

She's The One



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Music : Ross Mitchell – “Gold Standard” DLD 1054 Track #18 – “One” (*The finale from “A Chorus Line”*) Available from www.danceandlisten.com or contact choreographer

Footwork : Lady opposite (except as noted) **Rhythm**: Foxtrot **Phase**: V+1 **Speed**: For comfort

Timing : Standard (except as noted)

Date: 10/2013

Sequence : Intro, A, B, C, End

Ver: 1.0

INTRO

1 – 4 WAIT ; XIF - SD L ; XIF - SD L ; FRONT VINE 4 ;

Same footwork - SKTRS both fcg twd DLW – progressing LOD.

- 1 ---- { **Wait 1--** } SKTRS both with R foot pointed twd RLOD ;
- 2 SS { **XRIF hold SD L hold** } Lift R knee/XRIF of L, -, sd L, -;
- 3 SS { **XRIF hold SD L hold** } Lift R knee/XRIF of L, -, sd L, -;
- 4 QQQQ { **Front Vine 4** } XRIF, sd L, XRIB, sd L;

A SEQ

1 – 4 PT FWD & HOLD ; PT BK & PT FWD ; BACK VINE 5 & LADY ROLL ACROSS to LOP ; ;

- 1 S-- { **Point forward & hold** } Point R LOD, -, -, - ;
- 2 SS { **Point back - Point forward** } Point R bk RLOD, -, point R LOD, -;
- 3-4 QQQQ QQ-- { **Back Vine 5 he sd - she roll across** } XRIB, sd L, XRIF, sd L; XRIB, sd L, -, - (*XRIB, sd L, (QQQQ QQQQ) XRIF, sd L ; XRIB, fwd L trng LF, cl R cont trn, sd L*) join hnds in LOP fcg DLW ;

5 - 8 PT FWD & HOLD ; PT BK & PT FWD ; BACK VINE 5 & PICKUP LOCK ; ;

- 5 S-- { **Point forward & hold** } Point R LOD, -, -, - ;
- 6 SS { **Point back - Point forward** } Point R bk RLOD, -, point R LOD, -;
- 7 QQQQ { **Back Vine 5 he fwd 2 - she Pickup Lock** } XRIB, sd L, XRIF, sd L;
- 8 QQS XRIB, sd L trng LF, fwd R CP DLC, - (*XRIB, sd L trng LF, fwd & sd R trng LF, XLIF*) ;
(QQQQ) *Note: Now opposite footwork .*

9 - 12 OPEN REVERSE & FEATHER FINISH ; ; THREE STEP ; HITCH 4 BJO ;

- 9-10 SQQ SQQ { **Open Reverse & Feather Finish** } Fwd L trn'g LF, -, sd & bk R, XLIB of R CBMP ; Bk R, sd L trn'g LF, sd XRIF CBMP (*Bk R trn'g LF, -, sd & fwd L, XRIF CBMP ; Fwd L, sd R trn'g LF, XLIB CBMP*) DLW ;
- 11 SQQ { **Three Step** } Fwd L, -, R, L (*Bk R, -, L, R*) ;
- 12 QQQQ { **Lilt Hitch 4** } Fwd R, cl L w/rise, bk R, sd L BJO w/rise (*Bk L, cl R w/rise, fwd L, cl R w/rise*);

13 - 16 CRV FTHR CK ; BK FTHR ; INSD U/A [HE BK CHASSE] SKTRS ; SLO CROSS & LUNGE ;

- 13 SQQ { **Curved Feather Check** } Fwd R curving RF, -, fwd L cont curving, ck fwd R CBJO (*Bk L curving RF, -, bk R cont curving, ck bk L CBJO*) DRW ;
- 14 SQQ { **Back Feather** } Bk L, -, bk R, XLIB (*Fwd R, -, fwd L, XRIF*) CBJO bkg DLC ;
- 15 SQ&Q { **Bk Chasse (Inside U/A Trn) to Sktrs** } Bk R trng LF, -, lead ptr's U/A trn as stp sd L
(SQQ) LOD/cl R, sd L to SKTRS fcg wall (*Fwd L, -, fwd R to fc ptr w/rise trng LF, sd L*);
Note: Now same footwork .
- 16 SS { **Slow XRIF & Side Lunge** } XRIF, -, Lunge sd L, - ;

B SEQ

1 – 4 REC - LADY KNEE & HAND UP ; WHISK ; CL/PT - TRN/PT ; OK CHASSE & XIF ;

- 1 SS (SQQ) { **Recover - Lady Knee-& R Arm Up** } Rec R, retain L twd LOD, hold fcg twd wall as support ptr, - (*Rec R, -, Lift L knee “Stork Line”, R hand up w/palm out*) ;
- 2 SQQ { **Skaters Whisk** } Fwd L, -, sd R, XLIB ;
- 3 &S &S { **Close/Point - Turn/Point** } Cl R/release hold as point L LOD, -, stp L trng LF/point R LOD both fcg twd DLC, - ; *Note: Now in “LOP” - no hand hold.*

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4 Q&QS { **Quick Chasse & XLIF** } Sd R LOD/cl L, sd R, lower as XLIF of R, - ;

5 - 8 SLO SIDE-CROSS TWICE ; ; SLO UNWIND ; HOVER ;

Note: Same footwork – "LOP" both fcg twd DLC - no hand hold.

