ONE MORE HOUR

CHOREO: Joe and Pat Hilton  
519 Great Hill Dr, Ballwin, MO, USA, 63021-6262

PHONE: 636-394-7380

E-MAIL: JoeHilton@swbell.net

MUSIC: Song: One More Hour  
Music Media Source: Album “Ragtime”, also available as download from amazon.com, walmart.com & buy.com

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

RHYTHM: Waltz  
RAL Phase: V + 1 [Throwaway Oversway]

SEQUENCE: INTRO A B INTER 1 A B INTER 2 END

Music Modified: - 6%  
BPM/MPM: 86 BPM / 29 MPM  
TIME@BPM: 2:55 @ 86

MEAS:

INTRODUCTION

1-4  
{WAIT} M fcg ptr & DLW w/ ld hnds jnd both looking down about 2 ft apt wait 1 measure ;
{LOOK UP} Use the entire meas to raise the head up to look at ptr ;
{TOG TCH} Fwd L, blend to CP DLW, tch R to L,  
(W Fwd R, blend to CP fcg ptr & DRC, tch L to R) ;
{BOX FIN} Bk R commence LF trn, sd L to fc DLC, cl R (W Fwd L commence LF trn, sd R to fc DRW, cl L) ;

PART A

1 LEFT TURN RLOD;  
HOVER CORTE;  
BACK WHISK;  
WING;

1  
{1 L TRN} Fwd L commence 1/4 LF trn, comp trn sd R diag acrs LOD trng LF to fc RLOD, cl L (W Bk R commence 1/4 LF trn, cont trn sd L twd LOD trng 1/4 LF to LOD, cl R) ;
{HVR CORTE} Bk R start LF trn, sd & fwd L w/ hvrng action cont bdy trn, rec R w/ R sd lead to BJO LOD (W Fwd L trng LF, sd & fwd R w/ hvrng action, rec L w/ L sd leading to BJO) ;
{BK WSK} Bk L, bk & sd on R, XLib of R finishing in SCP (W Fwd R, fwd & sd L, XRib of L finishing in SCP) ;
{WING} Fwd R, draw L twd R, tch L to R trng upper bdy LF w/ L sd stretch to SCAR fcg DLC (W Fwd L beginning to Xif of M commence trnng slightly LF, fwd R around M cont trnng slightly LF, fwd L around M continuing to trn slightly LF to end in tight SCAR) ;

5-8  
OPEN TELEMARK;  
MANEUVER;  
OPEN IMPETUS;  
SLOW SIDE LOCK;

5  
{OP TELE} Fwd L commencing LF trn, sd R cont LF trn, sd & slightly fwd L to tight SCP DLW (W Bk R commencing to trn L bringing L beside R w/ no wgt, trn LF on R heel (heel turn) & chg wgt to L, sd & slightly fwd R to tight SCP) ;
{MANUV} Fwd R commence RF upper bdy trn, cont RF trn to RLOD fcg ptr sd L, cl R (W Fwd L commence RF upper bdy trn, cont RF trn to fc ptr sd R, cl L) ;
{OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, cl R [heel turn] cont RF trn about 3/8 trn, comp trn fwd L in tight SCP DLC (W With soft or flexed knees throughout commence RF upper bdy trn fwd R, between man's feet heel to toe pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, comp trn fwd R) ;
{SLO SD LK} Thru R, sd & fwd L to CP, XRib of L trng slightly LF to fc DLC (W Thru L starting LF trn, sd & bk R cont LF trn to CP, XRib of R) ;

9-12  
VIENNESE TURNS;;  
OPEN TELEMARK;  
OPEN NATURAL;

9-10  
{VIEN TRNS} Fwd L commencing LF trn, sd R cont LF trn, XLib of R (W Bk R commencing LF trn, sd L cont LF trn, cl R to L) ;  
Bk R cont LF trn, sd L cont LF trn to fc DLC, cl R to L (W fwd L continuing LF trn, sd R continuing LF trn, XLib of R) ;

11  
{OP TELE} Same as Part A meas 5 ;

12  
{OP NAT} Commence RF upper bdy trn fwd R heel to toe, sd L acrs LOD, cont slight RF upper bdy trn to lead ptr to step outsbd bk R with R sd leading to BJO DRC (W Fwd L in CBMP, fwd R to CP, fwd L with CBM to BJO) ;

13-16  
OUTSIDE CHANGE TO SCP;  
MANEUVER;  
SPIN TURN;  
BOX FINISH;

