

If One Day

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MUSIC: "If One Day You Decide To Go" CD "Giants of Latin -Ti Mon Bo" Track #12 Download CASA MUSICA (length 3:41)

RHYTHM: BOLERO PH V

FOOTWORK: Opposite, unless noted (woman's footwork in parentheses)

TIMING: Standard Bolero timing, unless noted. Timing reflects actual weight changes

SEQUENCE: Intro A, B, INT, A(3-10), B*, C, End

INTRO [V BK to BK Pos / RLOD lead hands joined -both with the lead feet free]
1-4 WAIT ; FWD /SWIVEL TO FC; FORWARD BREAK; BK to CORTE w/HIP ROCKS:

- 1 {Wait} lead hnds jnd in V bk to bk pos fcg RLOD / Both with the lead feet free
- S- 2 {Fwd swiv to Fc} Fwd L (R) swivelling to fc join both hnds low trail feet pointed to RLOD,-, hold,;
- 3 {Fwd Break} releasing M's R (L) arm to extend side Sd & fwd R, -, fwd L, bk R ;
- 4 {Bk to Corte w/Hip Rocks} Sd & bk L blending to Corte position, -, rk fwd R, rk bk L
(W sd & fwd R to corte, -, rk bk L, rk fwd R);

PART A [CP/ WALL]
1-4 BK SHOULDER TO SHOULDER; SPOT TURN TO HANDSHAKE; HALF MOON;;

- 1 {Bk Sh toSh } Sd R blending to BFY -, Trng LF XLIB chking, rec R BFLY/WALL;
- 2 {Spot Turn to Handshake } Sd L to fc LOD,-, fwd R trng LF to fc RLOD, recov fwd L to comp LF trn to RT HANDSHAKE/ WALL;
- 3-4 {Half Moon} Sd R trng RF to L shdw,-, fwd L to RLOD, rec bk R trng LF to fc ptr; Sd & fwd L twd LOD trng LF to L pos, -, bk R cont LF trng, fwd L (W sd & fwd R to LOD, -, fwd L twd wall trng LF, sd R) HANDSHAKE/COH;

5-8 REV UNDERARM TRN; TIMESTEP w/ARMS; SYNCOP HIP ROCKS; FWD BREAK;

- 5 {Rev Underarm Trn} Rt hnds joined sd R, -, XLif, rec R to fc (sd L, -, XRif, rec L to fc ptr);
- 6 {Time step w/ Arms} releasing hnds Sd L w/ bdy rise, -, XRib extending arms to sds
(W XLif bringing arms in the sweep toward man and out to sides) , fwd L ;
- SQ&Q 7 {Sync Hip Rocks} hnds low sd R, -,rec L/ rec R, rec L (Sd L, -,rec R/ rec L, rec R);
- 8 {Fwd Break} releasing M's R (L) arm to extend side Sd & fwd R, -, fwd L, bk R to LOP/COH;

**9-12 TURNING BASIC;; UNDERARM TRN/ LADY OVERTRN to TANDEM/WALL;
CLOSE w/ SUNBURST;**

- 9-10 {Turning Basic } blendg to CP Trng RF sd & bk L to CP,-, bk R trn ¼ LF with slip pivot action, sd & fwd L trng ¼ LF to fc wall; Sd R body rise,-, fwd L slip action, rec bk R to CP/ WALL;
- 11 {Underarm trn Ldy OT to TANDEM/ WALL} Sd L,-, XRIB flex knee raise lead hds, fwd L (W sd R,-, XLIF flex knee trn ¾ RF under jnd Lead hds, fwd R cont trn to fc wall) to end Tandem/ Wall W in front of M ;
- Q--- 12 {Cl w/Sunburst} Close R to L (Cl L to R) /all hands up, slowly sweep arms out and down to join L hnds with R arms extended to side TANDEM /WALL W in front of M ;

13-16 [MOD] SWEETHEART BREAKS TWICE;; SPOT TURN TO FC/ LOW HNDS ; HIP LIFT;

- 13 {Sweetheart Brks 2X} In TANDEM /WALL Sd L, -, shaping body to W fwd R to jn L hnds extend R arm to sd, rec L slight LF trn comm to fc Wall leading W fwd to trn RF (Sd R trng LF to shape to M & LOD, -, with jnd L hnds bk L to a sit-line extend R arm straight up, rec fwd R comm RF trn to fc WALL) releasing hnds ;
- 14 Sd R, -, shaping body to W fwd L to jn R hnds extend L arm to sd, rec R slight RF trn fc Wall leading W fwd (Sd L trng RF to shape to M & RLOD, -, jng R hnds bk R to a sit-line extend L arm straight up, rec fwd L comm slight LF trn Wall) releasing hnds ;
- 15 {Spot Trn to fc} Sd L to fc LOD,-, fwd R trng LF to fc RLOD, recov fwd L to comp LF trn
(Sd R to fc RLOD,-, fwd L trng RF to fc ptrnr , rec R) to LOW DBLE HNDHOLD /WALL;
- S 16 {Hip Lift} Sd R,-, draw L to R press wt on L to lift L hip, lower hip;

PART B [BFY WALL]
1-4 PREPARE AIDA; AIDA LINE & HIP ROCKS; FWD SWIVEL to FC & ROLL RLOD; FENCELINE;

- 1 {Aida Prep} Blending to BFY Sd L comm LF trn, -, thru R, trng RF sd L;
- 2 {Aida Line with Hip Rks} Cont RF trn bk R in aida line,-, rk fwd L, rec R;
- 3 {Fwd to Fc & roll RLOD} Fwd L swivelling in to fc ptrnr to m's Rt hand (L hnd) palm to palm, -, Roll RF (LF) towards RLOD R, L commencing to fc partner ;
- 4 {Fenceline} sd R,-,XLIF of R, bk R to fc;

