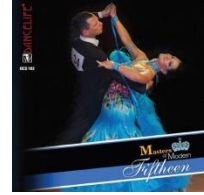




One Hand, One Heart



Choreographer: Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430
Email: jim@kallingkline.com; **Released:** April 2018; Edited 5 February 2019

Artist: Ballroom Orchestra & Singers, **Time:** 2:24; **Speed:** 100%

Album: Master Of Modern 15, Part 1, Track 2 (2011)

Title: One Hand, One Heart (Slow Waltz _ 29 Bpm)

Download & Preview:

https://www.amazon.com/gp/product/B0053A8GZS/ref=dm_ws_sp_ps_dp

Rhythm: Waltz; Phase IV; **Difficulty:** Easy

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

Sequence: INTRO, A, B, A, END

INTRODUCTION

1-4 (OP DLW) WAIT 2 MEAS. ;; CLOSE UP & TOUCH (CP DLW) ; BOX FINISH (CP DLC) ;

1-2 {Wait 2} (in OP pos fcng DLW) wait 2 meas,,,,,;

3-4 {Close Up & Touch} fwd L, tch R to CP DLW,-; {Box Finish} bk R trng 1/4 LF, sd L, cl R to CP DLC;

PART A

1-4 DIAMOND TURN (TO SCAR) ;;;:

1-2 {Diamond Turn} fwd L BJO DLC, sd R cont lf trn, bk L fc DRC; bk R trn lf, sd L cont lf trn, fwd R DRW;

3-4 fwd L trn lf, sd R cont trn, bk L fc DLW; bk R trn lf, sd L cont lf trn, fwd R blndng to SCAR DLW;

5-8 CROSS HOVER (BJO) ; CROSS HOVER (SCAR) ; CROSS HOVER (SCP) ; THRU CHASSE (SCP) ;

5-6 {Cross Hovers} XLIF (W XRIB),-, sd R with a slight rise trng 1/4 LF, rec L to BJO DLC; XRIF (W XLIB), -, sd L with a slight rise trng 1/4 RF, rec R to SCAR DLW;

7-8 {Cross Hover} XLIF of R (W XRIB), -, sd R with a slight rise trng 1/4 LF (W trng RF), rec L to SCP LOD; {Thru Chasse SCP} thru R comm trn to fc, sd L/cl R, sd L to SCP ;

9-12 IN & OUT RUNS ;; MANUEVER ; IMPETUS (SCP) ;

9-10 {In & Out Runs} trng RF fwd R, sd & bk L to CP, bk R to CBJO DRC (W fwd L, fwd R betw M's feet, fwd L); trng RF bk L, sd & fwd R between W's feet cont trn RF, fwd L to SCP DLC (W fwd R, trng RF fwd & sd L brushing R to L, fwd R);

11-12 {Manuever} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD; {Impetus} bk L trng RF, cl R to L heel trn, fwd L (W fwd R trng RF, fwd & sd L arnd M cont trn, fwd R) SCP LOD;

13-16 THRU CHASSE (SCP) ; WEAVE 6 (SCP) ;; SLOW SIDE LOCK ;

13-14 {Thru Chasse SCP} thru R comm trn to fc, sd L/cl R, sd L to SCP ; {Begin Weave} fwd R, fwd L comm LF trn, sd & bk R fc DRC (fwd L, trng LF sd & bk R, cont LF trn sd & fwd L LOD);

- 15-16 {Begin Weave} bk L lead lady to step outsd ptr in CBMP, bk R cont LF trn, sd & fwd L comp trn SCP DW (fwd R outsd ptr in CBMP, fwd L cont LF trn, sd & fwd R SCP DW); {Slow Side Lock} thru R, sd & fwd L comm LF trn leading W to swing in front to PU trng slightly LF XRIB (XLIF) to CP DLC;

PART B

1-4 INTERRUPTED BOX ;;;

- 1-2 {Begin Interrupted Box} fwd L, sd R, cl L; Bk R, sd L, cl R (W fwd L, comm RF 1/2 circ und ld hnds fwd R, fwd L);
 3-4 {Finish Interrupted Box} fwd L, sd R, cl L (W circ RF 1/2 fwd R, fwd L, fwd R to CP); Bk R, sd L, cl R;

5-8 2 LEFT TURNS ;; WHISK ; PICK-UP (CP LOD) :

