## "One" More Time



## PART A

1-4 SD \& HOLD; SYNC VINE 5; TCH KICK VINE 2; X UNWIND;
Q--- $\quad 1 \quad$ \{Sd \& Hold\} LOP-FCG/Wall sd R, hold extending trail hnd slowly twd RLOD, -, -;
QQaQa-
2 \{Sync Vine 5\} Assuming BFLY sd L, XRIB/sd L, XRIF/sd L, -;
--QQ 3 \{Tch Kick Vine 2\} Tch R to L, kick R sd twd RLOD, XRIB, sd L;
Q--- 4 \{X Unwind\} XRIF, releasing hnds comm twist LF on both ft, cont twist, fin twist to fc WALL joining trailing hnds end OP-FCG/WALL lead ft free lead hnds crossed IF of body;


## PART B

1-4 HOVER TELEMARK TO SCP; OPEN NAT; OUTSIDE SPIN \& TWIST TO SCP;;
1 \{Hover Telemark to SCP\} CP/DLW fwd L, - , sd \& fwd R trng RF, sd \& fwd L end SCP/DLW; 2 \{Open Nat\} Thru R comm trng RF, -, cont trng RF sd \& bk L, bk R end BJO/DRC;
SQQ\& 3-4 \{Outside Spin \& Twist to SCP\} Bk L ptr outside comm trng RF, -, cont trng RF fwd R
---Q
(W SQQ) outside ptr, cont trng RF on R sd \& bk L/XRIB (W fwd R outside ptr comm trng RF, -, cont trng RF cl L to R, fwd R btwn M's ft/fwd L) end CP/RLOD; Comm twist RF on both ft, cont twist RF on both ft , cont twist RF shifting wgt to $R$, leading W trn RF sd \& fwd $L$ (W fwd R outside ptr comm trng RF around $M$, -, cont trng RF around fwd $L$, trng RF on $L$ sd \& fwd R) end SCP/DLC;

## 5-8 BIG TOP; WHISK; PROM WEAVE;;

5 \{Big Top\} SCP/DLC fwd R comm spinning LF, -, cont spinning LF on R XLIB, cont spinning on L slip R bk small step under body (W fwd L trng LF to fc M comm LF spin, cont spinning LF on $L$ sd \& fwd $R$ around $M$, cont spin LF on $R$ brushing $L$ to $R$ fwd $L$ ) end CP/DLW;
6 \{Whisk\} Fwd L, -, sd \& fwd R, XLIB end SCP/DLC;
SQQ 7-8 \{Prom Weave\} Thru R comm trng LF, -, cont trng LF fwd L twd DLC, cont trng LF sd R (W
QQQQ thru L comm trng LF, -, cont trng LF sd \& bk R across IF of M, cont trng LF sd L); Cont trng LF bk L ptr outside, cont trng LF bk R momentary in CP M fcg DRW, cont trng LF on R sd \& fwd L twd DLW, fwd R outside ptr (W cont trng LF fwd R outside ptr, cont trng fwd L, cont trng LF on L sd \& bk R, bk L ptr outside) end BJO/DLW;

