



Penny Lewis

Rel: **Aug. 10, 2011**

Choreographer: **Penny Lewis** 1301-H Leon Street, Durham, NC 27705
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Music: One Night At A Time Artist: George Strait (WM download)

ONE NIGHT AT A TIME

Rhythm: **Rumba** Phase: **IV** Speed: 45 Time: 3:50 with 3+sec lead in/out
Footwork: Opposite Unless noted* Sequence: **Intro, A, B, C, A, B, D, A, B (01-06), Ending**

INTRO

01-08 **Wait 2 meas (O-LOD);; Full Chase ;;;; 2 Cucarachas ;;**
(01-02) In open facing wall wait 2 meas ;; (03-06) Rk Fwd, Rec Bk turning R fc to COH, fwd - Rk fwd on trail, rec Bk turning L fc to fc wall - Rk Fwd, Rec Bk turning R fc to COH, fwd - Rk fwd on trail, rec Bk turning L fc to fc wall in Bfly ;;;; (07-08) On lead Rk Sd. Rec, Cls - On trail Rk Sd, Rec, Cls ;;

A

01-04 **Alemana ;; Lariat ;;**
(01-02) Rk Fwd, Rec Bk, Step Sd (*Lady - Rk Bk, Rec Fwd, Step Sd*) - Cross trail behind lead rsining joined lead hands to lead Lady into an UnderArm Turn, Rec on lead, sd step on trial (*Lady - cross trail in front of lead beginning R fc turn under raised lead hands to fc wall without moving lead foot, Rec Bk onto lead continuing R fc turn to fc RLOD, fwd & sd on trail to fc partner on his R side*) ;; (03-04) On lead Rk Sd. Rec, Cls - On trail Rk Sd, Rec, Cls (*Lady - Fwd, Fwd, Fwd - Fwd, Fwd, Fwd to fc partner by circling around him*) ;;

05-08 **Rumba Basic ;; Spot Turn Twice (O-LOD) ;;**
(05-06) Rk Fwd, Rec Bk, Step Sd - Rk Bk, Rec Fwd, Step Sd ;; (07-08) Cross lead in front of trail to RLOD turning to fc COH (*Lady - wall*) without moving trail, Rec bk onto trail to fc DC (*Lady - DW*), step sd on lead - Cross trail in front of lead to LOD turning to fc COH (*Lady - wall*) without moving lead, Rec bk onto lead to fc DC (*Lady - DW*), step sd on trail to fc LOD ;;

09-12 **Sliding Doors Over & Back ;; Circle Away & Tog ;;**
(09-10) On lead Rk Sd. Rec, Cross lead in front of trail passing behind lady - On trail Rk Sd, Rec, Cross trail in front of lead passing behind lady (*Lady passes in front both times*) ;; (11-12) Fwd, Fwd, Fwd circling away from partner to COH (*Lady toward Wall*) - Fwd, Fwd, Fwd circling to fc partner in Bfly ;;

13-16 **Traveling Doors ;; Box ;;**
(13-14) Rk Sd, Rec Bk, Cross lead in front of trail - Rk Sd, Rec, Cross trail in front of lead ;;
(15-16) Sd on lead, close trail beside lead, fwd on lead - Sd on trail, close lead beside trail, bk on trail ;;

B (Shadow)

01-02 **Fwd Basic ; Bk Basic - Lady Trans Shadow Wall {L foot free for both} ;;**
(01) Rk Fwd, Rec Bk, Step Sd ; (02) Rk Bk, Rec Fwd, Step Sd (*Lady - Rk Bk, Rec Fwd turning to fc wall, sd on R, touch L beside R or Rk Bk, Rec Fwd turning to fc wall & tch L beside R*) ;

03-06 **Traveling Doors ;; Box ;;**
(03-04) **Both** Rk Sd, Rec Bk, Cross lead in front of trail - Rk Sd, Rec, Cross trail in front of lead ;;
(05-06) **Both** Sd on lead, close trail beside lead, fwd on lead - Sd on trail, close lead beside trail, bk on trail ;;

07-08 **Fwd Basic ; Bk Basic - Lady Trans Bfly ;**
(07) **Both** Rk Fwd, Rec Bk, Step Sd ; (08) Rk Bk, Rec Fwd, Step Sd (*Lady - Rk Fwd, Rec Bk turning to fc partner, touch R beside L*) ;

C

01-04 **Time Step ; Crab Walk Twice ;; Spot Turn ;**
(01) Cross lead foot behind trail foot, Rec onto trail, side step on lead ; (02-03) Cross trail in front of lead, side step on lead, cross trail in front of lead - side step on lead, cross trail in front of lead, side step on lead ;; (04) Cross trail in front of lead to LOD turning to fc COH (*Lady - wall*) without moving lead, Rec bk onto lead to fc DC (*Lady - DW*), step sd on trail to fc partner ;

