ONE HAND, ONE HEART

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MUSIC: One Hand, One Heart, download from CasaMusica, Masters of Modern

RHYTHM: waltz

TIME @ BPM: 2.24 @ 87

PHASE (+): VI

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)

SEQUENCE: INTRO, A, B, C, INTER, END

MEAS. INTRODUCTION

1-2 CP/DLW TRAIL FOOT FREE WAIT;; SIDE, DRAW; HOVER DLC;

1,2 in CP/DLW both with trail ft free wait;;

3 side R, over the next two beats draw L to R, -;

4 fwd L, sd R, rec fwd L to SCP/DLC;

PART A

1-4 QUICK OPEN REVERSE; HOVER CORTE; BACK WHISK; THRU, FAN & TCH;

1 thru R, fwd L trng LF/sd & bk R, bk L to end BJO/RLOD;

2 bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R end BJO/LOD;

3 bk L, trng RF to fc WALL sd R, XLib;

4 thru R, fan L CW trng to fc prt, tch L to R;

5-8 FALLAWAY RONDE & SLIP; TELESPIN TO SCP;; THRU SYNC VINE;

5 ronde L ft CCW, XLib of R well under the body trng LF to CP, sm bk R to CP/DLC;

6,7 fwd L start LF trn, sd & fwd R cont LF trn (W cl L for a heel trn), sd & bk L partial
wgt twds LOD body trns less (W sm fwd R); cont LF trn to lead W fwd/transfer full
wgt to L ft to CP, sd & fwd R cont trn, sd & fwd L (W fwd L/fwd & sd R trng LF, cl L
to R for toe spin trng LF, sd & fwd R) to SCP/DLW;

1&, 2, 3, 8 thru R/sd L, XRIb (W also Xib), sd L;

9-12 MANUV; OPEN IMP; BIG TOP DLW; HOVER TELEMARK DLW;

9 fwd R, trng RF sd L, cl R to end CP/RLOD;

10 bk L comm RF trn, cl R for heel trn cont RF trn, fwd L in SCP/DLC (W fwd R
pivoting 1/2 RF, sd & fwd L arnd M cont pivoting action brushing R to L, fwd R);

1, 2, 3 11 SCP fcg DLC thru R comm spinning LF, cont spinning LF on R XLIb, cont spinning
1& - 3 LF slip R bk under body (W thru L/starting LF trn to CP step sd on R toe, cont LF
trn on R toe brushing L to R, fwd L btwn M's ft) to CP/DLW;

12 fwd L, fwd & sd R rise trng slightly RF, fwd L to SCP/DLW;

13-16 CONTINUOUS HOVER CROSS;; OPEN REVERSE TURN;

13-15 thru R, fwd & sd L trng RF, cont RF trn with small step sd & fwd R to CP (W thru L,
fwd R trng RF, sd L); fwd L across R to SCAR, cl R, bk L to BJO (W bk R, sd L,
fwd R); bk R to CP, sd & fwd L, fwd R to BJO/DLC (W fwd L, sd & bk R, bk L);

16 fwd L, trng LF sd R & bk, bk L [ptr outside] to BJO/RLOD;
PART B

1-4
HOVER CORTE; BK WHISK; THRU, CHASSE BJO; DOUBLE NAT'L SPIN;
  1  bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R end BJO/LOD;
  2  bk L, trng RF to fc WALL sd R, XLiB;
  3  thru R, sd L/cl R, sd L to BJO/DLW;
  4  fwd R, trng RF sd & fwd L arnd W/cont RF trn bring R to L no weight, cont spin RF on L (W - bk L, cl R heel turn/cont trn RF sd & fwd L arnd M, cont trn step fwd R) to end BJO/DLW;

5-8
CURVED FEATHER CHECK; BACK TIPPLE CHASSE; RUMBA CROSS;
RUMBA CROSS;
  5  fwd R comm curving RF, sd & fwd L cont curving RF w/ L-shoulder lead, fwd R outside ptr checking motion (W bk L comm trng RF, cont trng RF sd & bk R, bk L [ptr outside] checking motion) end BJO/DRW;
  6  bk L, trng RF sd R/cl L, sd & slightly fwd R to CP/LOD;
  7,8  fwd L/XRiB trng RF, bk L pivot RF, fwd R to CP/LOD; repeat measure 7;

