

Solamente Una Vez

Choreographers: Al Lilliefeld and Marzena Fabjan, 7126 W. Farragut Ave. Chicago IL, 60656

E-mail: alilliefeld@sbcglobal.net Home: (317) 414-3996

Ballroom CD: Amor [Universal Latino] Andrea Bocelli Classical 2006 - Contact Choreographer for information

Footwork: Opposite, directions for man (lady as noted)

Rhythm: Rumba Phase: 5 +2 (Curl and Throwaway Over sway)

Sequence: Intro-A-B-interlude-A[1-15]-end

Release Date: July 21, 2011

Intro

- 1-4 WAIT PU NOTES, . . . BASIC TO CURL ;
TRN LF FOR THE SYNC REV PVT TO THE THROWAWAY OVERSWAY ;
HOLD SLOW – DEVELOPE KICK AND SWVL ; FAN [M SYNC TO FOLLOW] ;
[WAIT] Wait 3 pick up notes, . . .
- 1 [BASIC TO CURL] Fwd L, rec R, cls L to R raising lead hands to lead W to a left face curl, -; (W bk R, rec L, fwd R and spiraling left face underarm to end facing DLW, -;)
- 2 [TRN LF FOR THE SYNC REV PVT TO THE THROWAWAY OVRSWAY] Bk R commencing to trn left face, fwd L continuing left face trn and blending to CP/ fwd R continuing left face trn around W and causing her to do a heel turn, finishing left face turn side L to DLW lowering into left knee while rotating left face ending facing WALL; (W turning left face fwd L, side and bk R/ cls L to R for heel turn, large step side R rotating slightly left face while allowing L foot and leg to extend back to LOD and lowering into right knee, -;) [QQ&S]
- 3 [HOLD SLOW – DEVELOPE KICK AND SWVL] Hold, -; Rise and allow W to Develope then lead her to right face swivel closing R to L, -; (W Hold in position while slightly extending the Throwaway position, -; raise left knee while rising on right leg kicking left foot high, swivel on R to fc LOD;) [----/&] (----)
- 4 [FAN M SYNC TO FOLLOW] Side L/ rec R, cls L to R and swivel left to face LOD, fwd R to end LOP facing M facing LOD, -; (W fwd L, fwd R/ then swivel on R left to face RLOD leaving L foot pointed fwd to RLOD, bk L underbody, -;) [QQ&S] (QQS)

Part A

- 1-16 FWD BASIC ; W's SYNC LF TWIRL [TO RT SKATERS – FC LOD] ;
HOLD & SYNC FWD w/ SLOW LF TRN (W FULL TRN) ;
HOLD & SYNC ROLL APART [M TO RLOD] & FC ; CUCA & FWD (W KNEE PT) ;
TOG 3 TO DBL HANDHOLD M FC WALL (W SWVL) ; 2 SLOW SWVL'S ;
SYNC SWVL'S ; (W SYNC LF FC UNDRARM TRN TO FAN [M FOLLOW] ;
ALEMANA (W SPIRAL ON LAST STP) ; ;
SYNC HCKYSTK ENDNG [TO DRW M FOLLOW] ; ALEMANA ; ;
CUDDLE w/ CURL ; FAN ;
- 1 [FWD BASIC] Fwd L, rec R, small step bk L, -;
- 2 [SYNC LF TWIRL TO RT SKTRS FC LOD] Bk R leading W to left face underarm trn/ cls L to R, small step bk R, small step bk L to end in right skaters fcng LOD, -; (W fwd L commencing left face underarm turn/ fwd and sd R continuing left face turn, bk and sd L continuing left face turn/ fwd R continuing left face turn, bk L finishing left face turn to end in right skaters fcng LOD, -;) [Q&QS] (Q&Q&S)
- 3 [HOLD & SYNC FWD w/ SLOW LF TRN (W FULL TRN)] Hold/ cls R to L, fwd L, fwd R then turn left face to RLOD but looking at W, -; (W hold/ cls R to L, fwd L, fwd R then turn left face spiral action to face LOD but looking at the M, -;) [-/&QS]
- 4 [HOLD & SYNC ROLL APART M TO RLOD & FC] Hold, to RLOD fwd L commencing left face turn/ cls R to L continuing left face turn to end fcng LOD, bk L, -; (W Hold, fwd L commencing left face turn/ cls R to L continuing left face turn to end fcng RLOD, bk L, -;) [-Q&S]
- 5 [CUCA & FWD (W KNEE PT)] Sd R, rec L, fwd R, -; (W sd R, rec L, cross right knee in front of left knee, point right foot fwd;) [QQS] (QQ--)

