

ONE FRIEND RUMBA

Choreo: Ron & Jan Betzelberger **E-mail:** rjbetzelberger@comcast.net
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Music: “One Friend” CD “The Very Best Of Dan Seals”
Varese Sarabande # 303 067 087 2 Track 13 **Artist:** Dan Seals

Speed: - 10% [40 RPM]

Available: Best Buy, also: COL 6108 from Palomino Records 502-543-1521

Rhythm: Rumba Phase IV +2 + 1 [STOP & GO HKY STK, OPEN HIP TWIST]
[unphased UMBRELLA TURN]

Footwork: Directions for man, woman opposite except where noted **Date:** 10-2011

Sequence: INTRO, A, A, B, C, END

INTRO

1-4 **HNDSHK WALL WAIT;; OP HIP TWST; FAN;**
1-4 Wait;; Fwd L, rec R, cl L (W Bk R, rec L, fwd R swvl),-;
Bk R, rec L, sd R (W Fwd L, sd & bk R, bk L),-;

5-6 **ALEMANA;;**
5-6 Fwd L, rec R, cl L (W Cl R, fwd L, fwd R trn),-;
Bk R, rec L, sd R (W Fwd L trn, fwd R trn, sd L),-;

PART A

1-4 **BASIC;; NY; AIDA;**
1-4 Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; Thru L, rec R FC, sd L,-;
Fwd R trn, sd L trn, bk R,-;

5-8 **SWITCH CROSS; SD WLK; SPT TRN; NY;**
5-8 Trn sd L, rec R, XLif,-; Sd R, cl L, sd R,-; XLif trn, rec R trn, sd L,-;
Thru R, rec L FC, sd R,-;

9-12 **½ BASIC; FAN; STOP & GO HKY STK;;**
9-10 Fwd L, rec R, sd L,-; Bk R, rec L, sd R (W Fwd L, sd & bk R, bk L),-;
11-12 Ck fwd L, rec R, cl L (W Cl R, fwd L, fwd R trn),-;
Ck fwd R, rec L, sd R (W Ck bk L, rec R, fwd L trn),-;

13-16 **HKY STK;; SHLDR-SHLDR; UNDRM TRN;**
13-14 Fwd L, rec R, cl L (W Cl R, fwd L, fwd R),-; Bk R, rec L, fwd R
(W Fwd L, fwd R trn, sd & bk L),-;
15-16 Rk fwd L, rec R FC, sd L,-; XRib, rec L, sd R (W XLif trn,
rec R trn, sd L),-;

17 **SD DRW CL;**
17 Sd L, drw R, cl L,-;

PART B

- 1-4** **NY; THRU SERP;; FNC LINE TO L HND STAR;**
1-4 REPEAT 3 PART A; Thru R, sd L, bhd R, fan L; Bhd L, sd R,
thru L, fan R; X lun R, rec L, sd R trn to L hnd star,-;
- 5-8** **UMBRELLA TURN;;;;**
5-8 Fwd L, rec R, bk L (W Bk R, rec L, fwd R trn),-;
Bk R, rec L, fwd R (W Bk L, rec R, fwd L trn),-;
Fwd L, rec R, bk L (W Bk R, rec L, fwd R trn),-;
Bk R, rec L trn, sd R,-;
- 9-12** **X BDY;; ALEMANA;;**
9-10 Fwd L, rec R, sd L trn (W Bk R, rec L, fwd R),-;
Bk R trn, fwd L, sd & fwd R (W Fwd L, fwd R trn, sd & bk L),-;
11-12 Fwd L, rec R, cl L (W Bk R, rec L, sd R trn),-;
Bk R, rec L, sd R (W Fwd L trn, fwd R trn, sd L),-;
- 13-17** **FNC LINE 4; SHLDR-SHLDR 2X;; X BDY;;**
13-17 X lun L, rec R, sd L, cl R; Rk fwd L, rec R FC, sd L,-;
Rk fwd R, rec L FC, sd R,-; REPEAT 9-10 PART B;;

PART C

- 1-4** **CHASE;;;;**
1-4 Fwd L trn, rec R, fwd L (W Bk R, rec L, fwd R),-;
Fwd R trn, rec L, fwd R,-; Fwd L, rec R, bk L (W Fwd R trn, rec L,
fwd R),-; Bk R, rec L, fwd R,-;
- 5-8** **NY 2X;; NY 4 TO HND SHK; OP HIP TWST;**
5-8 Thru L, rec R FC, sd L,-; Thru R, rec L FC, sd R,-;
Thru L, rec R FC, sd L, cl R; REPEAT 3 INTRO;
- 9-13** **FAN; CUCA 2X;; HKY STK;;**
9-11 REPEAT 4 INTRO; Sd L, rec R, cl L,-; Sd R, rec L, cl R,-;
12-13 REPEAT 13-14 PART A;;
- 14-16** **SHLDR-SHLDR 2X;; SD DRW CL;**
14-16 REPEAT 14-15 PART B;; REPEAT 17 PART A;

END

- 1-4** **NY; THRU SERP;; FNC LINE TO L HND STAR;**
1-4 REPEAT 3 PART A; REPEAT 2-4 PART B;;;;
- 5-8** **UMBRELLA TURN;;;;**
5-8 REPEAT 5-8 PART B;;;;
- 9-12** **CHASE;;;;**
9-12 REPEAT 1-4 PART C;;;;
- 13-16** **SD DRW CL CP; SWAY L; SWAY R; SWAY L;**
13-16 Sd L, drw R, cl L CP; As music begins Sd L,-,-; Sd R,-,-; Sd L,-,-;
- 17-20** **SWAY R TO BFLY & HOLD;; NY; AIDA;**
17-20 Sway R,-,-; BFLY WAIT; As music begins REPEAT 3-4 PART A;;