

ONE

CHOREO: RANDY & ROSE WULF **RELEASED:** Oct 2019
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MUSIC: One (from "A Chorus Line") **ARTIST:** Prandi Sound Swing Orchestra
SOURCE: <https://casa-musica-shop.de/song.aspx?id=7073> **TIME:** 2:46 as downloaded
Cut at 2:13.6, Fade from 2:09.2, Speed +7%

RHYTHM/PHASE: Foxtrot/Two Step Phase 3 + 2 (Strolling Vine, Side Stair)

FOOTWORK: Opposite unless indicated (**W's footwork in parentheses**) Timing as noted

SEQUENCE: INTRO A B C END

MEAS

INTRO

1-4 **WAIT;; APRT PT; TOG ESCORT;**
1-2 {Wait}OP FCG Wait; Wait;
3 ss {Apart Point}Bk L, -, tch the R toe to the floor, -;
4 qs {Tog Escort}Stp tog R to fc LOD in ESCORT, tch L to R, -, -;
5-8 **SLO WLK 4 w/MANUV;; SPN TRN; BOX FIN;**
5-6 ss,ss {Walk 4 w/manuv}Fwd L slightly acrs R, -, fwd R slightly acrs L, -; fwd L slightly acrs R, -, fwd R w/RF pvt to fc ptr RLOD;
7 sqq {Spin Turn}Comm RF upper bdy trn bk L toe pvtg 1/2 RF to fc LOD, -, fwd R between W's feet heel to toe cont RF trn keeping L leg xtndd bk and sd, comp trn sd and bk L; (**Comm RF upper bdy trn fwd R between M's feet heel to toe pvtg 1/2 RF, -, bk L toe cont trn brush R to L, comp trn sd and fwd R;**)
8 sqq {Box Finish}Bk R trng LF, -, sd L, cl R fcg LOD;

PART A

1-4 **FWD RUN 2, TWICE;; TRN L & R CHASSE to BJO; BK, BK/LK BK;**
1-2 sqq {Forward Run 2, Twice}Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;
3 sq&q {Turn L & R Chasse BJO}Fwd L comm LF upper bdy trn, -, sd R cont trn LF/cl L, sd R comp trn to BJO;
4 sq&q {Back Back/Lock Back}Bk L, -, bk R/lk L in frnt of R, bk R; (**Fwd R, -, fwd L/lk R in bk of L, fwd L;**)
5-8 **PVT SCP; HVR FALWY; BK, BK/LK BK; BK CHASSE CP;**
5 sqq {Pivot to SCP}Comm RF upper bdy trn bk L trng RF 3/8 leaving R leg xtndd in frnt, -, fwd R between W's feet heel to toe trng RF 3/8, sd and fwd L ldg W into SCP; (**Comm RF upper bdy trn fwd R between M's feet heel to toe trng RF 3/8 leaving L leg xtndd bhd, -, bk L trng RF 3/8 leaving R leg xtndd in frnt, sd and fwd R into SCP;**)
6 sqq {Hover Fallaway}Staying in SCP thruout fwd R, -, fwd L rising to ball of ft and chkg, rec on R;
7 sq&q {Back Back/Lock Back}Bk L, -, bk R/lk L in frnt of R, bk R; (**Fwd R, -, fwd L/lk R in bk of L, fwd L;**)
8 sq&q {Back Chasse CP}Bk L trng RF, -, sd R/cl L, sd R to CP wall;
9-12 **BOX;; TWSTY VIN; FWD FC CL;**
9-10 sqq {Box}Fwd L, -, sd R, cl L; bk R, -, sd L, cl R;
12 sqq {Forward Face Close}Thru R, -, sd L to fc ptr, cl R to CP;

13-16 WHISK; WING; 2 LF TRNS, WALL;;

- 13 sqq {Whisk}Fwd L, -, fwd and sd R comm rise to ball of ft, XLib of R cont to full rise on ball of ft ending in a tight SCP;
- 14 ss sqq {Wing}Fwd R, -, draw L to R, tch L to R trng upper bdy LF w/L sd stretch; (Fwd L stg to Xif of M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF fc, fwd L arnd M comp slight LF trn to end in a tight SCAR;)
- 15-16 sqq {2 Left Face Turns fc Wall}Fwd L comm LF upper bdy trn, -, cont to trn [up to 1/2] sd and bk R, cl L; bk R comm LF upper bdy trn, -, cont to trn 1/4 to fc wall sd and fwd L, comp trn cl R to CP; (Bk R comm LF upper bdy trn, -, cont to trn sd and fwd L, comp trn cl R; fwd L comm LF upper bdy trn, -, cont to trn sd and bk R, comp trn cl L;)