5 -6 SS SS { **Slow Side Cross Twice** } Sd R w/rise 'Up', -, XLIF lower 'Down', -; sd R w/rise 'Up', -, XLIF lower 'Down' ;

7 SS { **Unwind** } Swivel RF on ball of both feet to fc twd wall, -, rel L as blnd to SKTRS ;

8 SQQ { **Skaters Hover** } Fwd L DRW, -, fwd & sd R, rec L twd LOD ;

9 – 12 STP KICKS ; BK 3 CL/FLICK ; STP KICKS ; BK 3 CL/FLICK ;

Note: Same footwork - SKTRS both fcg twd DLW – progressing LOD.

9 QQQQ { **Step Kick twice** } Fwd R LOD, lift knee to kick L fwd, step L, lift knee kick R fwd ;

10 QQQ&Q { **Back 3 close/flick** } Bk R, L, R, cl L/Flick R bk ;

11 QQQQ { **Step Kick twice** } Fwd R LOD, lift knee to kick L fwd, step L, lift knee kick R fwd ;

12 QQQ&Q { **Back 3 close/flick** } Bk R, L, R, cl L/Flick R bk ;

13 - 16 SLOW BOTA FOGO ; SLOW BOTA FOGO ; RUN 3 PT ; PICKUP LOCK [MAN IN 2] ;

13 SQQ { **Slow Shadow Bota Fogo** } Fwd R DLW, -, sd L with RF trn, rec R ;

14 SQQ { **Slow Shadow Bota Fogo** } Fwd L twd wall, -, sd R with LF trn, rec L fcg twd LOD ;

15 QQQQ { **Run 3 Point** } Fwd R, L, R, point L twd LOD ;

16 SS (QQS) { **Pickup Lock** } Fwd L trng LF, -, fwd & sd R fcg DLC, - (*Fwd L trng LF, fwd & sd R cont trn, XRIF CP, -*) ; *Note: Now **Opposite footwork** .*

C SEQ

1 - 4 QUICK CKD REV & HOLD ; SLIP & PVT 2 ; FEATHER ; QK BOUNCE FALLAWY BJO ;

1 QQ -- { **Quick Checked Reverse & hold** } Fwd L, fwd R ck, trng LF w/rise & R sd stretch, -, - (*Bk R, cl L, rise to ck motion, -, -*) ;

2 SQQ { **Slip & Pivot 2** } Rec L trn body RF CP twd LOD, -, fwd R pivot RF, bk L pivot RF twd DLC sd twd LOD (*Slip fwd R to CP, -, bk L pvt RF, fwd R pvt RF*) ;

3 SQQ { **Feather** } Fwd R DLC, -, sd & fwd L, XRIF CBJO (*Bk L, -, sd & bk R, XLIB*) ;

4 QQQQ { **Quick Bounce Fallaway to BJO** } Fwd L trn'g LF w/rise, sd & bk R, XLIB lwr, bk R LOD as W trns (*Bk R w/rise, sd & bk L, XRIB, sd & fwd L*) ;

5 - 8 WEAVE END ; 3 STEP ; NATURAL HOVER CROSS ; ;

5 QQQQ { **Weave End** } Bk L, bk R trng LF, sd & fwd L, XRIF CBMP DLW (*Fwd R, fwd L trng LF, sd & bk R, XLIB CBMP*) ;

6 SQQ { **Three Step** } Fwd L, -, fwd R, fwd L (*Bk R, -, bk L, bk R*) ;

7-8 SQQ QQQQ { **Natural Hover Cross** } Fwd R DLW trng RF, -, sd L cont trn RF, sd & fwd R fcg twd DLC ; cont trn as ck fwd L CSCAR, rec bk R trng body RF, sd & fwd L twd DLC, XRIF CBJO DLC (*Bk L trng RF, -, cl R to L as heel turn, cont trn sd L DLW ; sd & bk R CSCAR, rec L, sd & bk R, XLIB CBJO*) ;

9 - 12 DRAG HESITATION ; SHE QK SWIVELS [HE BK 4] ; OTSD CHG SCP ; FEATHER ;

9 SS { **Drag Hesitation** } Fwd L, -, fwd R trng LF drag L twd R while trng to BJO blnd to low dbl hand hold (*Bk R, -, bk L trng LF, drag R to BJO blnd low dbl hand hld -*) ;

