

**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 (SQQ) { Bk Chasse (Inside U/A Trn) to Sktrs } Bk R trng LF, -, lead ptr's U/A trn as stp sd L 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.

\* Also Spec Press "One" (flip "Moonlight Romance")

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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 blind 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 ; OK 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 OK 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 blind to low dbl hand hold (Bk R, -, bk L trng LF, drag R to BJO blind 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 FTNR 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 feg 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 feg 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 feg 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 feg 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, -, - ;