PART B**1-4 STRLLG VIN;::;**

- 1-4 ss,qqq {Strolling Vine}In CP comm slight RF upper bdy trn sd L, -, w/slight LF upper bdy trn XRib of L, -; cont trn sd L, cont trn cl R, cont trn sd L, -; comm slight LF upper bdy trn sd R, -, w/RF upper bdy trn
- ss,qqq XLib of R, -; cont trn sd R, cont trn cl L, cont trn sd R, -;

5-8 SD STAIR, TWICE;; HOVER; THRU CHASSE SCP;

- 5-6 qqqq {Side Stair 2X}In CP sd L, cl R, fwd L, cl R; sd L, cl R, fwd L, cl R;
- 7 sqq {Hover}In CP fwd L, -, fwd and slightly sd R rising to ball of ft, sd and slightly fwd L to tight SCP;
- 8 sq&q {Thru Chasse to SCP}Thru R comm trn to fc, -, sd L/cl R, sd L to SCP;

9-12 THRU HVR BJO; BK, BK/LK BK; BK HOVER SCP; THRU PU;

- 9 sqq {Through Hover BJO}Thru R, -, fwd L w/slight rise trng slightly LF, rec to BJO;
- 10 sq&q {Back Back/Lock Back}Bk L, -, bk R/lk L in frnt of R, bk R; (Fwd R, -, fwd L/lk R in bk of L, fwd L;)
- 11 sqq {Back Hover SCP}Bk L, -, sd and bk R w/slight rise, rec L to SCP; (Fwd R, -, trng 1/4 RF sd L, trng to SCP fwd R;)
- 12 sqq {Through Pickup}Thru R, -, trng LF sm sd L, cl R to CP LOD; (Thru L, -, fwd R trng LF to fc ptr, cl L;)

13-16 2 LF TRN;; WHISK; THRU PU;

- 13-14 sqq {2 Left Face Turns}Fwd L comm LF upper bdy trn, -, cont to trn [up to 1/2] sd and bk R, cl L; bk R comm LF upper bdy trn, -, cont to trn 1/4 to fc wall sd and fwd L, comp trn cl R to CP; (Bk R comm LF upper bdy trn, -, cont to trn sd and fwd L, comp trn cl R; fwd L comm LF upper bdy trn, -, cont to trn sd and bk R, comp trn cl L;)
- 15 sqq {Whisk}Fwd L, -, fwd and sd R comm rise to ball of ft, XLib of R cont to full rise on ball of ft ending in a tight SCP;
- 16 sqq {Through Pickup}Thru R, -, trng LF sm sd L, cl R to CP LOD; (Thru L, -, fwd R trng LF to fc ptr, cl L;)

PART C**1-4 FWD RUN 2, TWICE;; TRN L & R CHASSE to BJO; BK, BK/LK BK;**

- 1-4 Repeat meas 1-4 Part A

5-8 PVT SCP; HVR FALWY; BK, BK/LK BK; BK CHASSE CP;

- 5-8 Repeat meas 5-8 Part A

9-12 STRLLG VIN;::;

9-12

Repeat meas 1-4 Part B

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13-16

SD STAIR, TWICE;; HOVER; THRU CHASSE SCP;

13-16

Repeat meas 5-8 Part B

END

1-5

FWD RUN 2 ESCORT; SLO WLK 4 w/MANUV;; SPN TRN; BK HALF BOX;;

1 {Forward Run 2 Escort} Fwd R, -, fwd L, fwd R to Escort pos;

2-3 Repeat meas 5-6 of INTRO

4 sqq {Spin Turn}Comm RF upper bdy trn bk L toe pvtg 1/2 RF to fc LOD, -, fwd R between W's feet heel to toe cont RF trn keeping L leg xtndd bk and sd, comp trn sd and bk L; (Comm RF upper bdy trn fwd R between M's feet heel to toe pvtg 1/2 RF, -, bk L toe cont trn brush R to L, comp trn sd and fwd R;)

5 sqq {Back Half Box}Bk R, -, sd L, cl R;

6 DIP;

6 s {Dip}Sd and bk L leaving R leg xtndd, -, -, -;