

YOU'LL BE THE ONE

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 Music: You'll Be The One Artist: Carlene Carter
 Album: Little Acts of Treason, Track 9
 Available as a single download from www.amazon.com Digital Music
 Time/Speed: Time @ RPM: 4:30 @ 45 = 82 BPM [20.5 MPM] as downloaded
 Suggested Speed: Speed up 7% = 4:07 @ 48 RPM = 88 BPM [22 MPM]
 Footwork: Opposite unless indicated (Woman's footwork in parentheses)
 Rhythm/Phase: **Bolero Phase 4+2 [Riff Turn, 1/2 Moon]**
 Degree of Difficulty: AVG
 Sequence: A Interlude B Bridge C B Mod END

MEAS:

PART A

- 1-4 CP MAN FACING WALL WAIT PICKUP WORDS & 1 MEAS ; BASIC ; ; SLOW HIP ROCK 2 :**
- 1 Wait ;
 - 2 {BAS} Sd L w/ bdy rise, -, bk R w/ slipping action, fwd L end CP WALL (*W Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R end CP COH*) ;
 - 3 Sd R w/ bdy rise, -, fwd L w/ slipping action, bk R (*W Sd L w/ bdy rise, -, bk R w/ slipping action, fwd L*) ;
 - 4 {SLO HIP RK 2} Rk sd L rolling hip sd & bk, -, rec R w/ hip roll end CP WALL, - (*W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll end CP COH, -*) ;
- 5-8 TURNING BASIC ; ; START TURNING BASIC TO WALL ; FORWARD BREAK ;**
- 5 {TRNG BAS} Sd L, -, trng 1/4 LF w/ slip pvt action bk R, fwd L trng 1/4 LF to CP COH (*W Sd R, -, trng 1/4 LF w/ slip pvt action fwd L, bk R trng 1/4 LF to CP WALL*) ;
 - 6 Sd R, -, fwd L w/ ckg action, bk R to CP COH (*W Sd L, -, bk R w/ ckg action, fwd L to CP WALL*) ;
 - 7 {START TRNG BAS TO WALL} Sd L, -, trng 1/4 LF w/ slip pvt action bk R, fwd L trng 1/4 LF to CP WALL (*W Sd R, -, trng 1/4 LF w/ slip pvt action fwd L, bk R trng 1/4 LF to CP COH*) ;
 - 8 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP WALL (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH*) ;
- 9-12 AIDA ; , ROCK 2 ; RECOVER TO BFLY FENCE LINE ; FORWARD BREAK ;**
- 9 {AIDA} Sd L to modified slight open "V" shape twd ptr, -, thru R, trng RF stp sd L (*W Sd R to modified slight open "V" shape twd ptr, -, thru L, trng LF stp sd R*) ;
 - 10 Cont RF trn bk R in Aida Line fcg DRC, - (*W Cont LF trn bk L in Aida Line fcg DRW, -*), {RK 2} Rk sd L, rec R (*W Rk sd R, rec L*) ;
 - 11 {REC TO BFLY FNC LINE} Stp sd L swvlg to fc ptr in BFLY, -, X lun thru R w/ bent knee looking LOD, rec L trng to fc ptr to BFLY WALL (*W Stp sd R swvlg to fc ptr in BFLY, -, X lun thru L w/ bent knee looking LOD, rec R trng to fc ptr to BFLY COH*) ;
 - 12 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP WALL (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH*) ;
- 13-16 CROSS BODY TO COH ; OPEN BREAK ; NEW YORKER ; FORWARD BREAK ;**
- 13 {X BDY TO COH} Sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to LOP COH (*W Sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to LOP WALL*) ;
 - 14 {OP BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, bk L lowering, fwd R to LOP COH (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R lowering, fwd L to LOP WALL*) ;
 - 15 {NY} Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr & COH (*W Sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr & WALL*) ;
 - 16 {FWD BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to LOP COH (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP WALL*) ;
- 17-18 CROSS BODY TO WALL ; LUNGE BREAK ;**
- 17 {X BDY TO WALL} BFLY sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to BFLY WALL (*W BFLY sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to BFLY COH*) ;
 - 18 {LUN BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, commence slight RF bdy trn lowering on R leading W bk extend L to sd & bk, commence slight LF bdy trn rising on R to rec to LOP WALL (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP COH*) ;

