

Only One Time

(Solamente Una Vez)

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Music: Solamente Una Vez (Andrea Bochelli) 3:29
Avail for download from Amazon.com
Footwork: Opposite and QQS except where noted
Rhythm/Phase Rumba V+1 (3 Alemanas) Speed 49 rpm (24 mpm)
Sequence: Intro – A – A – Interlude – B – End Release 1.0 November 2021

INTRO

1 - 4 WAIT ; SIDE WALK 3 W/ARMS ; LUNGE/SIT REC SIDE ; SPOT TURN CP ;

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- 1 In low BFLY fc wall hands waist high trailing foot free wait 1 measure ;
 - 2 Sd R bring arms straight up, cl L take arms out to BFLY, sd R to low BFLY, -;
 - 3 Lower on R extending L bk & sd right arm to side, rise on R, sd L to BFLY, -
(W bk R in sit line extend left arm up, rec L, sd R BFLY, -);
 - 4 Trng LF fwd R LOD sharp trn LF fc RLOD, rec L trng to fc ptnr, sd R to CP, -;

PART A

1 - 4 ½ BASIC TO NATURAL TOP 3 ; ; NATURAL OPENING OUT LADY SPIRAL ; FAN ;

- 1 Fwd L, rec R, sd & fwd L comm RF trn, -(W bk R, rec L, fwd R trng RF, -);
- 2 XRIB, sd L trng RF, cl R fc wall, -(W sd L trng RF, XRIF, sd L cont trng, -);
- 3 Sd L with RF body turn, rec R, cl L raise lead hands lead W to spiral, -
(W turn RF on, L sd & bk R, rec L trng LF, sd & fwd R LOD, spiral LF 7/8 turn on R);
- 4 Bk R, rec L, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

5 - 8 STOP & GO HOCKEY ; ; HOCKEY STICK TO HANDSHAKE ; ;

- 5 Fwd L, rec R, cl L lead W to trn LF under lead hands, -
(W cl R, fwd L, fwd R trn 1/2 LF under lead hands, -);
- 6 Chk fwd R DW right hand on W back shape to W, rec L, lead W under lead hand cl R, -
(W chk bk L, rec R, fwd L trng RF under lead hands to fan pos, -);
- 7 Fwd L, rec R, cl L raise lead hand, -(W cl R, fwd L, fwd R, -);
- 8 Bk R beh L lead W to RLOD under lead hands, rec L trng W under lead hand to fc, fwd R
join R hands, -
(W fwd L trng toe out, fwd R DRW trng LF under lead hands, bk L, -);

(Cont Part A)

9 - 12 FWD BASIC TO L POS ; ALTERNATING CROSS BODYS ; ; FAN ;

- 9 Fwd L, rec R fc wall, sd L, -(W bk R, rec L, sd & fwd R slight RF trn to fc LOD, -); end L Pos
 10 Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm fwd, -
 (W fwd L, fwd R trn ½ LF, cont trn sd & bk L fc wall, -);
 11 Fwd L, fwd R trng ½ LF, cont trn sd & bk L fc wall, -
 (W Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm fwd, -);
 12 Bk R, rec L change to lead hands, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

13 - 16 3 ALEMANAS ; ; ; ;

- 13 Fwd L, rec R, cl L lead W to trn RF, -; (W cl R, fwd L, fwd R trn RF fc M, -);
 14 Bk R, rec L, cl R bring left hand down & fwd lead W to trng RF, -
 (W fwd L to M's left side under lead hands trn ½ RF, fwd R trn ½ RF, fwd L trn RF DW,-);
 15 Sd L, rec R, cl L, -(W fwd R sharp LF turn, small step fwd L cont LF trn, fwd R to M L sd, -);
 16 Bk R, rec L, cl R CP, -(W fwd L under lead hands trn ½ RF, fwd R trn 3/8 RF, fwd L loose CP);

INTERLUDE

1 - 4 CLOSED HIP TWIST ; LADY SLOW SWIVEL 2X ; QUICK TELEMARK WITH SEPARATION ; FAN ;

- 1 Lead W to open RF sd L, rec R, cl L, -
 (W turn RF ½ on L sd & bk R, rec L trng ½ LF, sd R, swivel RF twd LOD);
 SS 2 Rk sd R, -, sd L, -(W fwd L swivel ½ LF, -, fwd R swivel ½ RF, -);
 &QQS 3 On the & ct slip bk R trng LF/fwd L trng LF to CP, fwd & sd R arnd W, sd L fc WALL leave W
 behind by keeping arms to her (W qk step fwd L pick up CP/bk R trn LF, cl L to R heel trn,
 replace wgt onto R & press LF with L knee bend,-);
 4 Bk R, rec L, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

5 - 8 ALEMANA ; ; CUDDLE 2X ; TO BFLY ;

