



## One Small Star

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**Record:** Double M Records; MM 199; **Time/Speed:** 4:23 100%

**Rhythm:** Foxtrot - Phase IV; **Difficulty:** Easy

**Footwork:** Opposite unless noted (Woman's footwork in parenthesis)

**Sequence:** INTRO, A, B, BRDG, A, B (MOD1), B, A, B (MOD2), END

### INTRODUCTION

#### 1-4 WAIT 2 (OP FCG) ;; APART POINT ; TOGETHER TOUCH (CP WALL) ;

1-2 OP FCG WALL wt 2 meas;;

3-4 Apart L, -, pt R twds ptr, - ; Take weight on R, - tch L to CP WALL, - ;

#### 5-6 HOVER ; THRU FACE CLOSE ;

5-6 Fwd L, -, sd & fwd R w/ rise, rec L; Thru R, -, sd L trng to fc ptr, cl R to CP WALL;

### PART A

#### 1-4 WHISK ; WING ; TELEMARK (SCP) ; HOVER FALLAWAY ;

1-2 Fwd L, -, sd & fwd R, XLib to SCP; fwd R, -, draw L to R, tch L (W trng LF in front and arnd M fwd L, -, fwd R, fwd L) to tight SCAR DLW;

3-4 fwd L trn lf, -, cont lf sd R, sd & fwd L to scp dlw; fwd R scp dlw, -, fwd L rise, rec R;

#### 5-8 SLIP PIVOT (BJO) ; MANEUVER ; SPIN TURN ; BACK ½ BOX ;

5-6 Bk L (W bk R trng LF), -, bk R trng LF to CP (W swl LF fwd to CP, sd & fwd L to BJO; Fwd R trn R, -, sd L continuing RF trn to fc RLOD, clo R;

7-8 Bk L pvtg RF ½, -, fwd R w/ rise, sd & bk L; (Fwd R pvtg RF 1/2, -, Bk L w/ rise-brush R to L, fwd R;) Bk R, -, sd & bk L, clo R to fc CP LOD;

#### 9-12 FORWARD RUN 2 TWICE ;; 2 LEFT TURNS ;;

9-10 Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;

11-12 Fwd L trng ¼ left face to fc coh, -, sd & bk R trng ¼ left face to fc rlod, cl L; Bk R trng ¼ left face to fc wall, -, sd L to fc wall, cl R;

#### 13-16 BOX ;; TWISTY VINE ; MANEUVER ;

13-14 Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R;

15-16 sd L commencing slight RF upper body turn, -, XRIB (W XLIF), sd and fwd L commencing slight LF upper body turn; Fwd R trn R, -, sd L cont RF trn to fc RLOD, clo R;

#### 17 HESITATION CHANGE (BJO DLC) ;

17 bk L comencing RF turn, -, sd R to CP DLC, draw L to R to CP DLC;

### PART B

#### 1-4 DIAMOND TURN ;;;

1-2 fwd L trng LF on diag, -, cont LF trn sd R, bk L; Cont LF trn R, -, sd L, fwd R;

3-4 Fwd L trng LF on diag, -, sd R, bk L; Bk R cont LF trn, -, sd L, fwd R to CP DLC;

#### 5-8 TURN LEFT & RIGHT CHASSE (BJO RLOD) ; IMPETUS ; IN & OUT RUNS ;;

5-6 fwd L trng LF to CP COH, -, sd R/cl L, sd R trng to BJO DRC; bk L bringing R to L (no weight) beginning RF heel trn, -, chg weight to R cont turn, fwd L (W fwd R pivot 1/2 RF, -,

sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;

- 7-8 M thru R comm RF turn,-, sd & bk L cont turn to CP, bk R to contra BJO fcg R LOD (W fwd L,-, R betw M's ft, fwd L in contra BJO); Bk L turn RF,-, sd & fwd R betw W's feet cont. RF turn, fwd L to SCP DC (W fwd R turn RF,-, fwd & sd L cont. turn, fwd R to SCP);

### **9-11 THRU FACE CLOSE ; HOVER ; PICK-UP ;**

- 9-10 Fwd R, -, fwd L, fwd R; Fwd L, -, sd & rise R, rec L to scp/lod;  
11 small fwd R, -, sd L, cl R (W fwd L, fwd R arnd M to pick up, cl R)