9-12
HOVER TELEMARK DLW; OPEN NATURAL; OUTSIDE SPIN; RT LOCK DLC;
  9  fwd L, fwd & sd R rise trng slightly RF, fwd L to SCP/DLW;
10  thru R, trng RF sd L, cont RF upper body trn bk R;
11  strong RF trn small bk & sd L toe in, fwd R [heel to toe] trn RF, sd & bk L to CP/RLOD (W fwd R outside ptr trn RF, cl L to R toe spin, fwd R between M’s feet);
12  bk R w/ R-shoulder lead comm trng RF/XLIF cont trng RF to fc almost COH, cont trng RF sd & slightly fwd R btwn W’s ft rising momentary to CP, cont trng RF to SCP sd & fwd L (W fwd L w/ L-shoulder lead comm trng RF/XRiB cont trng RF, cont trng RF sd & fwd L around M, cont trn RF to SCP sd & fwd R) end SCP/DLC;

13-16
THRU, RIPPLE CHASSE; SLOW SIDE LOCK; DOUBLE REV DLC;
DOUBLE REV DLW;
  13  thru R, sd & fwd L with L sd stretch [right sway] to briefly look slightly R/cl R to L, correct sway sd & fwd L still in SCP/DLC;
14  thru R, trng LF sd L, lk RiB of L end CP/DLC;
1,2,- 15  fwd L, trng LF sd R arnd W cont LF trn bring L to R (no weight), cont spin LF on R (W bk R, cl L for a heel turn, cont trn LF sd & bk R arnd M/cont trn XLiF) end CP/DLC;
1,2,3& 16  fwd L, trng LF sd R arnd W cont LF trn bring L to R (no weight), cont spin LF on R (W bk R, cl L for a heel turn, cont trn LF sd & bk R arnd M/cont trn XLiF) end CP/DLC;

17-20
WHISK; THRU, CHASSE SCP; THRU, FACE, CLOSE; HOVER DLC;
  17  fwd L, fwd & sd R, XLiB of R to SCP;
18  thru R, sd L/cl R, sd L to SCP;
19  thru R, trng to fc ptr sd L, cl R to L;
20  fwd L, sd R, rec fwd L to SCP/DLC;
PART C

1-4  WEAVE TO SCP;;  STEP FWD, RONDE BACK, STEP BACK;
      STEP BK, RONDE, STEP BACK;
1-2  thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO/DRC;
     bk L (W fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to
     SCP/DLW;
3    step fwd R, bring left ft along right ft & ronde CCW, step back on L;
4    step bk R, ronde left ft CCW, step back on L;

5-8  STEP BACK, W SWIVEL DEVELOPE; BACK HOVER TO SCP; THRU, SCP
      CHASSE; OPEN NAT’L;
5    bk R leading ptr to swivel left face, keeping L ft fwd w/slight R sway, hold
     (W bk L swivel LF to fc RLOD, lift R ft up side of R leg, extend R leg fwd with toe
     pointed down);
6    bk L, bk R rising & trng W RF to SCP, fwd L SCP;
7    thru R, sd L/cl R, sd L to SCP;
8    thru R, trng RF sd L, cont RF upper body trn to CBMP bk R;

9-12 OUTSIDE SPIN; QUICK LOCK, SLOW LOCK; 1 BK VIENNESE TURN;
      OPEN TELEMARK;
9    strong RF trn small bk & sd L toe in, fwd R [heel to toe] trn RF, sd & bk L to
     CP/RLOD (W fwd R outside ptr trn RF, cl L to R toe spin, fwd R between M’s feet);
10   bk R/lock LiF, bk R, lock LiF;
11   bk R LOD comm LF trn, cont LF trn bk & sd L, cont LF trn cl R to L (W XLIIF of R) to
     end CP/DLC;
12   fwd L, trng LF sd R (W close L for a heel trn), sd & fwd L to SCP/DLW;

