

# ONCE IN A WHILE IV



**CHOREO:** Doug & Cheryel Byrd (423) 619-6813

1443 Britt Lauren Way Soddy Daisy, TN 37379

**RHYTHM:** Foxtrot **RAL PHASE:** IV+2 (Natural Weave, Hinge)

**MUSIC:** Once In A While **ARTIST:** The New Stanton Band

Presents: The New Stanton Band

**MUSIC PREVIEW (Original Tempo):** [youtube.com](https://www.youtube.com/watch?v=...)

**FOOTWORK:** Opposite except where indicated

**SEQUENCE:** INTRO AB A(MOD-1) INTLD C B(MOD) A(MOD-2) ENDING

[dbyrdhouse@comcast.net](mailto:dbyrdhouse@comcast.net)

**DIFFICULTY:** Average

**ALBUM:** Mirror Lake Pavilion

**TIME:** 2:36 @ 50-51 RPM

**DOWNLOAD:** [www.amazon.com](https://www.amazon.com)

**RELEASED:** April 2023

## MEAS:

### 1 WAIT 3 PICKUP NOTES:

1 CP DLW wt -, -, - ;

## INTRO

## PART A

### 1-4 HOVER TELEMAR; NATURAL WEAVE; ; CHANGE OF DIRECTION:

1-2 Fwd L -, diag sd & fwd R rising slightly w/ bdy trng RF, fwd L sm stp to SCP ; fwd R comm to trn RF, -, sd L w/ L sd stretch, w/ R sd ld bk R prep to ld W outsd ptr (fwd L -, fwd R, fwd L prep to stp outsd ptr) ;  
3-4 w/ R sd stretch bk L in CBMP, bk R comm LF trn passing thru CP, w/ L sd stretch sd & fwd L prep to stp outsd ptr, w/ L sd stretch fwd R in BJO DLW (w/ L sd stretch fwd R in CBMP outsd ptr, fwd L comm to trn LF passing thru CP, w/ R sd stretch sd R, w/ R sd stretch bk L in BJO DLW) ; fwd L -, fwd R w/ R shldr ldg trng LF starting to draw L to R & cont drawing L to R ovr remainder of meas to CP DLC, - ;

### 5-8 TURN LEFT & CHASSE BJO; BACK, BACK/LOCK, BACK; OUTSIDE CHANGE SCP; CHAIR & SLIP:

5-6 Fwd L comm LF upper bdy trn, -, sd R cont trn/cl L, sd R comp trn to BJO ; bk L -, bk R/lk L in frnt of R, bk R ;  
7-8 Bk L -, bk R trng LF, sd & fwd L to SCP (fwd R -, fwd L trng LF, sd & fwd R to SCP) ; ck thru R w/ lun action, -, rec L, w/ slight LF upper bdy trn slp R bhd L cont trng to the L to CP DLC (ck thru L w/ lun action, -, rec R, swvl LF on R & stp fwd L outsd M's R ft to CP) ;

### 9-12 REVERSE TURN 1/2; HOVER CORTE; OUTSIDE SWIVEL 2x; BACK WHISK;

9-10 Fwd L starting LF bdy trn, -, sd R cont trn, bk L to CP RLOD (bk R starting LF trn, -, cl L [heel trn] cont trn, fwd R to CP) ; bk R starting LF trn, -, sd & fwd L w/ hvrg action cont bdy trn, rec R in BJO DLW ;

ss 11 Bk L to SCP, -, rec R to BJO, - (fwd R swvl RF on ball of R to SCP, -, fwd L swvl LF on ball of L to BJO, -) ;

12 Bk L -, bk & sd R, XLib (XRib) to SCP ;

### 13-16 THRU SYNCOPATED VINE; WEAVE SCP; ; FEATHER;

sq&q 13 Thru R, -, sd L/XRib (XLib), sd L to SCP ;

14-15 Fwd R DLC (W comm LF trn), -, fwd L comm LF trn, cont trn sd & slightly bk R to fc DRC ; bk L LOD ldg W to stp outsd to CBMP, -, bk R cont LF trn, sd & fwd L DLW to SCP ;

16 Fwd R, -, fwd L, fwd R outsd W in BJO (thru L trng LF twd ptr, -, sd & bk R, bk L in BJO) ;

## PART B

### 1-4 THREE STEP; HALF NATURAL; CLOSED IMPETUS; FEATHER FINISH:

1-2 Fwd L -, fwd R, fwd L ; comm RF upper bdy trn fwd R, -, sd L acrs LOD, bk R to CP RLOD (comm RF upper bdy trn bk L -, cl R [heel trn] cont trn, fwd L) ;