| PART C |  |  |
| :---: | :---: | :---: |
| 1-4 | CHG OF DIRECTION; DBL REV SPIN; THREE STEP; CURVED FEATHER; |  |
| SS | 1 | \{Chg of Direction\} BJO/DLW fwd $L$ trng LF, -, sd \& fwd R twd DLW, draw $L$ to $R$ end CP/DLC; |
| SQ- (W SQ\&Q) |  | \{Dbl Rev Spin\} Fwd L comm trng LF, -, cont trng LF sd \& bk R, spinning LF on R to fc DLW tch R to L (W bk R comm trng LF, -, cont trng LF on R-heel cl L/sd \& fwd R cont trng LF, cont trng LF on R XLIF) end CP/DLW; |
|  | 3 | \{Three Step\} Fwd L, -, slightly curving LF to fc LOD fwd R, fwd L end CP/LOD; |
|  | 4 | \{Curved Feather\} Fwd R comm curving RF, -, cont curving RF sd \& fwd L, fwd R checking outside ptr w/ L-sd lead end BJO/DRW; |
| 5-8 | BK FEATHER; BK WHPLASH; BK WHISK; FWD W TRANS TO VARS; |  |
|  | 5 \{Bk Feather\} BJO/DRW bk L w/ R-sd lead, -, bk R, bk L; |  |
| S-- | 6 | \{Bk Whiplash\} Bk \& sd R, -, flexing R-knee swivel LF on R to fc LOD pointing L sd \& fwd twd DLC, rising develop body shape w/ R-sway (W fwd L btwn M's ft, -, flexing L-knee swivel LF on L to fc ptr pointing R sd \& bk twd DLC, rising develop body shape $\mathrm{w} / \mathrm{L}$-sway looking well left) end BJO/DLC; |
|  | 7 | \{Bk Whisk\} Bk L, -, slightly trng RF sd \& fwd R, XLIB end SCP/LOD; |
| $\begin{aligned} & \text { SQQ } \\ & \text { (W SQ-) } \end{aligned}$ | 8 | \{Fwd W Trans to Vars\} Thru R releasing hnds, -, fwd L, cl R joining L-hnds extended sd R-hnds jnd above W's R-shoulder (W thru L raising L-hnd straight up, -, fwd R, tch L) end VARS/LOD; (now same footwork) |
|  | PART D |  |
| 1-4 | CHASSE TRN 3 TIMES;;; FWD 3 W SPIRAL TO SHADOW; |  |
| QQS | 1-3 \{Chasse Trn 3 Times\} VARS/LOD trng RF on $R$ to fc WALL sd $L$ releasing L-hnds, cl R, sd L, |  |
| QQS |  | - end TANDEM/WALL R-hnds jnd above W's R-shoulder; Trng LF 1/2 on L to fc COH sd R jnd |
| QQS |  | R-hnds over W's head, cl L, sd R, - end TANDEM/COH jnd R-hnds extended sd; Trng RF 1/2 on R to fc WALL sd L jnd R-hnds over W's head, cl R, sd L, - end TANDEM/WALL R-hnds jnd above W's R-shoulder L-hnds jnd extended sd; |
| QQS | 4 | \{Fwd 3 W Spiral to Shadow\} Trng slightly LF to fc LOD fwd R leading W spiral LF w/ jnd L-hnds \& releasing hnds, fwd L, fwd R joining L-hnds, - (W slightly trng LF fwd R spiraling LF to fc LOD, fwd L, fwd R, -) end SHADOW/LOD M's R-hnd on W's shoulder blade W's R-hnd extended sd; |
| 5-8 | SHADOW OPEN TRNG BOX 3/4; ; BK W TRN M TRANS TO FC; |  |
|  | 5-7 | \{Shadow Open Trng Box 3/4\} SHADOW/LOD fwd L, -, trng LF to fc COH sd R, bk L end SHADOW/COH; Bk R, -, trng LF to fc RLOD sd L, fwd R end SHADOW/RLOD; Fwd L, -, trng LF to fc WALL sd R, bk L end SHADOW/WALL; |
| SQ- <br> (W SQQ) | 8 | \{Bk W Trn M Trans to Fc\} Bk R, -, sd L joining lead hnds, tch R to $L$ (W bk R, -, sd \& fwd L trng LF to fc M, cl R) end LOP-FCG/WALL lead hnds jnd trail hnds crossed IF of body; (now opposite footwork) |

# REPEAT DANCE PART A, B, C 

## PART D-Modif

1-4 CHASSE TRN 3 TIMES;;; FWD 3 W SPIRAL TO SHADOW;
1-4 SHADOW/LOD repeat Meas 1-4 of PART D;;;;
5-8 SHADOW OPEN TRNG BOX 1/2;; CHECK REC TRN SD CL; SD LUNGE W STORK LINE;
5-6 \{Shadow Open Trng Box 1/2\} SHADOW/LOD repeat Meas 5-6 of PART D end SHADOW/RLOD;;
QQQQ $7 \quad$ \{Check Rec Trn Sd CI\} Fwd L checking, rec R trng LF $1 / 4$ to fc WALL, sd L, cl R end SHADOW/WALL;
S-- 8 \{Sd Lunge W Stork Line\} Sd L flexing knee, -, hold rotating body RF \& pushing her out w/ jnd (W SS) L-hnds, extend R-hnd twd RLOD looking at ptr (W sd L flexing knee, -, sd R lifting L-ft along Rleg R-hnd above head looking at ptr, -);

