

ONE PAIR OF HANDS

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CD: CARROLL ROBESON SINGS GOSPEL FAVORITES, Time: 2:50 Download I-Tunes

Footwork: Opposite unless noted (woman's footwork in parentheses) JANUARY 2013

Rhythm: SLOW TWO STEP, PHASE IV + 1 + 1 Triple Traveler UNPHASED (THE SQUARE)

Sequence: Intro A, B, A, B, C, B, ENDING

INTRO

1-6 ½ OP FCG/LOD WAIT; SWITCH TWICE;; UNDERARM TRN; REV UNDERARM TRN; SLOW SD DRAW CLS;

1 in ½ op/lod wait 1 meas;

2-3 fwd & sd L across lod to left ½ op,-, fwd R, fwd L (W fwd R,-, L, R); fwd R,-, fwd L, Fwd R (w fwd & sd L across LOD to ½ op,-, fwd R, fwd L) to blend BFLY/Wall;

4-5 sd L,-, XRIB, rec L (W sd R,-, fwd L trn RF under lead hands, rec fwd R to fc ptr); sd R,-, XLIFR, rec R (W sd L comm LF trn under joined lead hands,-, XRIFL trn 1/2, rec fwd L cont trn to fc ptr);
sd L,-, draw R & cls,-;

PART A

1-12 LFT TRN INSIDE ROLL; BASIC ENDING TO HANDSHAKE; SHADOW BREAKS TWICE;; LEFT TRN INSIDE ROLL;

BASIC ENDING; SD BASIC; WRAP LADY; SWEETHEART RUNS;; OP BASIC TWICE;;

1-2 fwd L comm. ¼ LF trn,-, sd R, XLIFR to fc ptr (W pk up R comm. ¼ Lf trn,-, sd L trng under joined lead hands cont trng LF sd R to fc ptr); sd R,-, XLIBR, rec R to end in a handshake;

3-4 sd L,-, trn ¼ RF rk bk R, rec fwd L; trn ¼ LF to fc ptr sd R,-, trn ¼ LF rk bk L, rec R fwd R;

5-6 repeat meas 1-2 to fc wall;;

7-8 sd L,-, XRIBL, rec L; sd R leading lady to wrap

9-10 fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R;

11-12sd L to Lft ½ op,-, trn ¼ RF rk bk R, rec fwd L; trn ¼ LF sd R to ½ op,-, trn ¼ LF rk bk L, rec fwd R;

****Second time thru will start facing COH****

PART B

1-4 TRIPLER TRAVELER;;BASIC END;

1-4 fwd L trn LF slightly fc DC,-, sd & fwd R, fwd L (W bkl R trn LF,-, sd L trn LF under lead hands, cont Lf to fc wall R); fwd R spiral LF under joined lead hands (W trn to fc LOD fwd L),- , fwd L, fwd R lower the out in front of ptrs at shoulder level; fwd L begin to bring joined hands down,-, fwd R bringing joined hands up over W's head, fwd L to BFLY/COH (W twirl RF fwd L, R to fc man); sd R,-, XLIBR, rec R;

****Second time will start twd RLOD****

PART C

1-4 THE SQUARE;;;;

1-4 like a switch M XIF of W sd L,-, trn RF to step sd R twd COH in LOP, XLIFR (W fwd R,-, sd L twd COH, XRIFL start to XIF of M); fwd R,-, sd L twd RLOD, XRIFL start to XIF W (W like a switch XIF of M sd L,-, trn RF to step sd R twd RLOD in op, XIFR); like a switch M XIF of W sd L,-, trn RF to step sd R twd wall in LOP, XLIFR (W fwd R,-, sd L twd LOD, XRIFL start to XIF of man); fwd R,-, sd L twd LOD, XRIFL (W like a switch XIF of M Sd L,-, trn RF to step sd R twd LOD in OP XLIFR);

END

1-6 LEFT TRN INSIDE ROLL; BASIC END; LUNGE BASIC TWICE;; WK MANV PIVOT TWO; EXPLODE;

1-2 repeat meas 1-2 part A;;

3-4 lunge sd L,-, rec R, XRIFL (WXIF); lunge sd R,-, rec L, XRIFL (WXIF);

5-6 fwd L, manv R, bk L start RF trn, fwd R cont trn fc wall; explode stp apt L,-, bringing lead hands up & out,-;