

ONE HAND, ONE HEART

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MUSIC: One Hand, One Heart, download from CasaMusica, Masters of Modern
RHYTHM: waltz **TIME @ BPM:** 2.24 @ 87
PHASE (+): VI
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO, A, B, C, INTER, END**

MEAS.

INTRODUCTION

1-2 **CP/DLW TRAIL FOOT FREE WAIT;; SIDE, DRAW; HOVER DLC;**
1,2 in CP/DLW both with trail ft free wait;;
3 side R, over the next two beats draw L to R, -;
4 fwd L, sd R, rec fwd L to SCP/DLC;

PART A

1-4 **QUICK OPEN REVERSE; HOVER CORTE; BACK WHISK; THRU, FAN & TCH;**
1 thru R, fwd L trng LF/sd & bk R, bk L to end BJO/RL0D;
2 bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R end BJO/LOD;
3 bk L, trng RF to fc WALL sd R, XLiB;
4 thru R, fan L CW trng to fc prt, tch L to R;

5-8 **FALLAWAY RONDE & SLIP; TELESPIN TO SCP;; THRU SYNC VINE;**
5 ronde L ft CCW, XLiB of R well under the body trng LF to CP, sm bk R to CP/DLC;
6,7 fwd L start LF trn, sd & fwd R cont LF trn (W cl L for a heel trn), sd & bk L partial
wgt twds LOD body trns less (W sm fwd R); cont LF trn to lead W fwd/transfer full
wgt to L ft to CP, sd & fwd R cont trn, sd & fwd L (W fwd L/fwd & sd R trng LF, cl L
to R for toe spin trng LF, sd & fwd R) to SCP/DLW;
1&,2,3 8 thru R/sd L, XRiB (W also XiB), sd L;

9-12 **MANUV; OPEN IMP; BIG TOP DLW; HOVER TELEMAR DLW;**
9 fwd R, trng RF sd L, cl R to end CP/RL0D;
10 bk L comm RF trn, cl R for heel trn cont RF trn, fwd L in SCP/DLC (W fwd R
pivoting 1/2 RF, sd & fwd L arnd M cont pivoting action brushing R to L, fwd R);
1,2,3 11 SCP fcg DLC thru R comm spinning LF, cont spinning LF on R XLiB, cont spinning
1&, -,3 LF slip R bk under body (W thru L/starting LF trn to CP step sd on R toe, cont LF
trn on R toe brushing L to R, fwd L btwn M's ft) to CP/DLW;
12 fwd L, fwd & sd R rise trng slightly RF, fwd L to SCP/DLW;

13-16 **CONTINUOUS HOVER CROSS;;; OPEN REVERSE TURN;**
13-15 thru R, fwd & sd L trng RF, cont RF trn with small step sd & fwd R to CP (W thru L,
fwd R trng RF, sd L); fwd L across R to SCAR, cl R, bk L to BJO (W bk R, sd L,
fwd R); bk R to CP, sd & fwd L, fwd R to BJO/DLC (W fwd L, sd & bk R, bk L);
16 fwd L, trng LF sd R & bk, bk L [ptr outside] to BJO/RL0D;

