YOU’LL BE THE ONE

Released: May 4, 2018
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Music: You’ll Be The One  Artist: Carlene Carter
Album: Little Acts of Treason, Track 9
Available as a single download from www.amazon.com  Digital Music

Time/Speed: Time @ RPM: 4:30 @ 45 = 82 BPM [20.5 MPM] as downloaded
Suggested Speed: Speed up 7% = 4:07 @ 48 RPM = 88 BPM [22 MPM]

Footwork: Opposite unless indicated (Woman’s footwork in parentheses)
Rhythm/Phase: Bolero  Phase 4+2  [Riff Turn, 1/2 Moon]
Degree of Difficulty: AVG
Sequence: A Interlude  B Bridge  C B Mod  END

MEAS:

PART A

1-4 CP MAN FACING WALL WAIT PICKUP WORDS & 1 MEAS ; BASIC ; ; SLOW HIP ROCK 2 ;
1 Wait ;
2 {BAS} Sd L w/ bdy rise, -, bk R w/ slipping action, fwd L end CP WALL (W Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R end CP COH) ;
3 Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R (W Sd L w/ bdy rise, -, bk R w/ slipping action, fwd L) ;
4 {SLO HIP RK 2} Rk sd L rolling hip sd & bk, -, rec R w/ hip roll end CP WALL, - (W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll end CP COH, -) ;

5-8 TURNING BASIC ; ; START TURNING BASIC TO WALL ; FORWARD BREAK ;
5 {TRNG BAS} Sd L, -, trng 1/4 LF w/ slip pvt action bk R, fwd L trng 1/4 LF to CP COH (W Sd R, -, trng 1/4 LF w/ slip pvt action fwd L, bk R trng 1/4 LF to CP WALL) ;
6 Sd R, -, fwd L w/ ckg action, bk R to CP COH (W Sd L, -, bk R w/ ckg action, fwd L to CP WALL) ;
7 {START TRNG BAS TO WALL} Sd L, -, trng 1/4 LF w/ slip pvt action bk R, fwd L trng 1/4 LF to CP WALL (W Sd R, -, trng 1/4 LF w/ slip pvt action fwd L, bk R trng 1/4 LF to CP COH) ;
8 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP WALL (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH) ;

9-12 AIDA ; ; ROCK 2 ; RECOVER TO BFLY FENCE LINE ; FORWARD BREAK ;
9 {AIDA} Sd L to modified slight open “V” shape trng ptr, -, thru R, trng RF stp sd L (W Sd R to modified slight open “V” shape trng ptr, -, thru L, trng RF stp sd R) ;
10 Cont RF trn bk R in Aida Line fgd DRC, - (W Cont LF trn bk L in Aida Line fgd DRW, -), {RK 2} Rk sd L, rec R (W Rk sd R, rec L) ;
11 {REC TO BFLY FNC LINE} Stp sd L swvlg to fc ptr in BFLY, -, X lun thru R w/ bent knee looking LOD, rec L trng to fc ptr to BFLY WALL (W Stp sd R swvlg to fc ptr in BFLY, -, X lun thru L w/ bent knee looking LOD, rec R trng to fc ptr to BFLY COH) ;
12 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP WALL (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH) ;

13-16 CROSS BODY TO COH ; OPEN BREAK ; NEW YORKER ; FORWARD BREAK ;
13 {X BDY TO COH} Sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to LOP COH (W Sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to LOP WALL) ;
14 {OP BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, bk L lowering, fwd R to LOP COH (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R lowering, fwd L to LOP WALL) ;
15 {NY} Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr & COH (W Sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr & WALL) ;
16 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP COH (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP WALL) ;

17-18 CROSS BODY TO WALL ; LUNGE BREAK ;
17 {X BDY TO WALL} BFLY sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to BFLY WALL (W BFLY sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to BFLY COH) ;
18 {LUN BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, commence slight RF bdy trn lowering on R leading W bk extend L to sd & bk, commence slight LF bdy trn rising on R to rec to LOP WALL (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH) ;

INTERLUDE

1-4 UNDERARM TURN TO DOUBLE HANDHOLD ; OPENING OUT THREE TIMES : :
1 {UNDRM TRN DOUBLE HANDHOLD} Sd L w/ bdy rise, -, XRib of L lowering, fwd L to low BFLY WALL (W Sd R w/ bdy rise commence RF trn undr jnd lead hnds, -, XLif lowering & cont trng 1/2 RF, fwd R comp RF
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PART B