INTERLUDE

- 1-4 UNDERARM TURN TO DOUBLE HANDHOLD ; OPENING OUT THREE TIMES ; ;**
- 1 {UNDRM TRN DOUBLE HANDHOLD} Sd L w/ bdy rise, -, XRib of L lowering, fwd L to low BFLY WALL (*W Sd R w/ bdy rise commence RF trn undr jnd lead hnds, -, XLif lowering & cont trng 1/2 RF, fwd R comp RF*) ;

- trn to fc ptr to low BFLY COH);
 2 {OPNG OUT} Sd & fwd R w/ bdy rise commence bdy rotation twd R, -, lower on R foot comp bdy trn & extend L to sd, rise & rotate to BFLY WALL (*W Sd & bk L w/ bdy rise commence bdy rotation RF to match ptr, -, XRib lowering, fwd L & rotate to BFLY COH*);
 3 {OPNG OUT} Cl L w/ bdy rise commence bdy rotation twd L, -, lower on L foot comp bdy trn & extend R to sd, rise & rotate to BFLY WALL (*W Sd & bk R w/ bdy rise commence bdy rotation LF to match ptr, -, XLib lowering, fwd R & rotate to BFLY COH*);
 4 {OPNG OUT} Cl R w/ bdy rise commence bdy rotation twd R, -, lower on R foot comp bdy trn & extend L to sd, rise & rotate to BFLY WALL (*W Sd & bk L w/ bdy rise commence bdy rotation RF to match ptr, -, XRib lowering, fwd L & rotate to BFLY COH*);

PART B

1-4 LUNGE TO LOD CHECKING TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER :

- 1 {LUN TO LOD CKG TWRL TO RLOD TO HNDSHK} Sd L w/ lun like action, -, rec R leading W to twrl LF, XLif to fc ptr in HNDSHK WALL (*W Sd R w/ lun like action, -, sd & fwd L trng 1/2 LF undr jnd hnds, sd & bk R trng 1/2 LF to fc ptr in HNDSHK COH*);
 2 {1/2 MOON TO COH} Sd R commence RF trn w/ R sd stretch slight "V" shape twd ptr, -, cont trng RF slip fwd L shaping to ptr, rec bk R trng to fc ptr end HNDSHK WALL (*W Sd L commence LF trn w/ L sd stretch slight "V" shape twd ptr, -, cont trng LF slip fwd R shaping to ptr, rec bk L trng to fc ptr end HNDSHK COH*);
 3 Trng 1/4 LF sd & fwd L w/ L sd stretch, -, slip bk R shaping to ptr, fwd L cont trng 1/4 to fc partner end HNDSHK COH (*W Trng 1/4 RF sd & fwd R raising L arm trng slightly away from ptr but looking at & shaping to ptr, -, slip fwd L in front of M trng LF 1/2, bk R cont trng 1/4 LF to fc ptr end HNDSHK WALL*);
 4 {SHDW NY} Keeping HNDSHK sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr to HNDSHK COH (*W Keeping HNDSHK sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to HNDSHK WALL*);

5-8 UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN :

- 5 {UNDRM TRN} Keeping HNDSHK sd L w/ bdy rise, -, XRib of L lowering, fwd L to HNDSHK COH (*W Keeping HNDSHK sd R w/ bdy rise commence RF trn undr jnd R hnds, -, XLif lowering & cont trng 1/2 RF, fwd R comp RF trn to fc ptr to HNDSHK WALL*);
 6-7 {1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end BFLY WALL ;
 8 {REV UNDRM TRN} Sd R w/ bdy rise, -, XLif of R lowering, bk R to BFLY WALL (*W Sd L w/ bdy rise commence LF trn undr jnd hnds, -, XRib lowering & cont trn 1/2 LF, fwd L comp LF trn to fc ptr BFLY COH*);

9-12 FENCE LINE ; LUNGE BREAK ; RIGHT PASS TO COH HANDSHAKE ; SHADOW NEW YORKER :

