ALL AT ONCE

Music: Alex Bollard & The London Starlight Orch.
www.amazon.co.uk/Music to Dream Forever Vol.3
Track # 12 Time 5:10
Shortened from 3:36,25 to the End & from 0 to 16, to Time 3:25
Slow Down w/ -10% to Time 3:43 Available from choreographer

Rhythm: Slow Two Step
Phase: IV+1 (Triple Traveler) + 3U (Travlg. Right Turn+The Square+Romantic Sway’s)
Footwork: Opposite except where (Noted)
Release Date: May 18
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Sequence: INTRO ABC BRIDGE ABC END

INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; ROMANTIC SWAY’s ; ;
[Wait] BFLY POS WALL ld ft free wt 2 meas ; ; [Romantic Sway’s] Release ld hnds Sd L & swiv LF (W RF) to bk-
to-bk sweep lead hnds up & around to end stretched out to sd at shoulder level, -, hip rk sd R, hip rk rec L ; Sd
R and swiv RF (W LF) to fc bring lead hds btwn partners to lead hip, -, hip rk sd L, hip rk cl R to BFLY WALL ;

PART A

01-04 FULL BASIC ; ; LUNGE BASIC w/ ARMS TWICE ; ;
[Full Basic] In BFLY Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib (W XRib), rec R to BFLY ; [Lunge Basic w/ Arms x 2] Sd L extg lead arm to sd, -, rec R, XLib (W XRib) ; Sd R extg trail arm to sd, -, rec L, XRib (W XLib) to BFLY ;

05-08 DBL HNDHOLD UNDERARM TURN to STACKED HNDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;
[Open Break to Fc] With stacked hnds Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked
Lft over Rt hands fc COH (W f wd R, -, f wd L sf trn under dbl hd hold, f wd R stacked hnds L over R fc ptr & WALL) ; [Change Sides /W Underarm] Fwd L WALL chg sds lead W trn under stacked hds, -, sd R, XLib dbl hd hold fc COH (W f wd R COH LF trn under stacked hds chg sds, -, sd L, XRIF fc WALL) ; [OP Basic Ending] Sd R trng to ½ OP RLOD, -, XLib (XRib), rec R to ½ OP RLOD ;

09-12 THE SQUARE ; ; ; ; ;
[The Square] Fwd L trng RF moving in front of W, -, sd R t wd WALL, XLib (W f wd R, -, sd L t wd WALL, XRif) to
end in left ½ OP fcg WALL ; Fwd R, -, sd L t wd LOD, XRif (W f wd L trng RF moving in front of M, -, sd R t wd
LOD, XLib) to end in ½ OP fcg LOD ; Fwd L trng RF moving in front of W, -, sd R t wd COH, XLib (W f wd R, -, sd L
twd COH, XRif) to end in left ½ OP fcg COH ; Fwd R, -, sd L t wd RLOD, XRif (W f wd L trng RF moving in front of
M, -, sd R t wd RLOD, XLib) to BFLY Pos RLOD ;

17-24 REPEAT MEASURES 01-12 PART A ; ; ; ; ; ; ; ; ; ; to Maneuver ;

PART B

01-04 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING to Pickg Up ; LEFT TURN w/ INSIDE ROLL ;
[Right Turn /W Outsdl Roll] Sd & bk L Xg in frt of W , -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF,
XLib (W f wd R com RF twrl undr ld hnds, -, f wd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY COH ;
[Basic Ending to Pickg Up ] Sd R, -, XLib, rec R (W sd L, -, XRib, f wd L trng LF to fold in frt of M) to Picking Up ;
[Left Trn /W Insd Roll] Fwd L com LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLib (W bk R
com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to BFLY COH ; [Basic Ending to Pickg Up Low Bfly]
Repeat meas 2 Part B to picking up in Low Bfly LOD ;
05-08 FOUR TRAVELING CROSS CHASSE to BFLY WALL & Pickg Up ; ; ; 
[4 Traveling X-Chasse to BFLY WALL & Pickg Up] Trrng LF fcwd L twd DLC, -, w/R shldr ld sd & fcwd R twd DLW, XLif (W XRif) ; Trrng RF sd & fcwd R twd DLW, -, w/ L shldr ld sd & fcwd L twd DLC, XRif (W XLif) ; Repeat meas 5,6 end to BFLY WALL & Picking Up ; ;

