

JUST ONE DANCE

Choreographers:	Release date: August 2016
Annette & Frank Woodruff	Rhythm & Phase: Rumba IV
	Music: Caro Emerald, mp3 download from Amazon or others.
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 4:00 as downloaded. Cut at 02:36 & fade out from 02:30. Speed unchanged.
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: annetteandfrank@gmail.com	Sequence: Intro - ABC - A - B(1-8) - C - Ending

INTRODUCTION

1	Wait ;	LOP-FCG WALL wt 1 meas ;
2 - 3	Alemana ;;	Fwd L, rec R, raisg jnd ld hnds palm-to-palm cl L (<i>W bk R, rec L, fwd & sd R twds M's L sd prepg to trn RF</i>), - ; XRib, rec L, sd R (<i>W under jnd ld hnds fwd L twd DLC & swvl ½ RF, fwd R twd DRW & swvl ¼ RF, fwd & sd L comp full RF trn to fc ptr</i>) to BFLY WALL, - ;
4	Hand to Hand ;	XLib (<i>W XRib</i>) trng to OP LOD, rec R to fc ptr, sd L to BFLY WALL, - ;

PART A

1 - 2	(TO LOD) Crab Walks ;;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), - ; sd L, XRif (<i>W XLif</i>), sd L, - ;
3	Whip in 4 ;	Bk R trng 1/4 LF, rec L trng 1/4 LF, sd R, rec L (<i>W fwd L, trng ½ LF fwd & sd R, sd L, rec R</i>) to BFLY COH ;
4 - 5	(To RLOD) Crab Walks ;;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), - ; sd L, XRif (<i>W XLif</i>), sd L, - ;
6	Whip in 4 ;	Bk R trng 1/4 LF, rec L trng 1/4 LF, sd R, rec L (<i>W fwd L, trng ½ LF fwd & sd R, sd L, rec R</i>) to BFLY WALL ;
7	Spot Turn ;	Swvlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ¼ LF to fc ptr, sd R to mom BFLY, - ;
8	Break to OP ;	Relg ld hnds XLib trng to OP LOD, rec R, fwd L twd LOD, - ;

PART B

1	Lady Rolls Across to LOP ;	Ldg W to roll in front of self sd R, XLib, sd R (<i>W rolls full LF trn in frt of M L, R, L to LOP LOD</i>), - ;
2	New Yorker to OP RLOD ;	W/ straight leg fwd L (<i>W fwd R</i>), rec R trng LF to fc ptr, contg LF trn fwd & sd L to OP RLOD, - ;
3	Man Rolls Across to LOP ;	Roll full RF trn in frt of W R, L, R (<i>W sd L, XRib, sd L</i>) to LOP RLOD, - ;
4	New Yorker to BFLY ;	W/ straight leg fwd L (<i>W fwd R</i>), rec R to fc ptr, sd L to BFLY WALL, - ;
5	Alemana Turn ;	Raisg jnd ld hnds XRib, rec L, sd R & keep jnd hnds high (<i>W under jnd ld hnds fwd L twd DLC & swvl ½ RF, fwd R twd DRW & swvl ¼ RF, fwd & sd L comp full RF trn to fc ptr slightly offset to his R</i>), - ;
6 - 8	... into a Lariat 9 to Low BFLY ;;;	W/ ld hnds still jnd high press sd L, rec R, cl L (<i>W starts circg RF arnd M R, L, R</i>), - ; press sd R, rec L, cl R (<i>W cont circ arnd M L, R, L</i>), - ; press sd L, rec R, cl L (<i>W cont circ RF arnd M R, L, R</i>) to Low BFLY WALL, - ;
9	Cucaracha R ;	Press sd R, rec L, cl R, - ;
10 - 11	Side Walks ;;	Sd L, cl R, sd L, - ; cl R, sd L, cl R, - ;
12	Cucaracha Cross ;	Press sd L, rec R, XLif (<i>W XRif</i>), - ;
13	Side Walks ½ ;	Sd R, cl L, sd R, - ;
14	Fence Line ;	XLif (<i>W XRif</i>) w/ bent knee, rec R, sd L, - ;
15 - 16	Thru Vine 8 ;;	Thru R, sd L, XRib (<i>W XLib</i>), sd L ; thru R, sd L, XRib (<i>W XLib</i>), sd L ;

PART C

1 - 2	Thru Serpiente ;;	Thru R, trng to fc ptr sd L, XRib (<i>W XLib</i>), ronde L CCW ; XLib (<i>W XRib</i>), sd R, thru L, ronde R CCW to BFLY WALL ;
3	Aida ;	Thru R, trng RF to fc sd L & drop trl hnds, contg RF tm bk & sd R to V-BK-TO-BK DRC (<i>W DRW</i>), - ;
4	Switch Cross ;	Trng LF bk & sd L to fc ptr, rec R to BFLY, XLif (<i>W XRif</i>), - ;
5	Crab Walk Ending ;	Sd R, XLif (<i>W XRif</i>), sd R, - ;
6	New Yorker 4 ;	XLif (<i>W XRif</i>) to LOP, rec R to fc ptr, sd L, rec R ;
7	Spot Turn ;	Swvlg ¼ RF on ball of R ft & relg hnds fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L to OP-FCG WALL, - ;
8	New Yorker 4 ;	XRif (<i>W XLif</i>) to OP, rec L to fc, sd R to BFLY, rec L ;
9 - 10	Thru Vine 8 ;;	Thru R, sd L, XRib (<i>W XLib</i>), sd L ; thru R, sd L, XRib (<i>W XLib</i>), sd L ;
11	Alemana Turn ;	Repeat meas 5 Part B ;
12	Hand to Hand ;	XLib (<i>W XRib</i>) trng to OP LOD, rec R to fc ptr, sd L to BFLY WALL, - ;

Repeat Part A

Repeat Part B (1-8) to BFLY

Repeat Part C

ENDING

1 - 2	Crab Walks ;;	XRif (<i>W XLif</i>), sd L, XRif (<i>W XLif</i>), - ; sd L, XRif (<i>W XLif</i>), sd L, - ;
3	ThruVine 4 ;	Thru R, sd L, XRib (<i>W XLib</i>), sd L ;
4	Fence!	Lunge thru R, -, -, - ;



Caro Emerald was born in 1981 in Amsterdam, the Netherlands. She started singing lessons at age 12 and trained as a jazz vocalist at the Amsterdam Conservatory, graduating in 2005. Her first single was “Back it Up”, an instant hit, as well as her second one “A Night Like This”. In April 2013, her second studio album *The Shocking Miss Emerald* was released and went to No. 1 in the UK album chart. She gave birth to a girl in March 2014. She continues to accumulate awards and platinum records. Her third studio album is due soon.

All it cost is just a minute now
 For one dollar you can show me how
 I'll take your hand and then your worries too
 In just one dance I'll make your dreams come true