- 9 {FNC LINE} Sd L w/ bdy rise, -, X lun thru R w/ bent knee looking to L, bk L (*W Sd R w/ bdy rise, -, X lun thru L w/ bent knee looking to R, bk R*);
 10 {LUN BRK} Same as Part A meas 18 ;
 11 {R PASS TO COH HNDSHK} Fwd & sd L commence RF trn raise lead hnds to create window, -, XRib of L cont RF trn, fwd L to end HNDSHK COH (*W Fwd R, -, fwd L commencing LF trn, bk R cont LF trn under raised lead hnds to fc ptr end HNDSHK WALL*);
 12 {SHDW NY} Same as Part B meas 4 ;

13-16 TWICE ; HALF MOON TO WALL BFLY ; ; NEW YORKER :

- 13 {SHDW NY} Keeping HNDSHK sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to HNDSHK COH (*W Keeping HNDSHK sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr to HNDSHK WALL*);
 14-15 {1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end fcg BFLY WALL ; ;

- 16 {NY} Sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk L turning to fc ptr to BFLY WALL (*W Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to BFLY COH*);

17-18 UNDERARM TURN ; FORWARD BREAK TO DOUBLE HANDHOLD :

- 17 {UNDRM TRN} Sd L w/ bdy rise, -, XRib of L lowering, fwd L to LOP WALL (*W Sd R w/ bdy rise, commence RF trn undr jnd lead hnds, XLif lowering & cont trng 1/2 RF, fwd R trng to fc ptr end LOP COH*);
 18 {FWD BRK TO DBL HNDHOLD} Sd & fwd R w/ bdy rise to LOP-FCG, -, fwd L w/ contra ck like action, bk R to DBL HNDHOLD WALL (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to DBL HNDHOLD COH*);

BRIDGE

1-2 OPENING OUT TWICE ; ;

- 1 {OPNG OUT} Sd & fwd L w/ bdy rise commence bdy rotation twd L, -, lower on L foot comp bdy trn & extend R to sd, rise & rotate to BFLY WALL (*W Sd & bk R w/ bdy rise commence bdy rotation LF to match ptr, -, XLib lowering, fwd R & rotate to BFLY COH*) ;
- 2 {OPNG OUT} Cl R w/ bdy rise commence bdy rotation twd R, -, lower on R foot comp bdy trn & extend L to sd, rise & rotate to BFLY WALL (*W Sd & bk L w/ bdy rise commence bdy rotation RF to match ptr, -, XRib lowering, fwd L & rotate to BFLY COH*) ;