10 QQQQ { **Back 4 (Lady Quick Swivels)** } Bk L, R, L, R (*Fwd R-swivel LF, fwd L-swivel RF, fwd R-swivel LF, fwd L*) ;

11 SQQ { **Outside Change SCP** } Bk L, -, bk R trng LF, sd & fwd to SCP DLW (*Fwd R, -, fwd L trng RF, sd & fwd R*) ;

12 SQQ { **Feather** } Fwd R, -, sd & fwd L, XRIF CBJO (*BK L, -, sd & bk R, XLIB CBJO*) ;

13 - 16 DBL REV ; HOVER TELE SCP ; OK FTHR SCP ; INSD U/A [HE THRU CHASSE] SKTRS ;

- 13 SQQ { **Double Rev** } Fwd L trng LF, -, fwd & sd R, cont trn on R as cl L w/o wt - cont body trn (SQ&Q) twd ptr (*Bk R trng LF, -, cl L Heel Turn/fwd & sd R twd ptr's L sd, as XLIF*) ;
- 14 SQQ { **Hover Telemark to SCP** } Fwd L DLW, -, fwd & sd R, sd & fwd L SCP DLW (*Bk R, -, bk & sd L, sd & fwd R SCP*) ;
- 15 QQQQ { **Running Feather to SCP** } Thru R, sd & fwd L, XRIF, sd & fwd SCP (*Thru L, sd R, bk L, sd R & fwd SCP*) ;
- 16 SQ&Q { **Thru Chasse (Inside Underarm) to Sktrs** } Thru R, -, lead ptr's U/A trn as stp sd L/cl R, (SQQ) sd L & fwd blend to SKTRS fcg DLW (*Thru L, -, fwd R to fc ptr w/rise trng LF, sd & fwd L*) ;

END

1 - 4 PT FWD & HOLD ; PT BK & PT FWD ; BACK VINE 5 & LADY ROLL to LOP ; ;

– (*Repeat A 1-4*)

- 1 S-- { **Point forward & hold** } Point R LOD, -, -, - ;
- 2 SS { **Point back - Point forward** } Point R bk RLOD, -, point R LOD, - ;
- 3-4 QQQQ QQ-- { **Back Vine 5 & he sd - she roll across** } XRIB, sd L, XRIF, sd L; XRIB, sd L, -, - (*XRIB, sd (QQQQ QQQQ) L, XRIF, sd L ; XRIB, fwd L trng LF, cl R cont trn, sd L*) join hnds in LOP fcg DLW ;

5 - 8 PT FWD & HOLD ; PT BK & PT FWD ; HE BACK VINE 3 SHE SD DRAW ; HOVER ;

– (*Repeat A 5-6*)

- 5 S-- { **Point forward & hold** } Point R LOD, -, -, - ;
- 6 SS { **Point back - Point forward** } Point R bk RLOD, -, point R LOD, - ;
- 7 QQQQ (SS) { **He Back Vine 3 & tch – She Side Draw** } Rel hold as [pass behind ptr twd LOD] XRIB, sd L, XRIF, tch L to R as blnd SKTRS DLW (*Sd R twd DRW still fcg twd DLW, -, draw L to R, -*) ;
- 8 SQQ { **Shaters Hover** } Fwd L DLW, -, fwd & sd R, rec L twd LOD ;

9 - 12 STP KICKS ; BK 3 CL/FLICK ; STP KICKS ; BK 3 CL/FLICK ;

– (*Repeat B 9-12*)

- 9 QQQQ { **Step Kick twice** } Fwd R LOD, lift knee to kick L fwd, step L, lift knee kick R fwd ;
- 10 QQQ&Q { **Back 3 close/flick** } Bk R, L, R, cl L/Flick R bk ;
- 11 QQQQ { **Step Kick twice** } Fwd R LOD, lift knee to kick L fwd, step L, lift knee kick R fwd ;
- 12 QQQ&Q { **Back 3 close/flick** } Bk R, L, R, cl L/Flick R bk ;

13 - 16 SLO BOTA FOGO ; SLO BOTA FOGO ; RUN 3 SWITCH CHG POINT ; ;

– (*Repeat B 13-14*)

- 13 SQQ { **Slow Shadow Bota Fogo** } Fwd R DLW, -, sd L with RF trn, rec R ;
- 14 SQQ { **Slow Shadow Bota Fogo** } Fwd L twd wall, -, sd R with LF trn, rec L fcg twd LOD ;
- 15-16 QQQQ &S-- { **Run 3 Switch Change-Point** } Fwd R, L, R rel hold, Switch trng LF to fc RLOD ; Cont trn on R as lunge sd L to fc wall/pt R twd RLOD (*Cont trn on R to fc wall as cl L/pt R twd RLOD*) both extend L hand up palm out & R hand fwd palm down, -, - ;