

ONE ROSE 3

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Music: Grenn 14266 flip w/Sugar Lips

Sequence: Intro- AB-Break-AB-Break-END

Rhythm: Ph III+2 EZ WZ {Tele, Diam Trn}

Speed: 2:21@ 45 RPM

BPM/MPM 103/34

Footwork: Opposite, (except when W part in parentheses)

INTRO: 1-4: [OP FCG/DLW] ; ; APT PT; PU & TCH [CP/LOD] ;

1-4: [op fcg/DLW] wait ; wait ; ; Bk L, pointing R toe at ptrn; Rec R,tch L fcg ¼ LF (W Fwd L trng to fc M & RLOD, Tch R) ;

A: 1-4: WZ FWD ; DRFT APT ; THRU TWNKL 2X [CP/LOD] ;

1-4: Fwd L, fwd R, fwd L ; Stp in plc R,L,R (W Bk L, R, L to arm's distance) ; XLIFR, Sd R, Cl L ; XRIFL, Sd L, Cl R [CP/LOD] ;

5-8: 2 L TRNS [CP/WALL] ; ; HOV ; THRU FC CLOS [CP/WALL] ;

5-8: Fwd L comm. LF trn, Sd R contg LF trn to 3/8, Cl R ; Bk R comm. LF trn, Sd L contg trn to 3/8 , Cl R [BFLY/Wall] ; Fwd L , Fwd & Sd R w/ rise , rec L [SCP] ; Thru R (W Thru L) , Sd L trng to fc ptrn , Cl R [CP/Wall] ;

9-12: DIAM TRN [SCAR/WALL] ; ; ; ;

9-12: Fwd L trng to BJO & comm. ¼ LF trn , Sd R , Bk L ; Bk R comm. ¼ LF trn , Sd L , Fwd R ; Repeat Meas 9-10 Part A bldg to SCAR/DLW ; ;

13-16: TWNKL BJO ; MANUV ; 2 R TRNS [CP/WALL] ; ;

13-16: XLIFR (W XRIBL) , Sd R trng to BJO , Cl R [BJO/DLC] ; Fwd R (W sm Bk L) trng ½ RF, Sd L , Cl R ; Bk L comm. RF trn ¼ , Sd R contg RF trn 1/8 , Cl L ; Fwd R comm. ¼ RF trn , Sd L contg RF trn 1/8 , Cl R [CP/WALL] ;

B: 1-4: WHISK ; WING ; TELE [SCP] ; THRU FC CLOS [CP/WALL] ;

1-4: Fwd L twds Wall, Fwd & Sd R w/ rise, XLIBR (W XRIBL) [SCP] ; Fwd R , Drw L to R , Tch R (W Fwd L XIFM , Fwd R arnd M ,Fwd L cntg LF trn [SCAR/DLC] ; Fwd L comm. LF trn, Sd R contg LF trn (W L heel trn), Fwd L to SCP ; XRIFL (W XLIFR) , Sd L trng to fc ptrn , Cl R [CP/Wall] ;

5-8: HOV ; MANUV ; SPN TRN ; ½ BK BOX [CP/LOD] ;

5-8: Fwd L , Fwd & Sd R w/ rise , rec L [SCP] ; Fwd R trng RF twds ptrn , Sd L , Cl R (W Fwd L trng RF , Sd R , Cl L) [CP/RLOD] ; Bk L comm. ½ RF trn , Fwd R bet W's feet w/ rise , rec L (W Fwd R bet M's feet trng RF , Bk L w/ rise , rec R) ; Bk R , Sd L , Cl R [CP/LOD] ;

9-12: 2 ¼ L TRNS [CP/RLOD] ; ; IMP [SCP] ; THRU FC CLS [CP/WALL] ;

9-12: Fwd L comm. ¼ LF trn , Sd R cmpltg trn, Cl L ; Bk R comm. ¼ LF trn , Sd L cmpltg trn, Cl L [CP/RLOD] ; Bk L comm RF trn , Cl R {heel trn} cont trn, Fwd L (Fwd R bet M's feet pivoting ½ RF, Sd & Fwd L cont trn, Fwd R) [SCP/LOD] ; Repeat Meas 4 Part B ;

13-16: 1/2 BOX ; BK TRN L ; 2 L TRNS [BFLY/WALL] ;

13-16: Fwd L , Sd R , Cl L ; Bk R trng ¼ LF (W Fwd L trng 1/4 LF to fc ptrn & RLOD) ; Fwd L comm. LF trn, Sd R contg LF trn to 3/8, Cl R ; Bk R comm. LF trn, Sd L contg trn to 3/8 , Cl R [BFLY/Wall] ;

BRK: 1-2: TWRL VIN 3 ; PU [CP/LOD] ;

1-2: Sd L, XRIBL, Sd L (W Sd & Fwd R trng ½ RF Sd & Bk L trng ½ RF, Sd R) ; Fwd R trng to fc LOD (W Fwd L trng to fc ptrn & RLOD) , Sd L , Cl R ;

END:1-4: CANT 2X ; ; DIP TWIST ; & ;

1-4: Sd L, Draw R to L, Cl R ; Repeat Meas 1 Brk ; Bk L, Twst Upper bodies L, Hold ; Use your imagination {hold, kiss, snuggle, leg crawl-whatever} ;