PART C

- 1-4 SLOW EXPLODE APART & TOGETHER TO BFLY ; RIFF TURN TO BFLY ; FENCE LINE IN 4 ; HIP ROCK 2 SLOW :**
- 1 {SLO EXPLODE APT & TOG TO BFLY} Bk L trng 1/8 LF sweeping L arm up & out, -, rec R to BFLY WALL, - (*W Bk R trng 1/8 RF sweeping R arm up & out, -, rec L to BFLY COH, -*) ;
 - 2 {RIFF TRN TO BFLY} Sd L raise lead hnds to start W into RF spn, cl R to L as W comp spn, sd L keep lead hnds up start W into RF spn, cl R to L as W comp spn to BFLY WALL (*W Sd & fwd R spn RF comp one full trn undr jnd lead hnds, cl L to R, sd & fwd R spn RF comp one full trn undr jnd lead hnds, cl L to R to BFLY COH*) ;
 - 3 {FNC LINE IN 4} Sd L, cross lun thru R w/ bent knee looking LOD, rec L trng to fc ptr, sd R low BFLY WALL (*W Sd R, cross lun thru L w/ bent knee looking LOD, rec R trng to fc ptr, sd L low BFLY COH*) ;
 - 4 {HIP RK 2 SLOW} Rk sd L rolling hip sd & bk, -, rec R w/ hip roll end CP WALL, - (*W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll end CP COH, -*) ;
- 5-8 RIFF TURN BFLY ; TWSTY VINE 4 ; RIFF TURN TO BFLY ; SIDE WALK 4 ; RIFF TRN TO BFLY**
- 5 {RIFF TRN TO BFLY} Same as Part C meas 2 ;
 - 6 {TWSTY VINE 4} Commence slight RF bdy trn sd & bk L, XRib of L, commence slight LF bdy trn sd & fwd L, XRif of L turning to BFLY WALL (*W Commence slight RF bdy trn sd & fwd R, XLif of R, commence slight LF bdy trn sd & bk R, XLib of R turning to BFLY COH*) ;
 - 7 {RIFF TRN TO BFLY} Same as Part C meas 2 ;
 - 8 {SD WLK 4} Sd L, cl R, sd L, cl R to BFLY WALL (*W Sd R, cl L, sd R, cl L to BFLY COH*) ;
- 9-13 CROSS BODY TO COH ; LUNGE BREAK ; ALTERNATING UNDERARM TURN THREE TIMES ; ; ;**
- 9 {X BDY COH} BFLY sd & bk L trng LF, -, bk R w/ slipping action trng LF, fwd L trng LF to BFLY COH (*W BFLY sd & fwd R, -, fwd L crossing in front of M trng LF, small sd R to BFLY WALL*) ;
 - 10 {LUN BRK} Sd & fwd R w/ bdy rise to LOP-FCG, -, commence slight RF bdy trn lowering on R leading W bk extend L to sd & bk, commence slight LF bdy trn rising on R to rec to LOP COH (*W Sd & bk L w/ bdy rise to LOP-FCG, -, bk R w/ contra ck like action, fwd L to LOP WALL*) ;
 - 11 {W UNDRM TRN} Same as Part B meas 5 ;
 - 12 {M UNDRM TRN} Join trail hnds sd R w/ bdy rise commence RF trn undr jnd trail hnds, -, XLif lowering & cont trng 1/2 RF, fwd R comp RF trn to fc ptr to BFLY& COH (*W Join trail hnds sd L w/ bdy rise, -, XRib of L lowering, fwd L to BFLY WALL*) ;
 - 13 {W UNDRM TRN} Same as Part B meas 5 ;
- 14-16 OPEN BREAK ; LEFT PASS TO WALL ; REVERSE UNDERARM TURN :**
- 14 {OP BRK} same as Part A meas 14 to LOP COH ;
 - 15 {L PASS TO WALL} Fwd L to SCAR commence to trn ptr RF, -, bk R w/ slipping action, fwd L trng LF to LOP WALL (*W Fwd R trng 1/4 RF w/ bk to ptr, -, sd & fwd strong LF trn, bk R to LOP COH*) ;
 - 16 {REV UNDRM TRN} Sd R w/ bdy rise, -, XLif of R lowering, bk R to BFLY WALL (*W Sd L w/ bdy rise turning LF undr jnd lead hnds, -, XRif lowering & cont trn 1/2 LF, fwd L turning LF to fc ptr BFLY COH*) ;
- 17-19 NEW YORKER ; SIDE DRAW CLOSE ; FORWARD BREAK :**
- 17 {NY} Sd L w/ bdy rise, commence LF trn, fwd R w/ slipping action lowering & turning LF to sd by sd pos, bk L turning to fc ptr to BFLY WALL (*W Sd R w/ bdy rise, commence RF trn, fwd L w/ slipping action lowering & turning RF to sd by sd pos, bk R turning to fc ptr to BFLY COH*) ;
 - 18 {SD DRAW CL} Sd R w/ bdy rise, -, draw L to R, cl L to R lowering BFLY WALL (*W Sd L w/ bdy rise, - draw R to L, cl R to L lowering to BFLY COH*) ;
 - 19 {FWD BRK} Same as Part A meas 8 end LOP WALL ;

PART B MODIFIED

- 1-4 LUNGE TO LOD CHECKING TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER :**
- 5-8 UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN ;**
- 9-12 FENCE LINE ; LUNGE BREAK ; RIGHT PASS COH TO HANDSHAKE ; SHADOW NEW YORKER ;**
- 13-16 TWICE ; HALF MOON TO WALL LOW BFLY ; ; HIP ROCK 2 SLOW ;**
- 13-15 Same as Part B meas 13 – 15 ; ; ;
 - 16 {HIP RK 2 SLO} Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, - (*W Rk sd L rolling hip sd & bk, -, rec R w/ hip roll, -*) ;