Part A continued

- 6 [TOG 3 TO DBL HANDHOLD M FC WALL (W SWVL)] Fwd L, fwd R, fwd and sd L to end in double hand hold fong WALL,-; (W fwd R, fwd L, fwd R to double hand hold and swiveling right face ½ turn to fc LOD,-;)
- 7 [2 SLOW SWVL'S] Rk sd R, rk sd L,-; (W fwd L swiveling left ½ turn to face RLOD,-, fwd R swiveling ½ turn right to face LOD,-;) [SS] (SS)
- 8 [SYNC SWVL'S] Small change of weight to R leading W to small swivel left face/ small change of weight to L leading W to small swivel right face, small change of weight to R leading W to swivel left to face RLOD, sd L leading W to swivel right to face LOD,-; (W fwd L swiveling left face ¼ turn/ sd R swiveling right face ¼ turn, fwd L swiveling left ½ turn to face RLOD, fwd R swiveling right ½ turn to face LOD,-;) [Q&QS]
- 9 [(W SYNC LF UNDERARM TRN TO FAN) M FOLLOW] Bk R leading W to left face underarm trn, rec L continuing left face underarm trn and swiveling left to face LOD, fwd R,-; (W fwd L commencing left face trn/ sd and bk R continuing left face trn, sd and fwd L continuing left face trn/ fwd and sd R finishing left face trn to end facing RLOD, bk L,-;) [QQS] (Q&Q&S)
- 10-11 [ALEMANA (W SPIRAL ON LAST STEP)] Fwd L, rec R, cls L to R raising lead hands,-; bk R leading W to underarm trn, rec L, cls R to L leading W to spiral trn right face,-; (W bk R, rec L, fwd R,-; fwd L to M's left side swiveling right face ½ trn, fwd R swiveling right face ½ trn, fwd L to M's right side then spiral 7/8 trn right to end facing DRW,-;)
- 12 [SYNC HCKYSTK ENDNG M FOLLOW] releasing hands and turning right face sd L/ finish right face trn fwd R to DRW, fwd L, fwd R joining lead hands,-; (W fwd R/ fwd L, fwd R turning left face ½ trn, bk L,-;) [Q&QS] (Q&QS)
- 13-14 [ALEMANA] Fwd L, rec R, cls L to R raising lead hands,-; bk R leading W to underarm trn, rec L, cls R to L,-; (W bk R, rec L, fwd R,-; fwd L to M's left side swiveling right face ½ trn, fwd R swiveling right face ½ trn, fwd L to M's right side,-;)
- 15 [CUDDLE w/ CURL] Right arm on W's lower back side L, rec R leading W in front, cls L to R leading W to curl left face with small roll in body,-; (W turning right to face LOD bk R, rec L, fwd R spiraling left underarm to face LOD,-;)
- 16 [FAN] Bk R, rec L leading W to trn LF, small sd R,-; (W to LOD fwd L, fwd R turning left to fc RLOD, bk L,-;)