- 5-6 {2 Left Turns} fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R;
 7-8 {Whisk} Fwd L, fwd & sd R, XLIB in tight SCP-LOD ; {Pick-Up} sm thru R trng LF, sd L, cl R (thru L trng in frnt of M to fc RLOD, sd R, cl L) to CP LOD;

9-12 FORWARD WALTZ ; DRIFT APART ; THRU TWINKLE TWICE (SCAR) ;;

- 9-10 {Forward Waltz} in CP LOD fwd L, fwd R, fwd L; {Drift Apart} taking sm stps fwd R, fwd L, fwd R allowing lady to separate to LOP LOD (bk L, bk R, bk L);
 11-12 {Twinkle} w/ ld hnds joined trng slighly RF (W LF) thru L toward WALL, sd R, cl L; {Twinkle to SCAR} trng slightly LF (W RF) thru R toward COH, sd L, cl R blending to SCAR DLW;

13-16 3 PROG TWINKLES ;;; THRU FACE CLOSE :

- 13-14 {Progressive Twinkles} prog fwd L, trng LF stp R, fin trn stp L to BJO; prog fwd R, trng RF stp L, fin trn stp R to SCAR;
 15-16 {Progressive Twinkle} prog fwd L, trng LF stp R, fin trn stp L to BJO; {Thru Face Close} XRIFL (W XLIFR), fwd L to fc ptr, cl R;

17-20 HOVER ; MANUEVER ; SPIN TURN ; BACK 1/2 BOX ;

- 17-18 {Hover} fwd L, sd & fwd R w/ rise, rec L; {Manuever} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD;
 19-20 {Spin Turn} bk L pvtg RF 1/2, fwd R w/ rise, sd & bk L; {Back 1/2 Box} bk R, sd L, cl R blndg to DLC;

REPEAT PART A

ENDING

1-4 SIDE CORTE ; FORWARD WALTZ ; 2 LEFT TURNS (CPW) ;;

- 1-2 {Side Corte} sd & bk L relaxing knee w/ R leg extended, -,-; {Forward Waltz} rec to CP LOD fwd R, fwd L, fwd R;
 3-4 {2 Left Turns} fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R;

5-8 SIDE DRAW TOUCH & HOLD ; SIDE DRAW TOUCH ; TWIRL VINE 3 ; THRU FACE CLOSE ;

- 5-6 {Side Draw Touch} sd L, drw R to L, -, tch R nxt to L; rec R, drw L to R, tch L nxt to R;
 7-8 {Twirl Vine} sd L, XRIBL (W XLIFR), sd L; {Thru Face Close} thru R, fwd L trng to fc ptr, cl R;

9-10 CANTER ; SIDE CORTE :

- 9-10 {Canter} sd L, draw R to L, cl R; {Side Corte} sd L relaxing knee leaving R leg extended trng to SCP RLOD, -,-;

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Rhythm: Cha; Phase IV; Difficulty: Easy

Sequence: INTRO, A, B, A, END

INTRODUCTION

1-4___(OP DLW) WAIT 2 ;; CLS UP TCH (CP DLW) ; BOX FIN (CP DLC) ;

PART A

1-4___DIAMOND TRN (SCAR) ;;;;

5-8___X HVR (BJO) ; X HVR (SCAR) ; X HVR (SCP) ; CHASSE (SCP) ;

9-12___I/O RUNS ;; MANUV ; IMP (SCP) ;

13-16___CHASSE (SCP) ; WEAVE 6 (SCP) ;; SLO SD LK ;

PART B

1-4___INTERRUPTED BOX ;;;;

5-8___2 LF TRNS ;; WHISK ; PU ;

9-12___FWD WALTZ ; DRFT APT ; THRU TWNKL 2X (SCAR) ;;

13-16___3 PROG TWNKLS ;;; THRU FC CL ;

17-20___HOVER ; MANUV ; SPIN TRN ; BK 1/2 BOX ;

PART A

1-4___DIAMOND TRN (SCAR) ;;;;

5-8___X HVR (BJO) ; X HVR (SCAR) ; X HVR (SCP) ; CHASSE (SCP) ;

9-12___I/O RUNS ;; MANUV ; IMP (SCP) ;

13-16___CHASSE (SCP) ; WEAVE 6 (SCP) ;; SLO SD LK ;

ENDING

1-4___SD CORTE ; FWD WALTZ ; 2 LF TRNS (CPW) ;;

5-6___SD DRAW TCH & HOLD ; SD DRAW TCH R ;

7-10___TWRL VN 3 ; THRU FC CL ; CANTER ; SD CORTE ;