1-4

LUNGE TO LOD CHECKING  TWIRL TO RLOD TO HANDSHAKE ;  HALF MOON TO COH ; ;

SHADOW NEW YORKER ;

1

{LUN TO LOD CKG  TWRL TO RLOD TO HNDSHK} Sd L w/ lun like action, -, rec R leading W to twrl LF, XLIif to fc ptr in HNDSHK WALL (W Sd R w/ lun like action, -, sd & fwd L trng 1/2 LF undr jnd hnds, sd & bk R trng 1/2 LF to fc ptr in HNDSHK COH);

2

{1/2 MOON TO COH} Sd R commence RF trn w/ R sd stretch slight “V” shape twd ptr, -, cont trng RF slip fwd L shaping to ptr, rec bk R trng to fc ptr end HNDSHK WALL (W Sd L commence RF trn w/ L sd stretch slight “V” shape twd ptr, -, cont trng RF slip fwd L shaping to ptr, rec bk L trng to fc ptr end HNDSHK COH);

3

Trng 1/4 LF sd & fwd L w/ L sd stretch, -, slip bk R shaping to ptr, fwd L cont trng 1/4 to fc partner end HNDSHK COH (W Trng 1/4 RF sd & fwd R raising L arm trng slightly away from ptr but looking at & shaping to ptr, -, slip fwd L in front of M trng LF 1/2, bk R cont trng 1/4 LF to fc ptr end HNDSHK WALL);

4

{SHDW NY} Keeping HNDSHK sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr to HNDSHK COH (W Keeping HNDSHK sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to HNDSHK WALL);

5-8

UNDERARM TURN ;  HALF MOON TO WALL BFLY ; ;  REVERSE UNDERARM TURN ;

5

{UNDRM TRN} Keeping HNDSHK sd L w/ bdy rise, -, XRib of L lowering, fwd L to HNDSHK COH (W Keeping HNDSHK sd R w/ bdy rise commence RF trn undr jnd hnds, -, XLIf lowering & cont trng 1/2 RF, fwd R comp RF trn to fc ptr to HNDSHK WALL);

6-7

{1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end BFLY WALL ;

8

{REV UNDRM TRN} Sd R w/ bdy rise, -, XLif of R lowering, bk R to BFLY WALL (W Sd L w/ bdy rise commence LF trn undr jnd hnds, -, XRib lowering & cont trn 1/2 LF, fwd L comp LF trn to fc ptr BFLY COH);

9-12

FENCE LINE ;  LUNGE BREAK ;  RIGHT PASS TO COH HANDSHAKE ;  SHADOW NEW YORKER ;

9

{FNC LINE} Sd L w/ bdy rise, -, X lun thru R w/ bent knee looking to L, bk L (W Sd R w/ bdy rise, -, X lun thru L w/ bent knee looking to R, bk R);

10

{LUN BRK} Same as Part A meas 18 ;

11

{R PASS TO COH HNDSHK} Fwd & sd L commence RF trn raise lead hnds to create window, -, XRib of L cont RF trn, fwd L to end HNDSHK COH (W Fwd R, -, fwd L commencing LF trn, bk R cont LF trn under raised lead hnds to fc ptr end HNDSHK COH);

12

{SHDW NY} Same as Part B meas 4 ;

13-16

TWICE ;  HALF MOON TO WALL BFLY ; ;  NEW YORKER ;

13

{SHDW NY} Keeping HNDSHK sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to HNDSHK COH (W Keeping HNDSHK sd R w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to HNDSHK WALL);

14-15

{1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end fcg BFLY WALL ; ;

16

{NY} Sd R w/ bdy rise, commence LF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk L turning to fc ptr to BFLY WALL (W Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to BFLY COH);

17-18

UNDERARM TURN ;  FORWARD BREAK TO DOUBLE HANDHOLD ;

17

{UNDRM TRN} Sd L w/ bdy rise, -, XRib of L lowering, fwd L to LOP WALL (W Sd R w/ bdy rise, commence RF trn undr jnd lead hnds, XLIf lowering & cont trng 1/2 LF, fwd R trng to fc ptr end LOP COH);

18

{FWD BRK TO DBL HNDHOLD} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to DBL HNDHOLD WALL (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to DBL HNDHOLD COH);