Part B

- 1-16 START HCKYSTK (M SWVL & STP BK) ;
BK TO SYNC ZIG ZAG (LADY SWVL) [TO SCP LOD] ; THRU FC SD ;
[TO RLOD] SYNC SD WLK'S ; SD WLK'S ; CK & SYNC ROLL [TO LOD] ;
AIDA ; SYNC HIP RK'S & SWVL [TO SKTR'S LOD] M CLS ; [LF FT] FWD WLK 6 ; ;
(W UNDRARM TRN) M TCH ; 3 CUDDLES INTERRUPTED w/ SYNC W TRN CK & BK -
FINISH THE CUDDLES (w/ CURL) ; ; ; ; FAN ;
- 1 [START HCKYSTK M SWVL & STP BK] Fwd L, rec R swiveling ¼ trn left to face LOD, bk small stp bk L to low dbl hand hold/ bk R,-; (W cls R to L, fwd L, fwd R/ fwd L,-;) [QQS&] (QQS&)
- 2 [BK TO SYNC ZIG ZAG (W SWVL) TO SCP LOD] First bk stp on previous measure - keeping low dbl hand hold swiveling right face on R, to RLOD fwd L/ turning left face sd R, XLIBR blending to SCP facing LOD,-; (W first fwd stp on previous measure - swivel right face on L, to RLOD XRIBL/ turning left face sd and fwd L, to RLOD fwd R swiveling right face blending to SCP facing LOD,-;) [QQ&S] (QQ&S)
- 3 [THRU FC SD] Thru R swiveling right to face partner in CP, cls L to R, side R,-;
- 4 [TO RLOD SYNC SD WLK'S] To RLOD cls L to R/ side R, cls L to R, sd R,-; [Q&QS] (Q&QS)
- 5 [SD WLK'S] CIs L to R, side R, cls L to R,-;
- 6 [CK RLOD AND SYNC ROLL TO LOD] Sd R to RLOD checking, side and fwd L beginning left face turn/ cls R to L finishing left face trn to end facing partner and WALL, side L to LOD in BFLY,-; [QQ&S] (QQ&S)
- 7 [AIDA] turning left to face LOD fwd R, fwd L turning right face ½ trn to face RLOD, bk R into a "V" bk to bk position,-;

- 8 [SYNC HIP RK'S AND SWVL TO SKTR'S LOD-M CLS] Rk fwd L/ rk bk R, rk fwd L swiveling left to face LOD in Skaters position, cls R to L,-; (W rk fwd R/ rk bk L, rk fwd R swiveling right to face LOD in Skaters position, hold,-;) [Q&QS] (Q&Q--)
- 9-10 [LF FT FWD WLK 6] Fwd L, fwd R, fwd L,-; fwd R, fwd L, fwd R,-; (W same footwork as Man)
- 11 [W UNDRARM TRN M TGH] Leading W fwd - trn right to face WALL side L raising left hands for underarm trn, rec R leading W to right side, touch L to R,-; (W fwd L turning right ½ turn to face RLOD, fwd R turning ¼ turn right to face partner, small side step L,-;) [QQ--] (QQS)
- 12-15 [3 CUDDLES INTERRUPTED w/ SYNC W TRN CK & BK – FINISH CUDDLES] Leading W to trn right face ¼ trn side L, rec R leading W fwd, cls L to R/ leading W to swivel ½ trn left face,-; side R, rec L leading W fwd, cls R to L/ leading W to trn right face ½ turn,-; side L, rec R/ cls L to R/ small lunge side R shaping to W with hands on her waist, rec L, cls R; side L, rec R leading W fwd, cls L to R leading W to curl left face,-; (W turning ¼ trn right face step bk R to RLOD, rec L, fwd R swiveling ½ trn left face,-; bk L, fwd R, fwd L swiveling ½ trn right face,-; bk R, fwd L swiveling ½ trn left face/ bk R into sit line turning upper body more left towards DRW, fwd L swiveling right face ½ trn,-; bk R, fwd L, fwd R spiraling left face to a curl to end facing LOD,-;) [QOS; QQS; QQ&aQQ; QQS] (QQS; QQS; QQ&S; QQS)
- 16 [FAN] Bk R, rec L leading W to trn LF, small sd R,-; (W to LOD fwd L, fwd R turning left to fc RLOD, bk L,-;)

