

ONLY ONE ROAD

Music: Ross Mitchell
www.amazon.com/
C.F.D. 6 Track 4 Time 3:04 Available from choreographer

Rhythm: Waltz **Phase:** V+1(Outside Spin & Twist)

Footwork: Opposite except where (Noted)

Release Date: Oct 20

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Sequence: INTRO ABC B BRIDGE B(13-20) END



INTRO

01-04 CP DLW LEAD FOOT FREE WAIT TWO MEASURES ; WHISK ; WHIPLASH to BJO DLW :

{**Wait**} CP DLW ld ft free wt 2 meas ; ; {**Whisk**} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ;
{**Whiplash to BJO DLW**} [1,-] Thru R, trng bdy RF to ptr pt L LOD (*W thru L, pt R fwd, swivel slowly on L LF to fc ptr*) to BJO DLW, -;

PART A

01-04 HOVER TELE ; OP NATURAL ; BACK SYNCOPATED TWISTY VINE ; HESITATION CHANGE :

{**Hover Tele**} Fwd L, fwd R rising & lft-shldr lead, sd & fwd L to SCP LOD ; {**OP Natural**} Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn M's feet, fwd L*) to BJO RLOD ; {**Bk Sync Twisty Vine**} (1,2&3) Bk L trng slightly RF, sd R/XLif, sd & bk R to fc DLW (*W fwd R trng RF, sd & bk L, cont trng XRib, sd & fwd L to BJO*) ; {**Hesitation Chng**} [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

05-08 VIENNESE TURNS ; WHISK ; WHIPLASH to BJO DLW :

{**Viennese Turns**} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; {**Whisk**} Repeat meas 3 Intro ; {**Whiplash to BJO DLW**} Repeat meas 4 Intro ;

09-12 HOVER TELE ; HOVER FALLAWAY to BJO ; BACK HOVER to SCP ; SLOW SIDE LOCK :

{**Hover Tele**} Repeat meas 1 Part A ; {**Hover Fallaway to BJO**} Fwd R, fwd L rise to ball of ft checkg, rec bk R (*W fwd L, fwd R rise to ball of ft checkg, rec bk R trng 1/2 LF to BJO*) ; {**Bk Hover to SCP**} Bk L, bk & sd R w/ rise & slight LF trn, rec fwd L (*W fwd R, fwd & sd L trng RF to CP, fwd R*) to SCP LOD ; {**Slow Sd Lock**} Thru R, fwd & sd L rising trng LF, cl R (*W thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

13-16 FORWARD WALTZ ; OP NATURAL ; OUTSIDE SPIN ; OUTSIDE CHECK :

{**Fwd Waltz**} Fwd L, fwd & sd R w/ a slight r-curve, cl L ; {**OP Natural**} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt-sd ld (*W bk L trng RF, fwd R btwn M's feet, fwd L*) to BJO DRC ; {**Outsd Spin**} Cl L to R heel comm strong RF trn, fwd R on heel to CP rise to toe cont trn, cont trn bk L to CP DRW (*W trn RF fwd R in contra bjo, fwd & sd L, on toe brush R to L, fwd R*) ; {**Outsd Check**} Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to BJO DRW & Checkg ;

17-20 THREE BACK CROSS HOVERS SCAR, BJO & SCAR ; ; OP FINISH :

{**Bk Cross Hover to SCAR**} XLib (*WXRif*), sd & bk R rise, bk L to SCAR DRC ; {**Bk Cross Hover to BJO**} XRib (*WXLif*), sd & bk L rise, bk R to BJO DRW ; {**Bk Cross Hover to SCAR**} Repeat meas 17 Part A ; {**OP Finish**} Bk R comm LF trn, bk & sd L cont trng LF, fwd R to BJO DLC ;

21-22 DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION :

{**Dbl Reverse Spin to DLW**} [1,2-/W1&2,3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (*W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif*) to CP DLW ; {**Chng of Direction**} [1,2-] Fwd L, fwd R trng 1/4 LF, draw L to CP DLC ;

