

ONLY TIME

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MUSIC: Dancelife CD Lust 4 Latin "Only Time" - Track #9 **RELEASED:** June 2013

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SEQUENCE: Intro, A, B, A, B, C, D, C, Ending **SPEED:** Slow from 24 MPM on CD to 23 MPM

RHYTHM: Rumba **PHASE:** VI **FOOTWORK:** Described for Man - Woman opposite (or as noted)

INTRO

1 - 4 WAIT 2 MEAS;; STOP & GO HOCKEY STICK;;

- 1-2 - Wait 2 meas in LEFT OPEN FCING POS M FCING WALL and lead foot free;;
- 3 - Fwd L, rec R moving slightly behind L, cl L to R (bk R, rec L, fwd R trng ½ LF under joined lead hands),-;
- 4 - Lower well in L knee lunge fwd R cking look bk R twd W, rec L, small sd in pl R (bk L lowering in to sit line raising L arm straight up palm out, rec R out of sit line lowering arm, fwd L trng ½ RF under joined lead hands) bk to LEFT OPEN FCING POS M FCING WALL,-;

PART A

1 - 4 OPEN HIP TWIST; FAN; HOCKEY STICK SPIRAL ON 3; OVERTURNED TO FIGUREHEAD;

- 1 - Fwd L, rec R, keeping fwd poise almost cl slightly bk L (bk R, rec L, fwd R/trn hips only RF towards LOD),-;
- 2 - Bk R, rec L, sd R (fwd L LOD, fwd R sharply trng LF, cont LF trn bk L LOD) to FAN POS M FCING WALL,-;
- 3 - Fwd L, rec R, raising joined lead hands high cl L to R leading W to spiral (cl R to L, fwd L, fwd R in front of M, spiral 7/8 LF under joined lead hands),-;
- 4 - Bk R trng 1/8 RF, rec L, fwd R (fwd L toe pting DRW, fwd R spiral 7/8 LF under joined lead hands, cont LF trn fwd L raising L hand high) to end lead hands joined low in figurehead position M behind W FCING DRW,-;

5 - 9 BASIC LADY TRN & CURL TO; CONT NAT TOP;; TO BFLY; SLOW CRAB WALK 2 M PT R;

- 5 - Fwd L leading W fwd then flip lead hands to lead W to trn RF, rec R, trng RF sd & slightly fwd L (fwd R DRW/sharply swvl ½ RF on R, fwd L, fwd R/curl 5/8 LF on R) blend to loose CP DRC,-;
- 6 - Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel (trng RF sd L, cont RF trn XRIF of L, cont RF trn sd L) to loose CP approximately DLW,-;
- 7 - Cont RF trn sd L leading W fwd, cont RF trn XRIB of L toe to heel, cont RF trn sd L (fwd R trng LF under joined lead hands, trng RF sd L, cont RF trn XRIF of L) to loose CP approximately DLC,-;
- 8 - Trng RF XRIB of L toe to heel, cont RF trn sd & fwd L, sd R (trng RF sd L, fwd R trng LF under joined lead hands, cont LF trn sd L) to BFLY WALL,-;
- s-- 9 - Fwd & across L trng hips to RLOD,-, trng hips to WALL point R sd to RLOD (trng hips to COH sd L RLOD)
- (SS) still in BFLY POS M FCING WALL but now offset M closest to LOD & both with R foot free,-;

PART B

1 - 4 THRU TO CIRCULAR SERPIENTE;; FENCE LINE & POINT; SPOT TURN TO BFLY;

- 1 - In a CW circular motion XRIF of L, sd L, XRIB of L, fan L CCW to end approximately M FCING DLC;
- 2 - In a CCW circular motion XLIB of R, sd R, XLIF of R, fan R CCW to end approximately M FCING WALL;
- qq-- 3 - Keeping circular motion fwd & across R twd DLW (DRC), rec L, point R sd twd RLOD (LOD),-;
- 4 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R to offset BFLY WALL M closest to RLOD,-;

5 - 8 THRU TO CIRCULAR SERPIENTE;; FENCE LINE & POINT; SPOT TURN M POINT;

- 5 - In a CCW circular motion XLIF of R, sd R, XLIB of R, fan R CW to end approximately M FCING DRC;
- 6 - In a CW circular motion XRIB of L, sd L, XRIF of L, fan L CW to end approximately M FCING WALL;
- qq-- 7 - Keeping circular motion fwd & across L twd DRW (DLC), rec R, point L sd twd LOD (RLOD),-;
- qq-- 8 - Fwd & across L RLOD trng RF, rec R cont RF trn to fc ptr, point L sd twd LOD (sd L RLOD) to end LEFT
- (qqs) OPEN FACING POS M FCING WALL,-;

PART A

PART B

PART C**1 - 4 CIRCULAR THREE ALEMANAS;;; (TO CLOSED WALL);**

- 1 - Fwd L, rec R, comm RF trn sd & slightly fwd L raising lead hands high palm to palm (bk R, rec L, trng RF fwd R DLC to M toeing out) to end L OPEN FCING M FCING DRW,-;
- 2 - Cont RF trn XRIB of L, cont RF trn sd L, cont RF trn XRIF of L (trng RF fwd L LOD trng ½ RF under joined lead hands, fwd R RLOD trng ½ RF, fwd L LOD trn ¼ RF) to end L OPEN FCING M FCING CENTER,-;
- 3 - Cont RF trn sd & fwd L leading W to turn under, cont RF trn XRIB of L, cont RF trn sd & slightly bk L (fwd & across R LOD trng ¾ LF under joined lead hands, fwd L RLOD trng another ¾ LF under joined lead hands like a spin, fwd R COH to M) to end lead hands joined high palm to palm L OPEN FCING M FCING WALL,-;
- 4 - Bk R, rec L, small fwd & across R (trng RF fwd L DLC trng ½ RF under joined lead hands, fwd R DRW trng 3/8 RF to fc M, fwd L to M's R sd preparing to open out) to loose CP WALL,-;