PART C

01-04 TRIPPLE TRAVELER ; ; ; OP BASIC ENDING ; 
[Triple Traveler] Fwd L comm LF trn raisng jnd hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LO P LOD ; Fwd R spiral LF undr jnd hnds, -, fcwd L, fcwd R (W fcwd L, -, fcwd R, fcwd L) ; Fwd L bring jnd hnds dwvn & bk in cont circ motion to ld W into RF trn, -, fcwd & sd R to fc ptr, XLif (W fcwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fcwd R comp Roll to fc ptr) ; [OP Basic Ending] Repeat meas 8 Part A ;

05-08 TWO SWITCHES ; ; OP BASICS to Picking Up ; ;
[2 Switches] Sd L Xg in frt of W to ½ LOP RLOD, -, fcwd R, fcwd L (W fcwd R, -, fcwd L, fcwd R com RF trn in frt of M) ; fcwd R, -, fcwd L, fcwd R (W sd L Xg in frt of M to ½ OP RLOD, -, fcwd R, fcwd ) trng to ½ OP RLOD ; [OP Basic x 2 to Pickg Up] Sd L trng to ½ RF rlsng trail hnds LOP LOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ LF rlsng lead hnds OP RLOD, -, XLif (XRib) rec R to ½ OP RLOD to Picking Up ;

09-12 TRIPPLE TRAVELER ; ; ; OP BASIC ENDING to Maneuver ; 
[Triple Traveler] Repeat meas 1,2,3 to RLOD ; ; ; [OP Basic Ending] Repeat meas 8 Part A to ½ OP LOD to Maneuver ;

13-16 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ; BASIC / W WRAP to FCG LOD ; ; 
[Traveling Right Turn/W Outsd Roll] Cont trn RF crossing IF of W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wtg to L (W fcwd R btwn M’s ft, -, fcwd L, R around M RF) end CP M fcg DLW ; Fwd R slightly trng RF to fc WALL raising jnd lead hnd to lead W tm RF, -, sd L, XRif (W Sd & bk L comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L) to BFLY WALL ; [Basic/W Wrap to Fcg LOD] Repeat meas 1 Part A ; Sd R, -, XLib bringing lead hnds over W’s head to wrap pos, rec R trn LF (W sd L, -, XRif trng LF undr jnd lead hnds to wrap pos, rec L cnt LF trn) to WRAP POS LOD ;

17-18 SWEETHEART RUN TWICE to BFLY WALL ; ; 
[Sweetheart Run x 2 to BFLY WALL] to LOD Fwd L, -, fcwd R, L (W fcwd R, -, fcwd L, R) ; Fwd R, -, fcwd L trng RF to fc ptr leading W to unwrap LF w/ jnd ld hnds, XLif (W fcwd L, -, fcwd & sd R trng ¼ LF w/ jnd ld hnds, XLif) to BFLY WALL ;

BRIDGE

01-03 SPOT TURN ; REVERSE UNDERARM TURN to Low Bfly ; SLOW HIP ROCK 2 ; 
[Spot Turn] Releasg hnds Sd L, -, XRif (W XLif) trng LF ½, rec L to BFLY WALL ; [Reverse Underarm Turn to Low Bfly] Relg trl hnds sd R raisng jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to Low Bfly ; [Slow Hip Rock 2] [SS] Rk sd L with hip roll, -, rk R with hip roll, -;

ENDING

01 SIDE LUNGE & HOLD ; 
[Sd Lunge & Hold] [S] Sd L twd LOD with bent knee, hold ;