05-08 Peek-A-Boo Chase ;;;;

(05-08) Rk Fwd, Rec Bk turning to fc Coh, Step Sd – Rk Sd, Rec, Cls – Rk Sd, Rec Cls – Rk Fwd, Rec Bk turning to fc partner, step side ;;;;

09-14 Fwd Basic to a Fan ;; Hockey Stick ;; Lariat ;;

(09-10) Rk Fwd, Rec Bk, Step Sd – Rk Bk, Rec Fwd, Side Step (*Lady – Rk Fwd, Rec Bk to fc RLOD, step Bk*) ;; (11-12) Rk Fwd, Rec Bk, Step Sd (*Lady – Bk, Cls, step Fwd*) – Rk Bk, Rec Fwd, Side Step (*Lady – Fwd turning to Lfc full turn to fc partner under raised lead hands, close lead beside trail, step side on lead to be at partner's R side*) ;; (13-14) On lead Rk Sd, Rec, Cls – On trail Rk Sd, Rec, Cls (*Lady – Fwd, Fwd, Fwd – Fwd, Fwd, Fwd to fc partner by circling around him*) ;;

15-16 Sd, Draw, Closed Twice ;;

(15) Sd on lead, slowly draw trail to lead and chg wt ; (16) Repeat ;

Repeat A – B**D****01-04 Fwd Basic ; Whip (COH) ; Shoulder to Shoulder Twice ;;**

(01) Rk Fwd, Rec Bk, Step Sd ; (02) Rk Bk beginning L fc turn to fc LOD crossing joined trail hands over joined lead and leading lady to cross in front of you, Rec Fwd turning L fc to fc COH, Side Step (*Lady – Fwd crossing in front of partner, Fwd beginning L fc turn to fc RLOD, fwd to fc partner*) ; (03-04) Cross lead in front of trail (*Lady cross in back*), Rec onto trail, side step on lead – Cross trail in front of lead (*Lady cross in back*), Rec onto lead, side step on trail ;;

05-08 Fwd Basic ; Whip (Bfly) ;* Shoulder to Shoulder Twice ;;

(05-08) Repeat 01-04 ending in Bfly wall ;;;;

09 Sd, Draw, Closed ;

(09) Sd on lead, slowly draw trail to lead and chg wt ;

Repeat A – B (01-06) ***END (Shadow)****01-02 1 Cucaracha ; Sd Corte & Hold ;**

(01) Both On L – Rk Sd, Rec, Close ; (02) Both On R – Step Sd with slight tilt, Point L foot to LOD ;

(NOTE: LADIES YOU MAY TURN SLIGHTLY TOWARD MAN AND GENTLY CARRESS HIS CHEEK!)

I actually wrote this dance in 1999 but wasn't pleased with it so I recently
(August 10, 2011) re-worked it. I hope you enjoy dancing it.

Happy Dancing,
Penny Lewis

ONE NIGHT AT A TIME

IV

R

INTRO

Wait 2 meas ;; Full Chase ;;;; 2 Cucarachas ;;

A

Alamana & Lariat ;;;; Rumba Basic ;;

Spot Turn *Twice* (O-LOD) ;;

Sliding Doors Over & Bk ;; Circle Away & Tog (Bfly) ;;

Traveling Doors ;; Box ;;

B

Fwd Basic ; Bk Basic (*Lady - Trans in 4 - Shadow Wall*) ;

Traveling Doors ;; Shadow Box ;;

Fwd Basic ; Bk Basic (*Lady - Trans in 4 - Bfly*) ;

C

Time Step ; Crab Walk *Twice* ;; Spot Turn ;

Peek-A-Boo Chase ;;;;

Fwd Basic *to a* Fan ;; Hockey Stick & Lariat ;;;;

Sd, Draw Clsd *Twice* ;;

A - B

Repeat A & B

D

Fwd Basic & Whip (COH) ;;

Shoulder *to* Shoulder *Twice* ;;

Fwd Basic & Whip (COH) ;;

Shoulder *to* Shoulder *Twice* ;;

Sd, Draw Clsd ;

A

Alamana & Lariat ;;;; Rumba Basic ;;

Spot Turn *Twice* (O-LOD) ;;

Sliding Doors Over & Bk ;; Circle Away & Tog (Bfly) ;;

Traveling Doors ;; Box ;;

B (1-6)

Fwd Basic ; Bk Basic (*Lady - Trans in 4 - Shadow Wall*) ;

Traveling Doors ;; Shadow Box ;;

ENDING

1 Cucaracha ; Sd Corte & Hold ;

Chore: Penny Lewis (1999)

{revised 8/10/11}

Artist: George Strait