5 - 8 CIRCULAR HIP TWIST;;; HIP ROCK 3 LADY CROSS SWIVELS;

- 5 - Fwd L leading W to open out, rec R, trng 1/8 LF bk L toe to heel behind R (swvl ½ RF on L bk & sd R, rec L swvl ½ LF on L, cont LF trn fwd R outsd ptr to M's R sd/trng hips RF towards LOD),-;
- 6 - Trng LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R (fwd L/swvl LF to fc ptr, cl R to L/trn hips RF, fwd L),-;
- 7 - Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (swivel LF to fc ptr/cl R, trn hips RF/fwd L, swivel LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M FCING WALL,-;
- 8 - Sd R, sd L, sd R (fwd L LOD/swvl LF on L, fwd R RLOD/swvl RF on R, fwd L LOD, swvl LF on L),-;

9-11 BACK BREAK LADY REVERSE UNDERARM TO SHADOW WALKS; w/M's HEAD LOOP; FACE FOR 2 SLOW HIP ROCKS LOW BFLY; * (2nd TIME SHAKE HANDS FOR ENDING)

- 9 - Bk L DRC leading W under lead hands & release, rec R, fwd L (fwd R RLOD/trng ½ LF on R under joined lead hands & release, rec L, fwd R) join L hands to end in SHADOW POS DLW,-;
- 10 - Fwd R, taking L hands over M's head fwd L, fwd R completing M's head loop & release L hands to end in momentary loose ½ OPEN V-POS FCING LOD,-;
- ss 11 - Trng RF to fc ptr sd L,-, sd R to low double hand hold,-;

PART D**1-4 ½ (ALL 4 OKS) SIDE TO AIDA w/ARM;,-, SWITCH ROCK & CROSS LUNGE w/ARMS;; RECOVER & ROLL REVERSE TO SIDE LUNGE w/ARM;,-,**

- QQQQ-- 1+ - Sd & fwd L, thru R, sd & fwd L trng RF, cont RF trn bk & sd R to bk to bk V-pos; Sweep trailing arm up & bk,-
- 2-3 - Taking lead hands thru twd LOD trng LF (RF) sd L to BFLY WALL, rec R; Sd L bringing both hands in front of chest, fwd & across R flexing R knee in lunge, extend arms out to sides,-;
- QQQQ-- 4+ - Rec L, trng RF sd & fwd R twd RLOD, fwd L cont LF trn, sd R soft knee completing LF roll in lunge line; Sweep trailing arm up in front of body & out to side,-,

5-7 ½ VINE 4 LEAD HANDS & SLOW SIDE LUNGE RECOVER;;;,-, NEW YORKER & POINT;;;,-,

- QQQs 5-6 - Sd L, joining lead hands XRIB of L; Sd L, XRIF of L, lunge sd L soft knee w/R sway extending both arms out to side,-;
- sqq-- 7+ - Rec R straightening side,-, trng RF fwd L RLOD, rec R trng LF; Cont LF trn point sd L twd LOD to end lead hands joined low,-,

NOTE: + This is an extra ½ measure in the music and actually makes Part D 7½ measures long.

PART C (TO A HANDSHAKE)

ENDING**1 - 4 ALEMANA; w/SURPRISE CHECK (DRW); SWEETHEART TO FACE; UNDERARM TRN TO BFLY WALL;**

- 1 - Fwd L, rec R, cl L to R raising joined R hands (bk R, rec L, fwd R to M toeing out),-;
- qq-q 2 - Bk R, rec L/swivel 1/8 LF on L to fc DLW bringing joined R hands thru at chest level between ptrs & extend them across in front of W, swivel ¼ RF on L to end both fcing DRW with L arms extended to DLW M's behind W, cl R to L (trng RF fwd L DLC/trng ½ RF under R hands, fwd R DRW/trng ½ RF to fc DLC, swvl ½ RF on R, cl L to R) to end both facing DRW w/R hands joined in front of W,-;
- 3 - Fwd L with R sd lead & lead W bk, rec R to fc WALL, small sd L leading W to fc (bk R DLC, rec L, small fwd R trng 3/8 LF) to end M fcing ptr & WALL w/R handshake,-;
- 4 - Bk R, rec L, sd R (fwd & across L LOD trng RF under joined R hands, rec R cont RF trn to fc M, sd L) blend to BFLY WALL,-;

5 - 7 CRAB WALK 5; w/LADY SPIRAL TO FACE; SWAY BACK TO LOOK & EXTEND ARMS;

- 5 - Fwd & across L trng hips to RLOD, sd R trng hips to WALL, fwd & across L trng hips to RLOD,-;
- qq-- 6 - Sd R trng hips to WALL, fwd & across L trng hips to RLOD, hold leading W to spiral LF under joined lead hands (spiral ¾ LF on R to fc ptr & DLC) to end lead hands low fcing ptr & DRW,-;
- 7 - Push hips twds ptr to sway slightly back as you look at ptr and extend trailing arm up & out to side,-;

NOTE: Timing is standard QQS, unless noted on side of measure, and refers to actual weight changes.