Interlude

- 1-8 HCKYSTK OVRTRND [TO FC] ; ; REV UNDRARM TRN ;
LEAD W TO UNDRARM CK & BK ; [TO RLOD] THRU-CLS TO FC~SD TO LOD ;
SPOT TRN ; ALTERNATIVE BASIC ; FAN [M FC] ;
- 1-2 [HCKYSTK OVRTRND TO FC] Fwd L, rec R, cls L to R raising lead arms to look at W through arm window,-; bk R leading W fwd toward DRW, turning right 1/8 to follow partner fwd L leading W to spiral left face under lead hands to face, fwd and side R to end LOP facing M facing WALL,-; (W cls R to L, fwd L, fwd R looking at M through arm window,-; turning left to DRW fwd L, fwd R spiraling 5/8 trn left to face partner, small step side L,-;)
- 3 [REV UNDRARM TRN] Raising lead arms XLIFR across the body to DRW leading W to left face underarm trn, rec R, side L,-; (W XRIFL to face RLOD turning left ½ trn to face LOD, fwd L turning left ¼ trn to face partner, side R,-;)
- 4 [LEAD W TO UNDRARM CK & BK] With dbl hand hold rk side R leading W to trn right face under lead hands, rec L leading W to trn left face back under lead hands, small step side R releasing trailing hands,-; (W XLIFR tuning right to face WALL and ck, rec to R then swiveling ½ turn left to face partner, side L,-;)
- 5 [THRU CLS SD] To RLOD thru L, swiveling left to face partner cls R to L, side L to LOD,-;
- 6 [SPOT TRN] Swivel left to face LOD fwd R then sharply trn left ½ trn to face RLOD, fwd L to RLOD then sharply trn left ¼ to face partner, side R,-;
- 7 [ALTERNATIVE BASIC] CIs L, in place R, side L,-;
- 8 [FAN M FC] Bk R leading W fwd, rec L/ lead W to turn left face and swivel left to face LOD, fwd R,-; (W fwd L, fwd R swiveling ½ turn left to face RLOD, bk L,-;)

Part A [1-15]

- 1-16 FWD BASIC ; SYNC LF TWIRL [TO RT SKATERS – FC LOD] ;
HOLD & SYNC FWD w/ SLOW LF TRN (W FULL TRN) ;
HOLD & SYNC ROLL APART [M TO RLOD] & FC ; CUCA & FWD (W KNEE PT) ;
TOG 3 TO DBL HANDHOLD M FC WALL (W SWVL) ; 2 SLOW SWVL'S ;
SYNC SWVL'S : (W SYNC LF UNDRARM TRN TO FAN [M FOLLOW] ;
ALEMANA (W SPIRAL ON LAST STP) ; ; SYNC HCKYSTK ENDNG [M FOLLOW] ;
ALEMANA ; ; CUDDLE w/ CURL ;
- 1-15 [Same as Part A 1-15]

End

- 1-10 FAN; HCKYSTK OVRTRND [TO FC]; ; REV UNDRARM TRN ;
LEAD W TO UNDRARM CK & BK; NY IN 4 [TO FC]; BASIC TO CURL ;
TRN LF FOR THE SYNC REV PVT TO THE THROWAWAY OVERSWAY ;
HOLD SLOW – DEVELOPE KICK & BK TO THROWAWAY OVERSWAY ;
- 1 [Same as Part B meas 16]
- 2-5 [Same as Interlude 1-4]
- 6 [NY IN 4] Swiveling right ¼ trn to face RLOD fwd L checking, recover R swiveling left ¼ trn to face partner/ side L, close R to L to end in LOP facing M facing WALL ; [QQ&S] (QQ&S)
- 7-8 [Same as intro meas 1-2]
- 9-10 [HOLD SLOW – DEVELOPE KICK & BK TO THROWAWAY OVERSWAY] Hold , Rise and allow W to Develop ; then lead her back to the throwaway oversway ; (W Hold in position while slightly extending the Throwaway position, raise left knee while rising on right leg kicking left foot high ; begin slow process of lowering back into the throwaway oversway ;)