BRIDGE

1-2

OPENING OUT TWICE ; ;

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PART C

1-4

SLOW EXPLODE APART & TOGETHER TO BFLY; RIFF TURN TO BFLY; FENCE LINE IN 4;
HIP ROCK 2 SLOW;

1 {SLO EXPLODE APT & TOG TO BFLY} Bk L trng 1/8 LF sweeping L arm up & out, -, rec R to BFLY WALL, - (W Bk R trng 1/8 RF sweeping R arm up & out, -, rec L to BFLY COH, -);

2 {RIFF TRN TO BFLY} Sd L raise lead hnds to start W into RF spn, cl R to L as W comp spn, sd L keep lead hnds up start W into RF spn, cl R to L as W comp spn to BFLY WALL (W Sd & bwd R spn RF comp one full trn undr jnd lead hnds, cl L to R, sd & fwd R spn RF comp one full trn undr jnd lead hnds, cl L to R to BFLY COH);

3 {FNC LINE IN 4} Sd L, cross lnn thru R w/ bent knee looking LOD, rec L trng to fc ptr, sd R low BFLY WALL (W Sd R, cross lnn thru L w/ bent knee looking LOD, rec R trng to fc ptr, sd L low BFLY COH);

4 {HIP RK 2 SLOW} Rk sd L rolling hip sd & bk, -, rec R w/ hip roll end CP WALL, - (W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll end CP COH, -);

5-8

RIFF TURN BFLY; TWISTY VINE 4; RIFF TURN TO BFLY; SIDE WALK 4;

5 {RIFF TRN TO BFLY} Same as Part C meas 2;

6 {TWSTY VINE 4} Commence slight RF bdy trn sd & bk L, XRib of L, commence slight LF bdy trn sd & fwd L, XRif of L turning to BFLY WALL (W Commence slight RF bdy trn sd & fwd R, XLif of R, commence slight LF bdy trn sd & bk R, XRif of R turning to BFLY COH);

7 {RIFF TRN TO BFLY} Same as Part C meas 2;

8 {SD WLK 4} Sd L, cl R, sd L, cl R to BFLY WALL (W Sd R, cl L, sd R, cl L to BFLY COH);

9-13

CROSS BODY TO COH; LUNGE BREAK; ALTERNATING UNDERARM TURN THREE TIMES ; ; ;

9 {X BDY COH} BFLY sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to BFLY COH (W BFLY sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to BFLY WALL);

10 {LUN BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, commence slight RF bdy trn lowering on R leading W bk extend L to sd & bk, commence slight LF bdy trn rising on R to rec to LOP COH (W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP WALL);

11 {W UNDRM TRN} Same as Part B meas 5;

12 {M UNDRM TRN} Join trail hnds sd R w/ bdy rise commence RF trn undr jnd trail hnds, -, XLif lowering & cont trng 1/2 RF, fwd R comp RF trn to fc ptr to BFLY& COH (W Join trail hnds sd L w/ bdy rise, -, XRib of L lowering, fwd L to BFLY WALL);

13 {W UNDRM TRN} Same as Part B meas 5;

14-16

OPEN BREAK; LEFT PASS TO WALL; REVERSE UNDERARM TURN;

14 {OP BRK} same as Part A meas 14 to LOP COH;

15 {L PASS TO WALL} Fwd L to SCAR commence to trn ptr RF, -, bk R w/ slipping action, fwd L trng LF to LOP WALL (W Fwd R trng 1/4 RF w/ bk to ptr, -, sd & fwd strong LF trn, bk R to LOP COH);

16 {REV UNDRM TRN} Sd R w/ bdy rise, -, XLif of R lowering, bk R to BFLY WALL (W Sd L w/ bdy rise turning LF undr jnd lead hnds, -, XRif lowering & cont trn 1/2 LF, fwd L turning LF to fc ptr BFLY COH);

17-19

NEW YORKER; SIDE DRAW CLOSE; FORWARD BREAK;

17 {NY} Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to BFLY WALL (W Sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr to BFLY COH);

18 {SD DRAW CL} Sd R w/ bdy rise, -, draw L to R, cl L to R lowering BFLY WALL (W Sd L w/ bdy rise, - draw R to L, cl R to L lowering to BFLY COH);

19 {FWD BRK} Same as Part A meas 8 end LOP WALL;

