, 1/4 R, ½ R, STEP FWD, ½ PIVOT R, STEP FWD**  
1,2,3                      Cross R over L, Turn ¼ R Stepping back on L, Turn ½ R Stepping onto R (9:00)  
4,5,6                      Step fwd L, Pivot ½ R, Step fwd on L dragging R towards L ( End Wt L facing 3:00)
- RESTARTS:**              **Wall 2 Dance to count 42 and restart facing 3:00 wall**  
                                 **Wall 4 dance to count 24 and restart facing front wall (12:00)**  
                                 **Wall 5 dance to count 42 and restart facing front wall (12:00)**  
                                 **Wall 9 dance to count 24 and hold for 3 counts ( Music slows ), Continue from count 25**  
                                 **Final Wall dance to count 10, add cross L over R , Turn ¼ L stepping back on R, Turn ½ L on L, Step fwd Right**