

ONE WAY STREET

Music: Heidi Hauge
www.amazon.co.uk/ Cd Country Time
Track # 9 Time 3:14
Available from choreographer

Rhythm: Rumba Phase: V

Footwork: Opposite except where (Noted)

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Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: **INTRO ABC AB(1-14) END**



INTRO

01-05 BFLY POS WALL LEAD FOOT FREE WAIT 1 MEASURE ; OPEN BREAK to FULL NATURAL TOP ; ; ; ;

{Wait} BFLY POS WALL Id ft free wt 1 Meas ; {OP Break to Full Natural Top} Apt L raisg trl arm straight up, rec R, sd L trng ¼ RF to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (W sd L, XRif btw M's ft, sd L) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), -; XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, cls L), -;

PART A

01-04 HALF BASIC / W WRAP ; WHEEL 1/2 ; W UNWRAP to OP LOD ; SEND HER to a FAN ; ;

{Basic ½ to W Wrap } Fwd L, rec R trng 1/8 RF, cl L (W bk R, rec L trng 3/8 LF undr jnd Id hnds, sd & bk R bringing jn Id hnds dwn at waist level Id hnd s still jnd on R sd of W's waist) to WRP DRW, -; {Wheel ½} Whl CW fwd R, L, R (W bk L, R, L) to WRP DLC, -; {W Unwrap to OP LOD} Relg Id hnds cont whl [1/4] CW L, R, L (W relg Id hnds roll full RF trn out of M's arm R, L, R) to V-OP [M fcg DLW W fcg DLC], -; {Send Her to a Fan} Thru R releasing trail hnds, cl L trng to fc ptr join lead hnds, sd R (W thru L comm LF trn, sd R cont LF trn, bk L) to FAN POS WALL, -;

05-08 HOCKEY STICK ; ; NEW YORKER TWICE & r-hndshk ; ;

{Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -; {New Yorker x 2} XLif (W XRif) to LOP, rec R to fc ptr, sd L, -; XRif (W XLif) to OP, rec L to fc ptr, sd R to r-hndshk WALL, -;

09-12 FLIRT to VARS ; ; SWEETHEART TWICE ; ;

{Flirt to VARS} Fwd L, rec R, sd L (W bk R, rec L, fwd R swvl 1/2 LF) to VARS WALL, -; Bk R, rec L, sd R (W bk L, rec R, sd L slidg if of M) to L-VARS WALL, -; {Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R, sd L (W Bk R w/ LF bdy trn & look at ptr xtndg both arms to sd, rec L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr, rec L, sd R (W Bk L w/ RF bdy trn & look at ptr, rec R, sd L), -;

13-17 SWEETHEART/W SWIVEL to FC & INTO a AIDA ; ; SWITCH ROCK ; SPOT TURN ; REVERSE UNDERARM IN 4 ;

{Sweetheart/W Swivel to Fc & Into a Aida} XLif shaping twd ptr, rec R, sd L (W XRib shaping twd ptr, rec L, sd & fwd R swvlng ½ RF to fc ptr), -; Thru R (W thru L), sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; {Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; {Spot Turn} Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to fc & BFLY WALL, -; {Reverse Underarm Turn in 4} Raisg jnd Id hnds XLif, rec R, sd L, cl R (W XRif undr jnd Id hnds trng LF ½. rec L contg LF trn to fc ptr, sd R, cl L) to BFLY WALL ;

PART B

01-03 START CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY ;

{Start Cross Body} Fwd L, rec R trng LF 1/4, sd L (W bk R, rec L, fwd R) to "L" pos M fcg LOD & W fcg COH, -; {Interrupt w/ 2 Swivels} [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (W fwd L swvl LF 1/2, -, fwd R swvl RF 1/2) still in "L" pos, -; {Finish Cross Body} Bk R, rec L trn LF 1/4, sd R (W fwd L, fwd R trng LF 1/2, sd L) BFLY COH, -;

04-07 OP HIP TWIST to FACING FAN RLOD ; ; OP HIP TWIST TO FACING FAN WALL ; ;

{OP Hip Twist to Fcg Fan RLOD} [w/ ld hnd] Chk fwd L, rec R, cl L (*W bk R, fwd L, fwd L, swvl ¼ RF*), -; Bk R, rec L trng ¼ LF, fwd R (*W fwd L, trng LF sd R, cont LF trn bk L*) to RLOD, -; **{OP Hip Twist to Fcg Fan WALL}** Repeat meas 4,5 Part B to WALL ; ;

08-11 BACK BREAK to 1/2 OP LOD ; OP IN & OUT RUNS ; ; START THRU SERPIENTE ;

{Bk Break to OP LOD} XLib (*W XRib*) trng to OP LOD, rec R, fwd L twd LOD, -; **{OP In & Out Runs}** Fwd R comm RF trn Xif of W, sd L cont trn to L 1/2 OP, fwd R w/ free arms out to sd (*W fwd L, fwd R, fwd L*), -; Fwd L, fwd R, fwd L w/ free arms out to sd (*W fwd R comm RF trn 1/2 Xif of M, sd L cont trn to 1/2 OP, fwd R*), -; **{Start Thru Serpiente}** Thru R, sd L, XRib, flare L CCW (*W thru L, sd R, XLib, flare R CW*);

12-15 FINISH THRU SERPIENTE ; FRONT VINE 4 ; FENCE LINE ; SPOT TURN in 4 ;

{Finish Thru Serpiente} XLib, sd R, thru L, flare R CCW (*W XRib, sd L, thru R, flare L CW*); **{Front Vine 4}** Thru R (*W thru L*), sd L, XRib (*W XLib*), sd L; **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R, -; **{Spot Turn in 4}** Relg hnds XLif (*W XRif*) trng RF, rec R compg full trn, sd L to fc, cl R to BFLY WALL ;

PART C

01-04 OPEN BREAK to FULL NATURAL TOP ; ; ; ;

{Open Break to Full Natural Top} Repeat meas 2, 3, 4 & 5 Intro ; ; ; ;

05-08 CUDDLE TWICE ; ; CUDDLE/W SPIRAL to a FAN ; ;

{Cuddle x 2} Sd L, rec R, cl L placing R hnd on W's L shldr blade (*W trng ½ RF bk R with R arm out to sd, rec L trng ½ LF, sd R plcg R hnd on M's L shldr*), -; Sd R, rec L, cl R placing L hnd on W's R shldr blade (*W trng ½ LF bk L with L arm out to sd, rec R trng ½ RF, sd L plcg L hnd on M's R shldr*), -; **{Cuddle /W Spiral to a Fan}** Sd & slightly fwd L shapg twd ptr, rec R jng ld hnds high, cl L (*W trng RF ½ bk R, rec L trng LF ¼ to LOD & jng ld hnds high, fwd R, spiral 7/8 LF under joined ld hands*), -; XRib, rec L, sd R (*W fwd L, fwd R wt ½ trng LF fc RLOD, bk L*) to L-POS, -;

09-10 ALEMANA ; ;

{Alemana} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R trng RF to fc ptr*), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd hnds fwd L, fwd R, fwd & sd L to fc ptr*), -;

ENDING

01-04 FENCE LINE ; THRU SERPIENTE ; ; AIDA & EXTEND ;

{Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; **{Thru Serpiente}** Repeat meas 11, 12 Part B ; ; **{Aida}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, extend trail arms ;