PART B

01-04 CLOSED TELEMAR ; CURVED FEATHER ; BACK BACK/LOCK BACK ; IMPETUS to SCP :

{**Closed Telemark**} Fwd L, fwd & sd R cont LF trn, sd & fwd L (*W bk R, trng LF on R cl L [heel trn], bk & sd R*) to BJO DLW ; {**Curved Feather**} Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (*W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong rt-sd ld, bk L*) ckg to BJO RLOD ; {**Bk Bk/Lk Bk**} (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ; {**Impetus to SCP**} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn amd M, brush R & fwd R*) to SCP DLC ;

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05-08 WEAVE 6 to BJO ; ; OP NATURAL ; HESITATION CHANGE ;

{Weave 6 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; **{OP Natural}** Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt-sd ld (*W bk L trng RF, fwd R betwn M's feet, fwd L*) to BJO DRC ; **{Hesitation Chng}** Repeat meas 4 Part A ;

09-12 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Turn / W Insd Turns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn under ld-hnds fc RDC, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 9,10 Part B to BJO DLW & DLC ; ;

13-16 TELEMARK to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R betwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R betwn W's ft, sd & fwd L (*W trng RF fwd R, con ttrn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; **{Chair & Slip}** Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

17-20 OP REVERSE TURN ; HOVER CORTE ; BACK & CHASSE to SCAR DRW ; CROSS SWIVEL to BJO /W DEVELOPE ;

{OP Reverse Turn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Bk & Chasse to SCAR DRW}** [1,2&3] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DRW lose shape pvt RF to SCAR DRW ; **{Cross Swivel to Bjo/W Developpe}** [1--] Fwd L outsd ptr/swiv on L foot LF DLW, pt R sd & bk RLOD, hold shaping twd W (*W bk R/swvlg LF on R foot to fc DRC, bring L foot [w/ toe pnt down] up R leg to insd of R knee, extend L foot fwd*) to BJO DLW ;

PART C

01-04 FORWARD SYNCOPATED TWISTY VINE ; CURVED FEATHER ; OUTSIDE SPIN & TWIST ; ;

{Fwd Sync Twisty Vine} [1,2&3] Fwd R swiv to fc ptr, sd L trng RF to DRW/XRib (*W XLif*) trng LF to fc ptr, sd L cont trng LF to DLW ; **{Curved Feather}** Repeat meas 2 Part B ; **{Outsd Spin & Twist}** Repeat meas 15 Part A ; [1,--/W & 123] XRib toe pressure/unwind transfer weigh to R, cont trng, bk L to CP DRW (*W fwd L/fwd R arnd M, fwd L trng RF, fwd R btwn M's feet*) ;

05-08 BACK & CHASSE to SCP ; SLOW SIDE LOCK : DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ;

{Bk & Chasse to SCP} [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to SCP LOD ; **{Slow Sd Lock}** Repeat meas 12 Part A ; **{Dbl Reverse Spin to DLW}** Repeat meas 21 Part A ; **{Chng of Direction}** Repeat meas 22 Part A ;

BRIDGE

01-02 CURVED FEATHER ; HESITATION CHANGE ;

{Curved Feather} Repeat meas 2 Part B ; **{Hesitation Chng}** Repeat meas 4 Part A ;

ENDING

01-04 OP NATURAL ; OUTSIDE SPIN & TWIST ; ; OP FINISH ;

{OP Natural} Repeat meas 7 Part B ; **{Outsd Spin & Twist}** Repeat meas 15 Part A ; Repeat meas 4 Part C ; **{OP Finish}** Repeat meas 20 Part A ;

05-07 TELEMARK to SCP ; THRU to a HINGE & EXTEND ; ;

{Telemark to SCP} Repeat meas 13 Part B ; **{Thru to a Hinge & Extend Arms}** Thru R, fwd & sd L w/ strong LF body trn & stretch trailing leg extended, hold (*W fwd L comm LF trn, sd R, XLib/extend R*) ; **{Extend Arms}** With upper body stretch lower trig-hnd to ptr'swaist (*W lower ld-hnd to ptr's shldr*), extend free arms ;