3-4 Comm RF upper bdy trn bk L -, cl R [heel trn] cont trn, sd & bk L to CP (comm RF upper bdy trn fwd R between M's ft trng ½ RF, -, sd & fwd L cont RF trn arnd M & brush R to L, fwd R between M's ft to CP) ; bk R trng LF, -, sd & fwd L, fwd R outsd W to BJO DLC ;

### 5-8 DIAMOND TURN 1/2; ; QUICK DIAMOND 4 DLW; DIP & RECOVER:

5-6 Fwd L trng LF on the diag, -, cont LF trn sd R, bk L in BJO ; staying in BJO & trng LF bk R, -, sd L, fwd R outsd ptr in BJO ;

7-8 Fwd L on the diag comm LF trn, cont LF trn sd R, bk L, bk R to CP DLW ; dip bk L, -, rec R, - ;

## PART A (Mod-1)

### 1-5 HOVER TELEMAR; NATURAL WEAVE; ; CHANGE OF DIRECTION; TURN LEFT & CHASSE BJO;

1-5 Rpt meas 1-5 PART A ; ; ; ; ;

### 6 HESITATION CHANGE;

6 Comm RF upper bdy trn bk L -, sd R cont RF trn start to draw L to R & cont drawing L to R ovr rest of meas, - ;

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## INTLD

### 1-4 OPEN REVERSE; OUTSIDE CHECK; BACK FEATHER; FEATHER FINISH;

- 1-2 Fwd L trng LF, -, cont LF trn sd R, bk L to BJO DRC ; bk R trng LF, -, sd & fwd L, ck fwd R outsd ptr to BJO DRW ;  
3-4 Bk L, -, bk R w/ R shldr ld, bk L to BJO ; bk R trng LF, -, sd & fwd L, fwd R outsd W to BJO DLW ;

## PART C

### 1-4 HOVER; NATURAL HOVER FALLAWAY; SLIP PIVOT; CHECK FORWARD (DEVELOPE);

- 1-2 Blend to CP fwd L, -, fwd & slightly sd R rising to ball of ft, sd & slightly fwd L to tight SCP ; fwd R w/ slight RF bdy trn, -, fwd L trng RF w/ slo rise, bk R in SCP ;  
3-4 Bk L, -, bk R comm LF trn, fwd L (bk R comm LF pvt, -, fwd L comp LF trn plcg L near M's R, bk R ; ck fwd R outsd ptr, -, -, (bk L, -, bring R ft up L leg to the inside of L knee, xtnd R ft fwd) ;

### 5-8 BACK HOVER SCP; OPEN NATURAL; BACK TWISTY VINE 4; WEAWE ENDING;

- 5-6 Bk L, -, sd & bk R w/ a slight rise, rec L to SCP (fwd R, -, sd & fwd L trng RF, rec R to SCP) ; comm RF upper bdy trn fwd R, -, sd L acrs LOD, cont slight RF upper bdy trn bk R ldg ptr to stp outsd M to BJO (thru L, -, fwd R to CP, fwd L outsd M to BJO) ;  
7-8 Bk L, sd R, XLif (XRib), sd R ; bk L, bk R comm LF trn passing thru CP, sd & fwd L preparing to stp outsd ptr, fwd R in BJO DLW ;

### 9-12 WHISK; THRU HOVER BJO; BACK & CHASSE SCAR; CHECK FORWARD (DEVELOPE);

- 9-10 Fwd L, -, fwd & sd R comm rise to ball of ft, XLif cont to full rise on ball of ft to tight SCP ; thru R, -, fwd L w/ slight rise (W LF trn to BJO), rec R to BJO ;  
11-12 Bk L comm trn to fc, -, sd R/cl L, sd R to SCAR DRW ; ck fwd L outsd ptr, -, -, (bk R, -, bring L ft up R leg to the inside of R knee, xtnd L ft fwd) ;

### 13-16 BACK & CHASSE SCP; SLOW SIDE LOCK; TELEMAR SCP; FEATHER;

- 13-14 Bk R comm trn to fc, -, sd L/cl R, sd L to SCP ; thru R, -, sd & fwd L to CP, XRib trng slightly LF to DLC (thru L starting LF trn, -, sd & bk R cont LF trn to CP, XLif) ;  
15-16 Fwd L comm to trn LF, -, sd R cont LF trn, sd & slightly fwd L to tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to tight SCP) ; fwd R, -, fwd L, fwd R outsd W in BJO (thru L trng LF twd ptr, -, sd & bk R, bk L in BJO) ;