PART B MODIFIED

1-4

LUNGE TO LOD CHECKING TWIRL TO RLOD TO HANDSHAKE; HALF MOON TO COH ; ;
SHADOW NEW YORKER;

5-8

UNDERARM TURN; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN;

9-12

FENCE LINE; LUNGE BREAK; RIGHT PASS COH TO HANDSHAKE; SHADOW NEW YORKER;

13-16

TWICE; HALF MOON TO WALL LOW BFLY ; ; HIP ROCK 2 SLOW;

13-15 Same as Part B meas 13 – 15 ; ;

16 {HIP RK 2 SLO} Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, - (W Rk sd L rolling hip sd & bk, -, rec R w/
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hip roll, -)

17-18
FENCE LINE : RIFF TURN :
17 {FNC LINE} Sd R w/ bdy rise, -, X lun thru L w/ bent knee looking to R, bk R (W Sd L w/ bdy rise, -, X lun thru R w/ bent knee looking to L, bk L);
18 {RIFF TRN} Same as Part C meas 2 ;

END

1-4
LUNGE TO LOD CHECKING TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ;;
SHADOW NEW YORKER ;

1 {LUN TO LOD CKG TWRLL TO RLOD TO HNDSHK} Same as Part B meas 1 ;
2-3 {1/2 MOON} Same as Part B meas 2 - 3 ;;
4 {SHDW NY} Same as Part B meas 4 ;

5-8
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; MAN LUNGE / LADY WRAP IN 2 ;

5 {UNDRM TRN} Same as Part B meas 5 ;
6-7 {1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end fcg BFLY WALL ; ;
8 {M LUN / LADY WRP IN 2} Sd R keeping hnds jnd bring trailing hnds down to waist level between ptrs while bringing lead hnds up & between ptrs to start W into LF trn, cont to lead W in LF trn, bringing lead hnds down to chest level, - (W Sd L trng LF 1/4, cont LF tm, sd & bk R trng LF 1/2 to fc LOD, -);

9-10
LADY CARESS ; HOLD ;

9 {LADY CARESS} M looks at ptr, -, -, - (W Raises R arm to caress M's cheek, -, -, -);
10 {HOLD} -, -, -, - (W -, -, -);

QK CUES

Part A
CP MAN FACING WALL WAIT PICKUP WORDS & 1 MEAS ; BASIC ; ; SLOW HIP ROCK 2 ;
TURNING BASIC ; ; START TURNING BASIC TO WALL ; FORWARD BREAK ;
aida ; , , rock 2 ; , recover to bfly fence line ; forward break ;
cross body to coh ; open break ; new yorker ; forward break ;
cross body to wall ; lunge break ;

Interlude
UNDERARM TURN TO DOUBLE HANDHOLD ; OPENING OUT THREE TIMES ; ;

Part B
LUNGE TO LOD CKG TWRLL TO RLOD TO HANDSHAKE ; HALF MOON COH ; ; SHADOW NEW YORKER ;
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN ;
FENCE LINE ; LUNGE BREAK ; RIGHT PASS TO COH HANDSHAKE ; SHADOW NEW YORKER ;
twice ; HALF MOON TO WALL BFLY ; ; NEW YORKER ;
UNDERARM TURN ; FORWARD BREAK TO DOUBLE HANDHOLD ;

BRDG
OPENING OUT TWICE ; ;

Part C
SLOW EXPLODE APT & TOG TO BFLY ; RIFF TURN ; FENCE LINE IN 4 ; HIP ROCK 2 SLOW ;
RIFF TURN TO BFLY ; TWISTY VINE 4 ; RIFF TURN ; SIDE WALK 4 ;
cross body to coh ; lunge break ; alternating underarm turn three times ; ;
open break ; left pass to wall ; reverse underarm turn ;
new yorker ; side draw close ; forward break ;

Part B Mod
LUNGE TO LOD CKG TWRLL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER ;
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN ;
FENCE LINE ; LUNGE BREAK ; RIGHT PASS COH TO HANDSHAKE ; SHADOW NEW YORKER ;
twice ; HALF MOON TO WALL LOW BFLY ; ; HIP ROCK 2 SLOW ;
FENCE LINE ; RIFF TURN ;

End
LUNGE TO LOD CKG TWRLL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER ;
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; MAN LUNGE / LADY WRAP IN 2 ;
LADY CARESS ; HOLD ;