

# ONE LIFE

**Music:** Xandee  
www.ultratop.be/nl/ 1 Life  
Track # 1 Time 2:58  
Available from choreographer

**Rhythm:** Cha Cha Phase: V+1(Turkish Towel)+Several U

**Footwork:** Opposite except where (Noted)

**Release Date:** Nov 2016

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INTRO ABC A INTRO(5-8) B C A INTRO(5-8) BRIDGE C END



## INTRO

### 01-04 R-HNDSHK WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} R-Hndshk Wall ld ft free wt 4 meas ; ; ; ;

### 05-08 BASIC ½ to TURKISH TOWEL ; ; ONE BREAK ; W OUT to WALL [2<sup>de</sup> TIME: to r-hndshk] ;

{Basic ½ to Turkish Towel} Rk fwd L, rec R, sd raise joined R hnds palm to palm/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ; Bk R, rec L, small sd R/cl L, large sd R (W XLif trn RF under jnd hnds, fwd R cont RF trn, fwd L arnd M to end in bk of and to his left sd/fwd R, fwd L) ; {One Break} Chk bk L bringing R arms up & over head, rec R, sd L/cl R, sd L (W Chk fwd R, rec L, sd R/cl L, sd R slidg behind M to his R sd) ; {W Out to Wall} Rk bk R, rec L chg to lead hnds joined, small sd R/cl L, sd R (W fwd L twd LOD, fwd R trn LF, small sd L/cl R, sd L) to BFLY WALL ; [2<sup>de</sup> TIME: to r-hndshk]

## PART A

### 01-04 BASIC ½ Into 3 ALTERNATING UNDERARM TURNS W – M – W ; ; ; ;

{Basic ½ Into 3 Alternating Alemana's} Fwd L, rec R, cl L/cl R, sd L (W bk R, fwd L, fwd R/cl L, sd R, point L to sd) ; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R/cl L, sd R (W trng RF undr jnd hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L) ; [join trailing hnds] trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L (W raisg trail hnds bk R, rec L, fwd & sd R/cl L, sd R) ; [join lead hnds] Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R/cl L, sd R (W trng RF undr jnd hnds fwd L, fwd R cont RF trn to fc ptr, fwd & sd L/cl R, sd L) to BFLY WALL ;

### 05-08 REVERSE UNDERARM TURN ; VINE 4 ; SPOT TURN ; TO RLOD FRONT VINE 4 [to r-hndshk] ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to BFLY ; {Vine 4} [OQQQ] Sd L, XRib (W XLib), sd L, XRif (W XLif) ; {Spot Turn} XRif (W XLif) trng 1/2 LF, rec L contg to trn to fc ptr, sd R/cl L, sd R ; {Front Vine 4 to RLOD} To RLOD XLif (W XRif), sd R, XLib (W XRib), sd R to r-hndshk Wall ;

## PART B

### 01-04 HALF MOON TWICE ; ; ; ;

{Half Moon x 2} [r-hndshk] Swvl on R cross L thru to RLOD (W cross R thru), rec R to fc, sd L/cl R, sd L ; Bk R leading W across body, rec L trng LF to fc COH, sd R/cl L, sd R (W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R/cl L, sd R) to COH ; Repeat meas 1,2 Part B to BFLY WALL ; ;

### 05-08 OP HIP TWIST ; WHIP to LOP LOD ; CROSS CHECK & SLIDE the DOOR ; OPPOSITE SPOT TURN ;

{OP Hip Twist} Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W (W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right) ; {Whip to LOP LOD} Bk R trng LF & ldg W acrs, rec L contg LF trn, fwd R/lk Lib, fwd R (W fwd L trng LF & xg in frt of M, fwd & sd R contg LF trn to LOD, fwd L/lk Rib, fwd L) to LOP LOD ; {Cross Check & Slide the Door} XLif, rec R, X-behind the lady sd L/cl R, sd L (W XRif, rec L, Xifo M sd R/cl L, sd R) ; {Opposite Spot Turn} Repeat meas 7 Part A to BFLY WALL ;

### 09-12 FENCE LINE to OP LOD ; DO-SA-DO ; ; FENCE LINE ;

{Fence Line to OP LOD} XLif (W XRif) w/ bent knee, rec R releasg ld hands trng LF to OP LOD, fwd L/cl R, fwd L ; {Do-Sa-Do} [No handhold] Fwd R, fwd L, sd R/cl L, sd R [M Xif of W] (W bk L, bk R, sd L/cl R, sd L) ; Bk L, bk R, sd L/cl R, sd L [M X-behind W] (W fwd R, fwd L, sd R/cl L, sd R) to OP LOD ; {Fence Line to BFLY} XRif (W XLif) w/ bent knee, rec L, sd R/cl L, sd R trng to fc ptr ;

## PART C

### **01-04 SPRING BREAK ; M ACROSS / W INSIDE TURN to L-POS ; SLINGSHOT CROSS BODY ; W OUT to WALL ;**

**{Spring Break}** Rk fwd twd Wall L, rec R, anchor Lib of R/rec R, push off R to lunge sd LOD L (*W rk bk R, rec L, fwd twd M R/cl L while swivling ¼ RF to fc LOD, push off L to sit bk on R*) to end M fcg Wall and W fcg LOD w/ ld hnds jnd low while looking at ptr ; **{M Across/W Insd Turn to "L" Pos}** Fwd R twd Wall stepping acrs frnt of W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raising jnd ld hnds, chasse sd LOD R/L, R checking sideward movement and catching W in R arm (*W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/lk Rif of L, bk L*) to "L" position w/ M fcg COH and W fcg RLOD ; **{Slingshot Cross Body}** Lunge sd RLOD L looking at ptr, rec R, chasse sd RLOD L/R, L (*W bk & sd R trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/lk Lib, fwd R*) ; **{W Out to FC}** Sm bk R comm to trn LF like a Slip Pvt, sm fwd L cont trn to fc Wall, chasse sd RLOD R/L,R (*W fwd L comm LF trn, fwd & sd R cont trn to fc COH, chasse sd & bk L/cl R, sd & bk L*) to BFLY WALL ;

### **05-08 NEW YORKER TWICE ; ; FULL TURN CHASE M & W ; ;**

**{New Yorker x 2}** Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP LOD, rec L to fc, sd R/cl L, sd R ; **{ Full Trn Chase M & W }** Fwd L turn ½ RF, rec R cont turn ½ RF, bk L/lk Rif, bk L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; Bk R, rec L, fwd R/lk Lib, fwd R (*W fwd L turn ½ RF, rec R cont turn ½ RF to fc ptr, bk L/lk Rif, bk L*) ;

## BRIDGE

### **01-04 FULL CHASE M TURNS 4 TIMES ; ; ; ;**

**{Full Chase M Turns 4 Times}** Fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; Fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R (*W fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L*) ; Fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L (*W fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R*) ; Fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R (*W fwd L, rec R, bk L/lk Rif, bk L*) to BFLY WALL ;

## ENDING

### **01-02 AIDA to RLOD ; SWITCH RECOVER & STAMP TWICE ;**

**{Aida to RLOD}** Thru L to RLOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/lk Rif, bk L LOD to V BK-TO-BK ; **{Switch & Rec & Stamp Twice}** [QQQQ] Sd & bk R trng to fc ptr, rec L to BFLY WALL, Stamp x 2 ;