JUST ONE DANCE

Choreographers: Annette & Frank Woodruff

Release date: August 2016

Rhythm & Phase: Rumba IV

Music: Caro Emerald, mp3 download from Amazon or others.

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, raisj nd ld hnds palm-to-palm cl L (W bk R, rec L, fwd & sd R twds M’s L sd prep to trn RF), - ; XRib, rec L, sd R (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) to BFLY WALL, - :

4  Hand to Hand ; XLib (W XRib) trng to OP LOD, rec R to fc ptr, sd L to BFLY WALL, - :

PART A

1 - 2  (TO LOD) Crab Walks ;; XRif (W XLif), sd L, XRif (W XLif), - ; sd L, XRif (W XLif), sd L, - :

3  Whip in 4 ; Bk R trng 1/4 LF, rec L trng 1/4 LF, sd R, rec L (W fwd L, trng ½ LF fwd & sd R, sd L, rec R) to BFLY COH ;

4 - 5  (To RLOD) Crab Walks ;; XRif (W XLif), sd L, XRif (W XLif), - ; sd L, XRif (W XLif), sd L, - :

6  Whip in 4 ; Bk R trng 1/4 LF, rec L trng 1/4 LF, sd R, rec L (W fwd L, trng ½ LF fwd & sd R, sd L, rec R) to BFLY WALL ;

7  Spot Turn ; Svwlg ¼ LF on ball of L ft & relg hnds fwd R turning ½ LF, rec L trng ½ LF to fc ptr, sd R to mom BFLY, - :

8  Break to OP ; Relg ld hnds XLiv 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, XLiv, sd R (W rolls full LF trn in frt of M L, R, L to LOP LOD, - ;

2  New Yorker to OP RLOD ; W/ straight leg fwd L (W fwd R), 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 (W sd L, XRiv, sd L) to LOP RLOD, - ;

4  New Yorker to BFLY ; W/ straight leg fwd L (W fwd R), rec R to fc ptr, sd L to BFLY WALL, - ;

5  Alemana Turn ; Raisj jnd ld hnds XRiv, rec L, sd R & keep jnd hnds high (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), - :

6 - 8  ... into a Lariat 9 to Low BFLY ;; W/ ld hnds still jnd high press sd L, rec R, cl L (W starts circg RF arnd M R, L, R), - ; press sd R, rec R, cl L (W cont circ arnd M L, R, L), - ; press sd L, rec R, cl L (W cont circ RF arnd M L, R, L) 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, XLiv (W XRiv), - ;

13  Side Walks ½ ; Sd R, cl L, sd R, - ;

14  Fence Line ; XLiv (W XRiv) w/ bent knee, rec R, sd L, - ;

15 - 16  Thru Vine 8 ;; Thru R, sd L, XRiv (W XLiv), sd L ; thru R, sd L, XRiv (W XLiv), sd L ;
### PART C

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

**Repeat Part A**  
**Repeat Part B (1-8) to BFLY**  
**Repeat Part C**

### ENDING

<table>
<thead>
<tr>
<th>1 - 2</th>
<th>Crab Walks ;;</th>
<th>XRif (W XLif), sd L, XRif (W XLif), - ; sd L, XRif (W XLif), sd L, - ;</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Thru Vine 4 ;</td>
<td>Thru R, sd L, XRib (W XLib), sd L ;</td>
</tr>
<tr>
<td>4</td>
<td>Fence!</td>
<td>Lunge thru R, -, -, - ;</td>
</tr>
</tbody>
</table>

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
INTRO (4 meas)

LOP-FCG WALL Wait 1 ; Alemana ;; Hand to Hand ;

PART A (8 meas)

(To LOD) Crab Walks ;; Whip in 4 ; (To RLOD) Crab Walks ;;
Whip in 4 ; Spot Turn ; Break to OP ;

PART B (16 meas)

Lady Rolls Across to LOP ; New Yorker to OP RLOD ;
Man Rolls Across to LOP ; New Yorker to BFLY ;
Alemana Turn into a Lariat 9 to Low BFLY ;;;;
Cucaracha R ; Side Walks ;; Cucaracha Cross ;
Side Walks ½ ; Fence Line ; Thru Vine 8 ;;

PART C (12 meas)

Thru Serpiente ;; Aida ; Switch Cross ;
Crab Walks Ending ; New Yorker in 4 ; Spot Turn ; New Yorker in 4 ;
Thru Vine 8 ;; Alemana Turn ; Hand to Hand ;

PART A (8 meas)

(To LOD) Crab Walks ;; Whip in 4 ; (To RLOD) Crab Walks ;;
Whip in 4 ; Spot Turn ; Break to OP ;

PART B (1-8)

Lady Rolls Across to LOP ; New Yorker to OP RLOD ;
Man Rolls Across to LOP ; New Yorker to BFLY ;
Alemana Turn into a Lariat 9 to BFLY ;;;;

PART C (12 meas)

Thru Serpiente ;; Aida ; Switch Cross ;
Crab Walks Ending ; New Yorker in 4 ; Spot Turn ; New Yorker in 4 ;
Thru Vine 8 ;; Alemana Turn ; Hand to Hand ;

ENDING (4 meas)

Crab Walks ;; Thru Vine 4 ; Fence! ;