13  
{OUTSD CHG SCP} Bk L, bk R trng LF, sd & fwd L to SCP DLW (W Fwd R, fwd L trng LF, sd & fwd R to SCP) ;

14  
{MANUV} Same as Part A meas 6 ;
PART B

1-4 DIAMOND TURN:;;;
1-4 (DIAM TRN) Fwd L trng on the diag, cont L trn sd R, bk L to BJO;  Staying in BJO & trng LF stp bk R, sd on L, fwd R;  Still in BJO stp fwd L trng on the diag, sd R, bk L;  Bk R cont trn, sd L, fwd R to CP DLC;

5-8 DOUBLE REVERSE: DOUBLE REVERSE TO WALL:; CHANGE OF DIRECTION: WHISK;
5 {DBL REV} Fwd L commence LF trn, sd R [3/8 LF trn between steps1 & 2], spn up to 1/2 LF between steps 2 & 3 on ball of R bringing L foot under body beside R no weight flexed knees end fcg LOD (W Bk R commence to turn LF, L foot closes to R heel turn turning 1/2 LF between steps 1 & 2, sd & slightly bk R cont LF trn/XLif of R);
6 {DBL REV TO WALL} Same as Part B meas 5 except end w/ M fcg WALL;
7 {CHG OF DIR} Fwd L to wall, fwd R to wall shdr leading & trn 1/8 LF, draw L to R & brush to CP DLW (W Bk R wall, bk L wall L shldr leading trn 1/4 LF, draw R to L & brush);
8 {WSK} Fwd L, fwd & sd R commencing rise to ball of foot, XLib of R cont to full rise on ball of foot endg in tight SCP LOD (W Bk R, bk & sd L commencing to rise to ball of foot, XRib of L cont to full rise on ball of foot endg in tight SCP);

9-12 THRU CHASSE BJO: SYNCOPATED TWISTY VINE 4: MANEUVER: SPIN TURN;
9 (THRU CHASSE BJO) Thru R, fwd L to DLW/cl R to L, fwd L to BJO DLW (W Thru L trng to fc M, sd R/cl L, sd & bk R to BJO);
10 {SYNC TWSTY VIN 4} With slight LF trn sd & fwd R/sd L trng LF to fc DLW, X Rib of L, sd L to CP DLW (W Bk L with slight LF trn/sd R trng RF, X Lif of R, sd R to CP DRC);
11 {MANUV} Fwd R commence RF upper bdy trn, cont RF to fc ptr sd L, cl R end fcg CP RLOD (W Bk R, bk RF trn to fc ptr sd R, cl L CP LOD);
12 {SPN TRN} Same as Part A meas 15;

13-16 BOX FINISH: REVERSE FALLAWAY & SLIP: CLOSED TELEMARK: FORWARD CHECKING LADY DEVELOPE;
13 {BOX FIN} Same as Intro meas 4;
14 {REV FALWY & SLP} Fwd L commence LF trn, bk R with L sd lead in falwy pos [1/4 LF trn between stps 1 & 2]/L bk in CBMP well under bdy in falwy pos [1/8 trn between stps 2 & 3 bdy trns less], trng LF slp R past L toeing in with small stp bk on R left foot stays fwd in CBMP cont LF trn 1/4 between stps 3 & 4 flexing into R knee to fc DLW (W Bk R, bk L w/ L sd lead in falwy position/bk R in CBMP well undr bdy in falwy position 5/8 trn LF on stp 3, cont LF trn slp L past R fwd L in CBMP into CP flexing L knee);
15 {CL TELE} Fwd L commencing LF trn, fwd & sd R around W close to W's feet trng LF, fwd & sd L to end in tight BJO DLW (W R Bk commencing LF heel trn on R heel bringing L beside R w/ no weight, cont LF trn on R heel & chg weight to L, bk & sd R);
16 {FWD CKG LADY DEVELOPE} Fwd R outsd W stopping fwd movement, - - (W Bk L stopping bk movement, bring R foot up L leg to insd of L knee, extend R foot fwd);

INTERLUDE 1

1-2 OUTSIDE SWIVEL: THRU PICKUP LOCK:
1 {OUTSD SWVL} In BJO bk L, X Rif of L with no weight, - (W In BJO fwd R, swvl RF on ball of R foot ending in SCP, -);
2 {THRU PU LK} Fwd R [short stp], commence LF trn fwd L [short stp], comp LF trn to DLC lk R bhd L (W Fwd L, fwd R stepping in front of M trng LF, lk L in front of R to CP DRW);