### **12-13 2 LEFT TURNS**

- 12-13 (1st & 3rd B) CP LOD fwd L trng 1/4 LF to CP COH,-, sd R, cl L; Bk R trng 1/4 LF to CP RLOD,-, sd L cont 1/4 LF turn, cl R to CP WALL;

## **PART B (MODIFIED 1)**

### **1-4 DIAMOND TURN ;;;;**

- 1-2 fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R;  
3-4 Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R to CP DLC;

### **5-8 TURN LEFT & RIGHT CHASSE (BJO RLOD) ; IMPETUS ; IN & OUT RUNS ;;**

- 5-6 fwd L trng LF to CP COH,-, sd R/cl L, sd R trng to BJO DRC; bk L bringing R to L (no weight) beginning RF heel trn,-, chg weight to R cont turn, fwd L (W fwd R pivot 1/2 RF,-, sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;  
7-8 M thru R comm RF turn,-, sd & bk L cont turn to CP, bk R to contra BJO fcg R LOD (W fwd L,-, R betw M's ft, fwd L in contra BJO); Bk L turn RF,-, sd & fwd R betw W's feet cont. RF turn, fwd L to SCP DC (W fwd R turn RF,-, fwd & sd L cont. turn, fwd R to SCP);

### **9-11 THRU FACE CLOSE ; HOVER ; PICK-UP ;**

- 9-10 Fwd R, -, fwd L, fwd R; Fwd L, -, sd & rise R, rec L to scp/lod;  
11 small fwd R, -, sd L, cl R (W fwd L, fwd R arnd M to pick up, cl L)

### **12 DIP BACK & RECOVER ;**

- 12 (2nd B) CP LOD Dip bk L w/ knee relaxed (W dip fwd R w/ knee relaxed), - , - , - ;

## **PART B (MODIFIED 2)**

### **1-4 DIAMOND TURN ;;;;**

- 1-2 fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R;  
3-4 Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R to CP DLC;

### **5-8 TURN LEFT & RIGHT CHASSE (BJO RLOD) ; IMPETUS ; IN & OUT RUNS ;;**

- 5-6 fwd L trng LF to CP COH,-, sd R/cl L, sd R trng to BJO DRC; bk L bringing R to L (no weight) beginning RF heel trn,-, chg weight to R cont turn, fwd L (W fwd R pivot 1/2 RF,-, sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;  
7-8 M thru R comm RF turn,-, sd & bk L cont turn to CP, bk R to contra BJO fcg R LOD (W fwd L,-, R betw M's ft, fwd L in contra BJO); Bk L turn RF,-, sd & fwd R betw W's feet cont. RF turn, fwd L to SCP DC (W fwd R turn RF,-, fwd & sd L cont. turn, fwd R to SCP);

### **9-11 THRU FACE CLOSE ; HOVER ; PICK-UP ;**

- 9-10 Fwd R, -, fwd L, fwd R; Fwd L, -, sd & rise R, rec L to scp/lod;  
11 small fwd R, -, sd L, cl R (W fwd L, fwd R arnd M to pick up, cl L)

### **12-13 FWD RUN 2 TWICE ;**

- 12-13 (4th B) Fwd L,-, fwd R, fwd L; Fwd R, -, fwd L, fwd R;

## **BRIDGE**

**1-2 HOVER ; THRU FACE CLOSE ;**

1-2 Fwd L, -, sd & fwd R w/ rise, rec L; Thru R, -, sd L trng to fc ptr, cl R to CP WALL;

**END**

**1-4 (SLOWING) DIAMOND TURN :::**

1-2 CP DLC fwd L trng LF on diag,-, cont LF trn sd R, bk L; Cont LF trn R,-, sd L, fwd R;

3-4 Fwd L trng LF on diag,-, sd R, bk L; Bk R cont LF trn,-, sd L, fwd R to CP DLC:

**5-7 2 LEFT TURNS ;; DIP BACK ;**

5-6 CP DLC fwd L trng 1/4 LF to CP COH,-, sd R, cl L; Bk R trng 1/4 LF to CP RLOD,-, sd L  
cont 1/4 LF turn, cl R to CP WALL;

7 CP WALL Dip bk L w/ knee relaxed (W dip fwd R w/ knee relaxed), - , - , - ;