PART B

- 1-4 **HOVER CORTE; BK WHISK; THRU, CHASSE BJO; DOUBLE NAT'L SPIN;**
 1 bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R end BJO/LOD;
 2 bk L, trng RF to fc WALL sd R, XLiB;
 3 thru R, sd L/cl R, sd L to BJO/DLW;
 4 fwd R, trng RF sd & fwd L arnd W/cont RF trn bring R to L no weight, cont spin RF
 on L (W - bk L, cl R heel turn/cont trn RF sd & fwd L arnd M, cont trn step fwd R) to
 end BJO/DLW;
- 5-8 **CURVED FEATHER CHECK; BACK TIPPLE CHASSE; RUMBA CROSS;**
RUMBA CROSS;
 5 fwd R comm curving RF, sd & fwd L cont curving RF w/ L-shoulder lead, fwd R
 outside ptr checking motion (W bk L comm trng RF, cont trng RF sd & bk R, bk L
 [ptr outside] checking motion) end BJO/DRW;
 6 bk L, trng RF sd R/cl L, sd & slightly fwd R to CP/LOD;
 7,8 fwd L/XRiB trng RF, bk L pivot RF, fwd R to CP/LOD; repeat measure 7;
- 9-12 **HOVER TELEMAR DLW; OPEN NATURAL; OUTSIDE SPIN; RT LOCK DLC;**
 9 fwd L, fwd & sd R rise trng slightly RF, fwd L to SCP/DLW;
 10 thru R, trng RF sd L, cont RF upper body trn bk R;
 11 strong RF trn small bk & sd L toe in, fwd R [heel to toe] trn RF, sd & bk L to
 CP/RLOD (W fwd R outside ptr trn RF, cl L to R toe spin, fwd R between M's feet);
 12 bk R w/ R-shoulder lead comm trng RF/XLiF cont trng RF to fc almost
 COH, cont trng RF sd & slightly fwd R btwn W's ft rising momentary to CP, cont
 trng RF to SCP sd & fwd L (W fwd L w/ L-shoulder lead comm trng RF/XRiB cont
 trng RF, cont trng RF sd & fwd L around M, cont trng RF to SCP sd & fwd R) end
 SCP/DLC;
- 13-16 **THRU, RIPPLE CHASSE; SLOW SIDE LOCK; DOUBLE REV DLC;**
DOUBLE REV DLW;
 13 thru R, sd & fwd L with L sd stretch [right sway] to briefly look slightly R/cl R to L,
 correct sway sd & fwd L still in SCP/DLC;
 14 thru R, trng LF sd L, lk RiB of L end CP/DLC;
 1,2,- 15 fwd L, trng LF sd R arnd W cont LF trn bring L to R (no weight), cont spin LF on R
 (W bk R, cl L for a heel turn, cont trn LF sd & bk R arnd M/cont trn XLiF) end
 CP/DLC;
 1,2,3& 1,2,- 16 fwd L, trng LF sd R arnd W cont LF trn bring L to R (no weight), cont spin LF on R
 (W bk R, cl L for a heel turn, cont trn LF sd & bk R arnd M/cont trn XLiF) end
 CP/DLW;
 1,2,3&
- 17-20 **WHISK; THRU, CHASSE SCP; THRU, FACE, CLOSE; HOVER DLC;**
 17 fwd L, fwd & sd R, XLiB of R to SCP;
 18 thru R, sd L/cl R, sd L to SCP;
 19 thru R, trng to fc ptr sd L, cl R to L;
 20 fwd L, sd R, rec fwd L to SCP/DLC;

PART C

- 1-4 **WEAVE TO SCP;; STEP FWD, RONDE BACK, STEP BACK;
STEP BK, RONDE, STEP BACK;**
1-2 thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to BJO/DRC;
 bk L (W fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to
 SCP/ DLW;
3 step fwd R, bring left ft along right ft & ronde CCW, step back on L;
4 step bk R, ronde left ft CCW, step back on L;
- 5-8 **STEP BACK, W SWIVEL DEVELOPE; BACK HOVER TO SCP; THRU, SCP
CHASSE; OPEN NAT'L;**
5 bk R leading ptr to swivel left face, keeping L ft fwd w/slight R sway, hold
 (W bk L swivel LF to fc RLOD, lift R ft up side of R leg, extend R leg fwd with toe
 pointed down);
6 bk L, bk R rising & trng W RF to SCP, fwd L SCP;
7 thru R, sd L/cl R, sd L to SCP;
8 thru R, trng RF sd L, cont RF upper body trn to CBMP bk R;
- 9-12 **OUTSIDE SPIN; QUICK LOCK, SLOW LOCK; 1 BK VIENNESE TURN;
OPEN TELEMARK;**
9 strong RF trn small bk & sd L toe in, fwd R [heel to toe] trn RF, sd & bk L to
 CP/RLOD (W fwd R outside ptr trn RF, cl L to R toe spin, fwd R between M's feet);
10 bk R/lock LiF, bk R, lock LiF;
11 bk R LOD comm LF trn, cont LF trn bk & sd L, cont LF trn cl R to L (W XLiF of R) to
 end CP/DLC;
12 fwd L, trng LF sd R (W close L for a heel trn), sd & fwd L to SCP/DLW;
- 13-17 **PROMENADE LOCKS; NAT'L HOVER FALLAWAY; FALLAWAY LOCKS;
SLIP PIVOT BJO; FWD, SCP CHASSE;**
13 in SCP fwd R, fwd L/XRiB (W XLiB), fwd L;
14 staying in SCP step fwd R, fwd L trng RF to fc DRW with rise, bk R;
15 staying in SCP bk L, bk R/XLiF (W XRiF), bk R SCP DRW;
16 bk L, bk R trng lady to BJO, fwd L (W bk R, trng LF fwd L to BJO, bk R) to
 SCP/DLW;
17 fwd R, sd L/cl R, sd L to SCP;