13-17 PROMENADE LOCKS; NAT’L HOVER FALLAWAY; FALLAWAY LOCKS;
     SLIP PIVOT BJO; FWD, SCP CHASSE;
13   in SCP fwd R, fwd L/XRiB (W XLIB), fwd L;
14   staying in SCP step fwd R, fwd L trng RF to fc DRW with rise, bk R;
15   staying in SCP bk L, bk R/XLIF (W XRIF), bk R SCP DRW;
16   bk L, bk R trng lady to BJO, fwd L (W bk R, trng LF fwd L to BJO, bk R) to
     SCP/DLW;
17   fwd R, sd L/cl R, sd L to SCP;

INTERLUDE

1-5  THE SQUARE;;;;  THRU TO A PROMENADE SWAY;
1    In SCP release lead hnds fwd R comm RF trn, sd & fwd L cont RF trn to fc COH
     placing L arm around W’s shoulder, fwd R (W fwd L, sd & fwd R trng LF to L half
     open COH, fwd L);
2    both fcg COH in L half open fwd L, sd & fwd R trng LF to half open RLOD placing R
     arm around W’s shoulder, fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn to
     fc RLOD, fwd R);
3    fwd R comm RF trn, sd & fwd L cont RF trn to fc WALL placing L arm around W’s
     shoulder, fwd R (W fwd L, sd & fwd R trng LF to L half open WALL, fwd L);
4    both fcg WALL in L half open fwd L, sd & fwd R trng LF to half open LOD placing R
     arm around W’s shoulder, fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn to
     fc LOD, fwd R);
5    thru R, sd L lower with L sway (R sd stretch),--;
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1-4

SLOW CHANGE SWAY; LINK TO SCP; THRU TO A SLOW HINGE & EXTEND;

1  
slowly change sway to R (L sd stretch),--;  
2  
draw R to L; close R, fwd L;  
3,4  
thru R, sd & fwd L trng W LF to CP, lead W to hinge then comm to relax L knee (thru L, sd & fwd R trng LF, XLib of R leaving R ft pointing RLOD head to L); cont to relax L knee & extend the line through meas with slight sway R with M looking twd and over W (W head now well to L);  

5-8

REC TO A SAME FOOT LUNGE LINE; TO A MINI-TELESPIN ENDING; BACK CORTE & HOLD;

5  
rise with no weight change while leading W out of the hinge, close R, lower on R while extending L twd to LOD/twir upper body LF leading W to rec (W rec R comm to swivel RF, cont to swivel RF on R to fc LOD, lower on R while extending L fwd to LOD/rec on L trng LF);  
6  
[the mini-telespin ending starts on the "&-count" of the last beat of measure 5] take weight on L pivoting LF to fc DRC, close R, hold (W sd R cont LF turn, close L, hold);  
7,8  
step back L to a corté and hold;;  

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INTRO:  
CP/DLW - trail ft free - wait;;  side, draw;  hover LC;

PART A:  
quick open rev;  hover corte;  back whisk;  thru, fan & touch;  
fallaway ronde & slip;  telespin to Scp;;  thru, sync vine;  
manuv;  open impetus;  big top LW;  hover telemark LW;  
continuous hover cross;;;  open reverse turn;

PART B:  
hover corte;  back whisk;  thru, chasse Bjo;  double natural spin;  
curved feather check;  back tipple chasse;  rumba cross;  rumba cross;  
hover telemark LW;  open natural;  outside spin; to a RT lock LC;  
 thru, ripple chasse;  slow side lock; double rev LC; double rev LW;  
whisk;  thru, Scp chasse;  thru, face, close;  hover LC;

PART C:  
(17 measures) weave to Scp;;  step fwd, ronde back, step back;  
step bk, ronde, step back;  step back, W swivel develop;  
back hover to Scp;  thru, Scp chasse;  open nat’l;  outside spin to a;  
quick lk, slow lk;  1 bk Viennese turn; open telemark; prom locks;  
nat’l hover fallaway;  fallaway locks; slip pivot Bjo; fwd, Scp chasse;

INTER:  
the square;;;;  thru to prom sway;

END:  
slow change sway;  link to Scp;  thru to a slow hinge & extend;;  
recover to a same foot lunge line; to a mini-telespin ending;  
back corte & hold;;