

## ONE STEP AT A TIME

CHORE: Gene & Etta Sonnier, 1003 Wright Ave, Houma, La 70364

PHONE: (985) 876-4753 E-MAIL: [esonnier@comcast.net](mailto:esonnier@comcast.net)

MUSIC: Arhoolie Rec 45-528 ARTIST: Clifton Chenier TIME: 2:40@ 45rpm

FOOTWORK: Opposite unless noted (W in parenthesis) RHYTHM: Jive-RAL PHASE: IV

SEQUENCE: INTRO-A-B-B(MOD)-A-B-END

MEAS: INTRO (3 Beats + 1 MEAS)

1 WAIT;

1 Wait 3 beats + 1 Meas in CP facing Wall;

### PART A (12 Meas)

1 – 6 CHASSE L & R to SCP; PRETZEL TRN;; DOUBLE ROCK; UNWIND PRETZEL to SCP/LOD;;

1 (Chasse L & R) Sd L/Cl R, sd L, Sd R/Cl L, sd R;

2-3 (Start Pretzel Trn) Rk bk L, rec R, lower jnd hnds palm up sd L/Cl R, sd L trng R FC (W trn L FC); Sd R/Cl L, sd R cont trn R FC to FC LOD with M's R & W's L hnds;

4 (Double Rock) Rk fwd L/Rec R, rk fwd L/Rec R;

5-6 (Finish Pretzel Trn) Begin L Fc trn (W R FC trn) rk fwd L, rec R, sd L trng L FC; Sd R/Cl L, sd R to SCP/LOD;

7 – 12 R TRNG FALLAWAY TWICE ~ CHG R to L ~ L to R ~ AMER SPIN to BFLY;::::;

7 (Right Trng Fallaway Twice) Rk bk L, rec R, sd L/R, L trng 1/4; Sd R/ L, R trng 1/4 end SCP/LOD;

8 Repeat R Trng Fallaway ending SCP/ LOD;

9-10 (Chg R to L & L to R) Rk bk L, SCP, rec R, sd L/Cl R, sd L trng L FC twd LOD (W fwd R/Cl L, fwd R trng R FC under ld hnds), sd R/Cl L, sd R, rk bk L, Rec R; Sd L/Cl R, sd (W fwd R/Cl L, fwd R trng L FC), sd R/Cl L, sd R CP/WALL;

11-12 (Amer Spin) Rk bk L, rec R, almost in plc L/R, L (W fwd R/L, R trng R FC on last step); R/L, R almost in plc & spin her R FC end with a L to R hnd hold (W L/R, L Trn & Spin R end FCG M);

PART B (12 Meas)

Pg 2

1-6 SPANISH ARMS TWICE to BFLY WALL;;; BASIC RK ~ LINDY CATCH;;;

- 1-2 (Spanish Arms Twice) Rk apt L, rec R trng 1/4 R FC (W L FC) Id hnds high trail hnds wrapped, sd L/Cl R, sd L trng 1/4 L FC (W 3/4 R FC) to BFLY/COH; Sd R/Cl L, sd R; Repeat to FC BFLY/ WALL;
- 3 (Basic Rk) Rk apt L, rec R, sd L/Cl R, sd L; Sd R/Cl L, sd R;
- 4-6 (Lindy Catch) Rk apt L, rec R, fwd L/R/L moving R FC arnd W (Catch W at waist with R hnd) man is in bk of W; Fwd R, L cont arnd W, fwd R/L/R to loose Cl/WALL; Repeat Meas 5 LINDY CATCH;

7-12 CHG HNDS BHND BK TWICE to CP WALL with no RK after 2nd CHG HNDS ~ CHASSE L to R to SCP/LOD ~ FALLAWAY RK to BFLY;;;;;

- 7-9 (Chg Hnds Bhnd Bk Twice) Rk apt L, rec R, M's R W's R hnd hold fwd L/Cl R, fwd L trng 1/4 L FC (W R FC); Sd R/Cl L, sd R chg to M's L W's R hnd hold bhnd M's bk & trn 1/4 L FC to L of ptrn COH; REPEAT MEAS 7 of CHG HNDS to L of ptrn & WALL;
- 10 (Chasse L & R) REPEAT MEAS 1 PART A TO SCP/LOD;
- 11-12 (Fallaway Rk) Rk bk L to SCP/LOD, rec R to FCin CP, sd chasse L/R/L twd LOD; Sd Chasse R/L/R twd RLOD ending BFLY/WALL;

