

ONE MORE HOUR

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MUSIC: Song: One More Hour Music Media Source: Album "Ragtime", also
Artist: Randy Newman available as download from amazon.com,
walmart.com & buy.com

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

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

RHYTHM: Waltz **RAL Phase:** V + 1 [Throwaway Owersway]

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

MEAS: INTRODUCTION

1-4 WAIT; LOOK UP; TOGETHER TOUCH; BOX FINISH;

- 1 {WAIT} M fcg ptr & DLW w/ ld hnds jnd both looking down about 2 ft apt wait 1 measure ;
- 2 {LOOK UP} Use the entire meas to raise the head up to look at ptr ;
- 3 {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) ;
- 4 {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

1-4 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) ;
- 2 {HVR CORTE} Bk R start LF trn, sd & fwd L w/ hvrg action cont bdy trn, rec R w/ R sd lead to BJO LOD (W Fwd L trng LF, sd & fwd R w/ hvrg action, rec L w/ L sd leading to BJO) ;
- 3 {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) ;
- 4 {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 trng slightly LF, fwd R around M cont trng 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) ;
- 6 {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) ;
- 7 {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) ;
- 8 {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, XLif of R) ;

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

- 9-10 {VIEN TRNS} Fwd L commencing LF trn, sd R cont LF trn, XLif 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, XLif 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 outsd 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 ;

- 15 {SPN TRN} Commence RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont trn leaving L leg extended bk & sd, comp trn rec sd & bk L end fcg DLW (W Commence RF upper bdy trn fwd R between M's feet heel to toe pvtg 1/2 RF, bk L toe cont trn brush R to L, comp sd & fwd R end fcg DRC) ;
- 16 {BOX FIN} Same as Intro meas 4 ;

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;

- 1,2,3
(1,2,3&) 5 {DBL REV} Fwd L commence LF trn, sd R [3/8 LF trn between steps 1 & 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 R shldr 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;

- 1,2&,3 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) ;
- 1&,2,3 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 L commence RF upper bdy trn, cont 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 TELEMAR; FORWARD CHECKING LADY DEVELOPE;

- 13 {BOX FIN} Same as Intro meas 4 ;
- 1,2&,3 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 Bk R 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 {MANUV} 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 2 {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 sd 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 OVERSWAY; AND EXTEND;;

- 5 {CRVD FTNR 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 fcg DLC) ;
- 6 {OUTSD CHG TO SCP} Same as Part A meas 13 ;
- 7 {THRU} Thru R (W Thru L), {THRWDY 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 thrwy 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 OVERSWAY; AND EXTEND;;**