QUICK CUES

- INTRO: [LOP FCNG POS – M FCNG WALL – LEAD FT FREE] WAIT PU NOTES ;
 BASIC TO CURL ; PU FOR SYNC REV PVT TO THROWAWAY OVRSWAY ;
 HOLD SLOW - LADY KCK DEVELOPE & SWVL TO [FC LOD] M CLS ;
 FAN [M SYNC TO FC] ;
- A: FWD BASIC ; SYNC LF FC TWRL TO RT SHDW [FCNG LOD] ;
 HOLD & SYNC FWD w/ SLO LF FC TRN (LADY FULL TRN) ;
 HOLD & SYNC LF FC ROLL APART [M TO RLOD] & FC ;
 CUCA (W w/ KNEE PT) M FWD ; TOG 3 [TO DBL HND HOLD – M FC WALL (W SWVL)] ;
 2 SLOW SWVL'S ; SYNC SWVL'S ;
 (W SYNC LF FC UNDERARM TRN TO FAN) M FOLLOW ;
 ALEMANA (W SPIRAL ON LAST STEP) ; ; SYNC HCKY STK ENDNG – M FOLLOW ;
 ALEMANA ; ; CUDDLE w/ CURL ; FAN ;
- B: START HCKY STK [M SWVL & STP BK] ;
 BK TO SYNC ZIG ZAG (LADY SWVL) [TO SCP FC LOD] ; THRU FC & SD ;
 [TO RLOD] SYNC SD WLK'S ; SD WLK'S ; CK & SYNC ROLL [TO LOD] ; AIDA ;
 SYNC HIP RK'S & SWVL TO SKTR'S LOD – M CLS ;
 [LF FOOT] FWD WLK 6 ; ; (W UNDRARM TRN) M TCH ;
 3 CUDDLE'S INTRUPTD w/ SYNC W TRN CK & BK – FIN THE CUDDLE'S w/ SPIRAL ; ; ; ;
 FAN ;
- INTER: HCKYSTK OVRTRND TO FC ; ; REV UNDRARM TRN ;
 M LEAD (W TO UNDRARM CK & BK) ; [TO RLOD] THRU – CLS TO FC – SD TO LOD ;
 SPOT TRN ; ALTERNATIVE BASIC ; FAN [M FC] ;
- A[1-15]: FWD BASIC ; SYNC LF FC TWRL TO RT SHDW [FCNG LOD] ;
 HOLD & SYNC FWD w/ SLO LF FC TRN (LADY FULL TRN) ;
 HOLD & SYNC LF FC ROLL APART [M TO RLOD] & FC ;
 CUCA (W w/ KNEE PT) M FWD ; TOG 3 [TO DBL HND HOLD – M FC WALL (W SWVL)] ;
 2 SLOW SWVL'S ; SYNC SWVL'S ;
 (W SYNC LF FC UNDERARM TRN TO FAN) M FOLLOW ;
 ALEMANA (W SPIRAL ON LAST STEP) ; ; SYNC HCKY STK ENDNG – M FOLLOW ;
 ALEMANA ; ; CUDDLE w/ CURL ;
- END: FAN ; HCKYSTK OVRTRND TO FC ; ; REV UNDRARM TRN ;
 M LEAD (W TO UNDRARM CK & BK) ; NY IN 4 TO FC ; BASIC TO CURL ;
 PU FOR SYNC REV PVT TO THROWAWAY OVRSWAY [MUSIC SLOWS] ;
 HOLD SLOW - LADY KCK DEVELOPE & BK INTO THE THROWAWAY OVRSWAY ;