PART B (MOD) (12 MEAS)

1-9 REPEAT PART B (1-9)

1-9. Repeat PART B MEAS 1 - 9

10-12 LINK RK to SCP/LOD;; DOUBLE RK;

10-12 (Link Rk) Rk bk L, rec R, sd L/Cl R, sd L, sd R/Cl L, sd R to SCP/LOD;  
(Double Rk) REPEAT MEAS 3 PART A;;

REPEAT PART A (12 MEAS)

1-12 REPEAT PART A MEAS 1 - 12

REPEAT PART B (12 MEAS)

ENDING (12 MEAS)

1 – 6 CIRCULAR CHG PLACES L to R 4 TIMES;;;;;(MOVING ¼ CW EACH TIME TO END FACING WALL)

- 1-6 (Note) Circular means you will chg plc L to R moving 1/4 CW 4 times To FC ( RLOD, COH, LOD, WALL)  
(Circular Chg Places L to R 4 Times) Rk bk L, rec R chasse L/R/L trng 1/4 R FC to RLOD lead W to trn L FC under lead hnds chasse fwd R/L/R end FC RLOD; Repeat to end FC COH; Repeat to end FC LOD; Repeat to end FC WALL;

7 – 10 SHLDR SHOVE TWICE to BFLY/WALL;;; BASIC RK,;

- 7-9 (Shldr Shove Twice) Sd L/Cl R, sd L bring M's R & W's L shldr tog trn L FC to FC, bk R/Cl L, bk R; Repeat Meas 7 of shldr shove to BFLY/Wall;  
10 Repeat Meas 4 PART B;

11-12 MIAMI SPECIAL ENDING WITH JAZZ HANDS,;

- 11-12 (Miami Special with Jazz Hnds) Rk apt L, rec R to a R hnd skake, fwd L/R, L trng 3/4 to lead W to trn L FC under jnd hnds over M' head to rest bhnd M's neck; Sd R/Cl L, sd R (W Rk apt R, rec L, fwd R/L, R trn 3/4 L FC under jnd R hnds; Sd L/C R, sd L release hnd hold and slide R hnd down M's L arm) end LOP/RLOD with Jazz hnds;

**HEAD CUES;**

**INTRO: CLOSE POSITION FCING WALL WAIT 2 MEAS**

**PART A: CHASSE L & R; (TO A) PRETZEL TRN,; DBL RK; UNWIND PRETZEL; R TRNG FALLAWAY TWICE;;; CHG R TO L ~L TO R;;; (TO FC WALL) AMER SPIN,; (TO BFLY)**

**PART B: SPANISH ARMS TWICE;;; (TO BFLY) BASIC,; LINDY CATCH;;; CHG HNDS BHND BACK TWICE;;; (NO RK AFTER LAST CHG HNDS--GO TO CP/WALL) CHASSE L & R; FALLAWAY RK,; (TO BFLY)**

**PART B (MOD): SPANISH ARMS TWICE;;; (TO BFLY) BASIC,; LINDY CATCH;;; CHG HNDS BHND BK TWICE;;; LINK RK,; (TO SCP) DBL RK;**

**PART A: CHASSE L & R; (TO A) PRETZEL TRN,; DBL RK; UNWIND PRETZEL; R TRNG FALLAWAY TWICE;;; CHG R TO L ~ L TO R;;; (TO FC WALL) AMERICAN SPIN,; (TO BFLY)**

**PART B: SPANISH ARMS TWICE;;; (TO BFLY) BASIC,; LINDY CATCH;; CHG HNDS BHND BK TWICE;;; (NO RK AFTER LAST CHG HNDS--GO TO CP/WALL) CHASSE L & R; (TO SCP) FALLAWAY RK,;**

**ENDING: CIRC CHG L TO R 4 TIMES;;;;; \*\* SHLD SHOVE TWICE;;; (TO BFLY) BASIC,; (TO HND SHAKE) MIAMI SPECIAL ENDING WITH JAZZ HNDS,; \*\* (Moving 1/4 CW TO FC (RLOD,COH,LOD, WALL))**