INTERLUDE

- 1-5 **THE SQUARE;;; THRU TO A PROMENADE SWAY;**
1 In SCP release lead hnds fwd R comm RF trn, sd & fwd L cont RF trn to fc COH
 placing L arm around W's shoulder, fwd R (W fwd L, sd & fwd R trng LF to L half
 open COH, fwd L);
2 both fcg COH in L half open fwd L, sd & fwd R trng LF to half open RLOD placing R
 arm around W's shoulder, fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn to
 fc RLOD, fwd R);
3 fwd R comm RF trn, sd & fwd L cont RF trn to fc WALL placing L arm around W's
 shoulder, fwd R (W fwd L, sd & fwd R trng LF to L half open WALL, fwd L);
4 both fcg WALL in L half open fwd L, sd & fwd R trng LF to half open LOD placing R
 arm around W's shoulder, fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn to
 fc LOD, fwd R);
5 thru R, sd L lower with L sway (R sd stretch),-;

END

- 1-4 **SLOW CHANGE SWAY; LINK TO SCP; THRU TO A SLOW HINGE & EXTEND;;**
 1 slowly change sway to R (L sd stretch),-,-;
 2 draw R to L, close R, fwd L;
 3,4 thru R, sd & fwd L trng W LF to CP, lead W to hinge then comm to relax L knee (thru L, sd & fwd R trng LF, XLiB of R leaving R ft pointing RLOD head to L); cont to relax L knee & extend the line through meas with slight sway R with M looking twd and over W (W head now well to L);
- 5-8 **REC TO A SAME FOOT LUNGE LINE; TO A MINI-TELESPIN ENDING; BACK CORTE & HOLD;;**
 5 rise with no weight change while leading W out of the hinge, close R, lower on R while extending L twd to LOD/turn upper body LF leading W to rec (W rec R comm to swivel RF, cont to swivel RF on R to fc LOD, lower on R while extending L fwd to LOD/rec on L trng LF);
 6 [the mini-telespin ending starts on the "&-count" of the last beat of measure 5] take weight on L pivoting LF to fc DRC, close R, hold (W sd R cont LF turn, close L, hold);
 7,8 step back L to a corté and hold;;

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INTRO: CP/DLW - trail ft free - wait;; side, draw; hover LC;

PART A: quick open rev; hover corte; back whisk; thru, fan & touch;
 fallaway ronde & slip; telespin to Scp;; thru, sync vine;
 manuv; open impetus; big top LW; hover telemark LW;
 continuous hover cross;; open reverse turn;

PART B: hover corte; back whisk; thru, chasse Bjo; double natural spin;
 curved feather check; back tiple chasse; rumba cross; rumba cross;
 hover telemark LW; open natural; outside spin; to a RT lock LC;
 thru, ripple chasse; slow side lock; double rev LC; double rev LW;
 whisk; thru, Scp chasse; thru, face, close; hover LC;

PART C: (17 measures) weave to Scp;; step fwd, ronde back, step back;
 step bk, ronde, step back; step back, W swivel develop;
 back hover to Scp; thru, Scp chasse; open nat'l; outside spin to a;
 quick lk, slow lk; 1 bk Viennese turn; open telemark; prom locks;
 nat'l hover fallaway; fallaway locks; slip pivot Bjo; fwd, Scp chasse;

INTER: the square;;; thru to prom sway;

END: slow change sway; link to Scp; thru to a slow hinge & extend;;
 recover to a same foot lunge line; to a mini-telespin ending;
 back corte & hold;;