- 5 Fwd L, rec R, cl L lead W to trn RF, -; (W cl R, fwd L, fwd R trn RF fc M, -);
 6 Bk R, rec L, cl R CP, -
 (W fwd L to M's left side under lead hands trn ½ RF, fwd R trn ½ RF, fwd L CP,-);
 7 Slight RF body trn to lead W out sd L sweep L arm to sd, rec R,
 cl L both arms around W on back, -
 (W trn RF 3/8 bk R sweep R arm out, rec L trng LF, fwd R right hand to M's shoulder, -);
 8 Slight LF body trn to lead W out sd R extend R arm to sd to L ½ OP, rec L,
 cl R BFLY wall, -
 (W trn LF ½ bk L sweep L arm out, rec R trng RF, sd L BFLY, -);

PART B

1 - 4 CROSS BASIC LADY SPIRAL ; TO HANDSHK ; SHDW NEW YORKER ; WHIP OVERTURN VARS WALL ;

- 1 XLIF scar slight LF trn, rec R trng LF, sd & fwd L DC lead W to spiral, -
 (W XRIB slight LF trn, rec L trng LF, sd & fwd R spiral LF 7/8 trn on R, -);
 2 XRIB slight LF trn, rec L, sd R join R hands, -(W fwd L COH, fwd R trng ½ LF, sd R, -);
 3 Trng RF fwd L LOD left shdw, rec R trng LF, sd L, -(W fwd R LOD, rec L fc M, sd R, -);
 4 Bk R trng LF lead W twd wall, rec L trng to fc wall, cl R varsou wall, -
 (W fwd L to wall, fwd R trn LF, cont trng cl L in varsou, -);

(Cont Part B)

5 - 8 FWD BASIC LADY HIP TWIST ; MAN BK BASIC TO AIDA ; SWITCH ROCK ; CROSS CHECK LADY SWIVEL TO TAMARA ;

- 5 Fwd L, rec R, cl L lead W to trn RF with joined R hands, -
 (W fwd R, rec L, trng RF sd & fwd R sharp swivel RF fc LOD, -);
- 6 Bk R, rec L trng RF change hands, bk R bk to bk V, -(W fwd L, fwd & sd R trng LF, bk L, -);
- 7 Trng LF pull lead foot & hand thru to LOD sd L, rec R, sd L, - BFLY;
- S- 8 Check thru R, -, raise lead hands above W's head and trailing hands thru between bodies leading W to swivel RF to Tamara pos, -
 (W chk thru L, -, swivel RF to Tamara, -);

9 - 12 BACK WALK 3 ; WHEEL 3 COH ; WHEEL & WRAP SHDW WALL ; SWEETHEART ;

- 9 In Tamara pos bk L, bk R, bk L, -(W fwd R, L, R, -);
- 10 Wheel ¾ RF trn fwd R, L, R, -(W trng RF fwd L, R, L, -);
- 11 Wheel ½ RF trn fwd L, R, sd L lead W to trn under lead hands release to shdw wall, -
 (W small fwd R trng LF under lead hands, fwd L cont LF trn, sd R, -);
- 12 Chk fwd R trng body to right, rec L, sd R, -(W chk bk L trng body to right, rec R, sd L, -);

13 - 16 SWEETHEART LADY FC ; AIDA ; SWITCH CROSS TO ; CRAB WALK 3 ;

- 13 Chk fwd L trng body to left, rec R, sd L, -
 (W chk bk R trng body to left, rec L, sd & fwd R trng RF to fc M, -);
- 14 Thru R LOD, sd & fwd L trng RF, bk R bk to bk V pos, -;
- 15 Trng LF pull lead foot & hand thru to LOD sd L, rec R BFLY, XLIF, -;
- 16 Sd R, XLIF, sd R bring lead hands low between ptrns, -;

END

1 - 4 OPEN HIP TWIST OVERTURN MAN TCH ; SIDE WALK 3 SHDW ; RT FC UNDERARM ROLL ; SHDW CROSS LUNGE REC TRN SDHW WALL ;

- QQ-(QQS) 1 Fwd L, rec R, tch L to R lead W to trn RF, -(W bk R, rec L, fwd R trn ½ RF fc wall, -);
- 2 Place hands on W's waist both sd L, cl R, sd L join L hands, -;
- 3 Both thru R, sd L trn RF bring R hands over W's head, sd R fc COH L hands beh M's back, -;
- 4 Lower on R XLIF in strong lunge, rec R, sd L trng ½ LF bring L hands over W head, -;

5 - 8 SIDE WALK 3 ; SHDW BREAK LADY CARESS 3X ; ; ;

- 5 Shdw wall both sd R, cl L, sd R, -;
- 6 Place both hands at W's waist trng LF break bk L (W caress M's cheek with left hand),
 rec R fc wall, cl L, -;
- 7 Trng RF break bk R (W caress M's cheek with right hand), rec L fc wall, cl R, -;
- 8 Trng LF break bk L (W caress M's cheek with left hand), rec R, fc wall, cl L, -;

9-10 SHDW SUNBURST ; EMBRACE ;

- 9 Embrace W with both arms then sweep both arms straight up in front of W, out & bk down ;
- 10 Wrap W with both arms in cuddle embrace & lower as music fades ;