REPEAT PARTS A AND B

INTERLUDE 2

1-2 OUTSIDE SWIVEL: MANEUVER:
1 {OUTSD SWVL} Same as Interlude 1 meas 1 ;
2 {MANUVP} Same as Part A meas 6 ;

END

1-4

OPEN IMPETUS;  QUICK WEAVE 4;  HOVER CORTE;  OUTSIDE SPIN;

1 {OP IMP} Same as Part A meas 7 ;
1,2 & 3 {QK WEV 4} Fwd R DLC commencing LF upper bdy trn, fwd L DLC with LF trn to fc
DRC/cont LF trn sd & slightly bk R to fc RLOD, bk L LOD leading W to stp outsd to BJO (W
Forward L DLC commence LF trn, cont trn sd & slightly bk R to fc DRW/cont trn sd & fwd L
LOD, fwd R to LOD BJO) ;

3 {HVR CORTE} Same as Part A meas 2 ;
4 {OUTSD SPN} In CBMP preparing to lead W outsd ptr commence RF bdy trn toeing in w/ R
ds lead bk L in CBMP small stp 3/8 trn to R on stp 1, fwd R in CBMP heel to toe cont RF
trn, [3/8 RF trn between stps 2 & 3] sd & bk L to CP 1/4 RF trn on 3 (W Commence RF bdy
trn w/ L sd lead staying well in M's R arm R foot fwd in CBMP outsd ptr heel toe, L foot
closes to R foot on toes of both feet 5/8 trn between stps 1 & 2, continuing to trn RF 1/4
between stps 2 & 3 fwd R between M's feet to CP 1/8 RF trn on step 3) ;

5-9 

CURVED FEATHER CHECKING;  OUTSIDE CHANGE TO SCP;  THRU TO
THROWAWAY OVRSWAY;  AND EXTEND; ;

5 {CRVD FTHR CKG} Fwd R in CBMP commence RF turn, with L sd stretch cont RF trn sd &
fwd L, continue upper body trn to R with L sd stretch fwd R outsd ptr in CBMP DRW (W Bk
L in CBMP commence RF trn, staying well in M's R arm with R sd stretch cont RF trn sd &
bk R, cont upper bdy trn to R with R sd stretch bk L in CBMP end frog DLC) ;

6 {OUTSD CHG TO SCP} Same as Part A meas 13 ;
7 {THRU} Thru R (W Thru L), (THRWY OVRSWAY) Sd & fwd L relaxing L knee & allowing R
to pt sd & bk while keeping R sd in twd W & looking at her [w/ L side stretch], - (W Sd & fwd
R trng LF while relaxing R knee & sliding L foot bk undr bdy past the R foot to pt bk
meanwhile looking well to the L & keeping L sd in toward M, -) ;

8-9 {EXTEND} Maintain thrw ovrsway pos [slowly place W’s R hnd on M’s L shldr] & extend
M’s L arm up & out over 2 meas (W Slowly extend W’s L arm down & out over 2 meas ;;

QUICK CUES

INTRO  WAIT;  LOOK UP;  TOGETHER TOUCH;  BOX FINISH;

PART A  1 LEFT TURN RLOD;  HOVER CORTE;  BACK WHISK;  WING;
OPEN TELEMARK;  MANEUVER;  OPEN IMPETUS;  SLOW SIDE LOCK;
VIENNESE TURNS;;  OPEN TELEMARK;  OPEN NATURAL;
OUTSIDE CHANGE TO SCP;  MANEUVER;  SPIN TURN;  BOX FINISH;

PART B  DIAMOND TURN;;;
DOUBLE REVERSE  DOUBLE REVERSE TO WALL;;  CHANGE OF DIRECTION;  WHISK;
THRU CHASSE BJO;  SYNCOPATED TWISTY VINE 4;  MANEUVER;  SPIN TURN;
BOX FINISH;  REVERSE FALLAWAY & SLIP;  CLOSED TELEMARK;  FORWARD
CHECKING LADY DEVELOPE;

INTER 1  OUTSIDE SWIVEL;  THRU PICKUP LOCK;
REPEAT AB

INTER 2  OUTSIDE SWIVEL;  MANEUVER;

END  OPEN IMPETUS;  QUICK WEAVE 4;  HOVER CORTE;  OUTSIDE SPIN;
CURVED FEATHER CHECKING;  OUTSIDE CHANGE TO SCP;  THRU TO
THROWAWAY OVRSWAY;  AND EXTEND; ;