## PART B (Mod)

### 1-6 THREE STEP; HALF NATURAL; CLOSED IMPETUS; FEATHER FINISH; DIAMOND TURN 1/2; ;

- 1-6 Rpt meas 1-6 PART B ; ; ; ; ; ;

### 7-9 QUICK DIAMOND 4 LOD; DIP & TWIST; RECOVER & RUN 2;

- 7 Rpt meas 7 PART B to CP LOD ;  
ss 8 Dip bk L, -, trn upper bdy LF w/out chg wgt, - ;  
sqq 9 Trng upper bdy RF to CP LOD rec on R, -, fwd L, fwd R ;

## PART A (Mod-2)

### 1-5 REVERSE TURN 1/2; HOVER CORTE; OUTSIDE SWIVEL 2x; BACK WHISK; THRU SYNCOPATED VINE;

- 1-5 Rpt meas 9-13 PART A ; ; ; ; ;

### 6-7 THRU CHASSE SCP; FEATHER;

- 6-7 Thru R comm trn to fc, -, sd L/cl R, sd L to SCP ; fwd R, -, fwd L, fwd R outsd W in BJO (thru L trng LF twd ptr, -, sd & bk R, bk L in BJO) ;

## ENDING

### 1-4 DIAMOND TURN 3/4; ; ; HINGE & EXTEND LEFT ARMS;

- 1-2 Rpt meas 5-6 PART B ; ;  
3-4 Fwd L trng LF on the diag, -, cont LF trn sd R, bk L in BJO ; bk R comm LF trn, -, sd & slightly fwd L comm L sd stretch, cont L sd stretch ldg W to X her L bhd R relaxing L knee & trng R knee to sway R & look at W (fwd L comm to trn LF, -, sd R comm R sd stretch & cont R sd stretch swvl LF, XLif relaxing L knee [hd to L] w/ no wgt on R) ;

# ONCE IN A WHILE IV

## CUE CARD

**SEQUENCE:** INTRO AB A(MOD-1) INTLD C B(MOD) A(MOD-2) END

### **INTRO (3 Pu Notes)**

CP DLW Wt 3 Pu Notes ;

### **PART A (16 Meas)**

Hvr Tele ; Nat Wev ; ; Chg of Dir ;  
Trn L & Chasse BJO ; Bk, Bk/Lk, Bk ; Outsd Chg SCP ; Chr & Slp ;  
Rev Trn 1/2 ; Hvr Corte ; Outsd Swvl 2x ; Bk Wsk ;  
Thru Sync Vin ; Wev SCP ; ; Fthr ;

### **PART B (8 Meas)**

3 Stp ; 1/2 Nat ; Cl Imp ; Fthr Fin ;  
Diam Trn 1/2 ; ; Qk Diam 4 DLW ; Dip & Rec ;

### **PART A (Mod-1)(6 Meas)**

Hvr Tele ; Nat Wev ; ; Chg of Dir ;  
Trn L & Chasse BJO ; Hes Chg ;

### **INTLD (4 Meas)**

Op Rev ; Outsd Ck ; Bk Fthr ; Fthr Fin ;

### **PART C (16 Meas)**

Hvr ; Nat Hvr Falwy ; Slp Pvt ; Ck Fwd (Develope) ;  
Bk Hvr SCP ; Op Nat ; Bk Twsty Vin 4 ; Wev Ending ;  
Wsk ; Thru Hvr BJO ; Bk & Chasse SCAR ; Ck Fwd (Develope) ;  
Bk & Chasse SCP ; Slo Sd Lk ; Tele SCP ; Fthr ;

### **PART B (Mod)(9 Meas)**

3 Stp ; 1/2 Nat ; Cl Imp ; Fthr Fin ;  
Diam Trn 1/2 ; ; Qk Diam 4 LOD ; Dip & Twst ;  
Rec Run 2 ;

### **PART A (Mod-2)(7 Meas)**

Rev Trn 1/2 ; Hvr Corte ; Outsd Swvl 2x ; Bk Wsk ;  
Thru Sync Vin ; Thru Chasse SCP ; Fthr ;

### **ENDING (4 Meas)**

Diam Trn 3/4 ; ; ; Hinge & Xtnd L Arms ;