- 17-18
- 17 *hip roll, -;*
FENCE LINE ; RIFF TURN ;
{FNC LINE} Sd R w/ bdy rise, -, X lun thru L w/ bent knee looking to R, bk R (*W Sd L w/ bdy rise, -, X lun thru R w/ bent knee looking to L, bk L*) ;
18 {RIFF TRN} Same as Part C meas 2 ;
- END**
- 1-4
- LUNGE TO LOD CHECKING TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER ;**
- 1 {LUN TO LOD CKG TWRL TO RLOD TO HNDSHK} Same as Part B meas 1 ;
2-3 {1/2 MOON} Same as Part B meas 2 - 3 ; ;
4 {SHDW NY} Same as Part B meas 4 ;
- 5-8
- UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; MAN LUNGE / LADY WRAP IN 2 ;**
5 {UNDRM TRN} Same as Part B meas 5 ;
6-7 {1/2 MOON TO WALL BFLY} Same as Part B meas 2 – 3 except end fcg BFLY WALL ; ;
8 {M LUN / LADY WRP IN 2} Sd R keeping hnds jnd bring trailing hnds down to waist level between ptrs while bringing lead hnds up & between ptrs to start W into LF trn, cont to lead W in LF trn, bringing lead hnds down to chest level, - (*W Sd L trng LF 1/4, cont LF trn, sd & bk R trng LF 1/2 to fc LOD, -*) ;
- 9-10
- LADY CARESS ; HOLD ;**
9 {LADY CARESS} M looks at ptr, -, -, - (*W Raises R arm to caress M's cheek, -, -, -*) ;
10 {HOLD} -, -, -, - (*W -, -, -, -*) ;

QK CUES

- Part A**
- CP MAN FACING WALL WAIT PICKUP WORDS & 1 MEAS ; BASIC ; ; SLOW HIP ROCK 2 ;
TURNING BASIC ; ; START TURNING BASIC TO WALL ; FORWARD BREAK ;
AIDA , , ROCK 2 ; RECOVER TO BFLY FENCE LINE ; FORWARD BREAK ;
CROSS BODY TO COH ; OPEN BREAK ; NEW YORKER ; FORWARD BREAK ;
CROSS BODY TO WALL ; LUNGE BREAK ;
- Interlude**
- UNDERARM TURN TO DOUBLE HANDHOLD ; OPENING OUT THREE TIMES ; ;**
- Part B**
- LUNGE TO LOD CKG TWIRL TO RLOD TO HANDSHAKE ; HALF MOON COH ; ; SHADOW NEW YORKER ;**
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN ;
FENCE LINE ; LUNGE BREAK ; RIGHT PASS TO COH HANDSHAKE ; SHADOW NEW YORKER ;
TWICE ; HALF MOON TO WALL BFLY ; ; NEW YORKER ;
UNDERARM TURN ; FORWARD BREAK TO DOUBLE HANDHOLD ;
- BRDG**
- OPENING OUT TWICE ; ;**
- Part C**
- SLOW EXPLODE APT & TOG TO BFLY ; RIFF TURN ; FENCE LINE IN 4 ; HIP ROCK 2 SLOW ;**
RIFF TURN TO BFLY ; TWISTY VINE 4 ; RIFF TURN ; SIDE WALK 4 ;
CROSS BODY TO COH ; LUNGE BREAK ; ALTERNATING UNDERARM TURN THREE TIMES ; ;
OPEN BREAK ; LEFT PASS TO WALL ; REVERSE UNDERARM TURN ;
NEW YORKER ; SIDE DRAW CLOSE ; FORWARD BREAK ;
- Part B Mod**
- LUNGE TO LOD CKG TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER ;**
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; REVERSE UNDERARM TURN ;
FENCE LINE ; LUNGE BREAK ; RIGHT PASS COH TO HANDSHAKE ; SHADOW NEW YORKER ;
TWICE ; HALF MOON TO WALL LOW BFLY ; ; HIP ROCK 2 SLOW ;
FENCE LINE ; RIFF TURN ;
- End**
- LUNGE TO LOD CKG TWIRL TO RLOD TO HANDSHAKE ; HALF MOON TO COH ; ; SHADOW NEW YORKER ;**
UNDERARM TURN ; HALF MOON TO WALL BFLY ; ; MAN LUNGE / LADY WRAP IN 2 ;
LADY CARESS ; HOLD ;