(Part B Cont)

5-8**OPENING OUT TWICE;; CROSS BODY w/LADY'S SYNCOP TRN IN 5; NEW YORKER;**

- S(SQQ) 5 {Opening Out twice} Maintaining BFLY sm sd L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY);
- S(SQQ) 6 Maintaining BFLY sm sd R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XRib lowering, fwd L to BFLY);
- SQQ 7 {Cross Body w/ Ldy's Syncop Trn in 5} Trning body LF to open the door for W's cross bdy
- (SQ&Q&) sd L,-, XRIb of L trning LF as trn W under joined lead hnds, fwd L (W fwd R w/sltg RF bdy trn,-, qk LF dbl underarm trn fwd L/ cont trn small bk R, fwd L cont trn/ small bk R cont trn)LOP/COH;
- 8 {New Yrker} Sd R trng RF trn w/ rise to fc LOD,-, ck thru L soft knee, rec R trn LF to LOP/COH;

9-12**RIFF TRN; LEFT SIDE PASS; HORSESHOE TURN;;**

- QQQQ 9 {Riff Trn} to RLOD Sd L raise ld hnds, cl R, smll sd L, cl R (W sd & fwd R comm RF spin, cl L full RF spin, fwd R comm RF spin, cl L full spin undr jnd hnds) to BFY/COH
- 10 {Left Sd Pass} Fwd L, -, trn & slip bk R, fwd L (Fwd R trn RF 1/2, -, fwd L trn LF 1/2, bk R) LOP/WALL;
- 11-12 {Horseshoe Trn} Sd & fwd R,-, slip thru L chkg, rec R; Raising ld hnds fwd L twd RLOD preparing to cross IF of W,-, fwd R comm circ wlk, fwd L compl circ wlk to fc ptr (Sd & fwd L,-, slip thru R chkg, rec L; Fwd R und jnd hnds,-, fwd L tight RF circ wlk, fwd R to fc ptr) LOP/COH;

13-16**OPEN BREAK; RIGHT SIDE PASS; SYCOPATE VINE 4 to HANDSHAKE; CONTRA BREAK;**

- 13 {Open Break} Sd & fwd R, -, apt L, rec R;
- 14 {Right Sd Pass} Fwd & sd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF, fwd L (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds) to fc WALL;
- SQ&Q 15 {Syncop VN 4} taking BFY Sd R, -, XLIB of R/ sd R, XLIF of R JOIN RT HNDS;
- 16 {Contra Break} with Rt Hands joined Sd & fwd R, -, w R sd ld slp fwd L w contra chk like action, bk R (Sd & bk L, -, w L sd ld slp bk R w contra check like action, fwd L) ;

INTERLUDE [LOP/WALL]**1-4****PREPARE FAN; INTO HOCKEYSTICK; w/ LADY'S SPIRAL & OVERTURN to FC;**
SYNCOP HIP ROCKS to HANDSHAKE;

- 1 {Prep Fan} Sd L, -, bk R, M transferring Ldy's R hand to his L hnd/ rec L fcg WALL (Sd & fwd R, -, fwd L, fwd R commencing LF trn) ;
- 2 {Hockeystick} Sd R RLOD to fan position,-, fwd L,rec R (cont LF trn bk L LOD to fan pos,-, cl R to L, fwd L);
- 3 {w/Ldy's spiral & Ov/trn to Fc} Cl L to R,-, trng slightly RF bk R, fwd L (fwd R, spiral 7/8 LF under joined lead hands, cont LF trn fwd L, fwd R trng LF under joined lead hands);
- SQ&Q 4 {Sync Hip Rocks} hnds low sd R, -,rec L/ rec R, rec L (Sd L, -,rec R/ rec L, rec R) join Rt hnds;

REPEAT PART A MEASURES 3-10**REPEAT PART B [MOD*]****1-15 repeat PART B measures 1-15****16 mod* CONTRA BREAK w/ LADY TO TANDEM/WALL ;**

- 16 {Contra Break} with Rt Hands joined Sd & fwd R, -, w R sd ld slp fwd L w contra chk like action, bk R leading Ldy to commence LF trn (Sd & bk L, -, w L sd ld slp bk R w contra check like action, fwd L comm LF trn) blending to TANDEM/WALL;

PART C [TANDEM/WALL]**1-4****SWEETHEARTS ; ; SPOT TURN to RT HANDSHAKE; SHADOW NEW YORKER;**

- 1-2 {Sweethearts Twice} Sd L, -,fwd R w/ slight RF trn [R hnds high],rec L (sd R, -,bk L w/slight LF trn, rec R); Sd R, -,fwd L w/ slight LF trn [L hnds high], rec R (sd L, -,bk R w/ slight RF trn, rec L) ;
- 3 {Solo Spot Trn to RT Hndshake} Sd L to fc LOD,-, fwd R trning LF to fc RLOD, recov fwd L to comp LF trn (Sd R to fc RLOD,-, fwd L trning RF to fc ptrnr, rec R) to Rt Handshake /DRW;
- 4 {Shadow New Yorker} With R hnds jnd sd R comm RF trn extend L hnd beh W's back, -,fwd L, rec bk R trng LF to fc (Sd L comm LF trn extend L hnd to sd, -, fwd R, rec bk L trng RF to fc);

5-8**[RIGHT HAND] UNDERARM TURN; CONTRA BREAK; LADY SPIRAL/ MAN CIRCLE to VARSOUVIENNE /LOD; BOLERO WLKS ;**

- 5 {Underarm Trn} Sd L raising jnd R hnds, -, XRIF ldy W to trn und jnd hnds, rec L to fc (Sd R comm RF trn, -, fwd L cont RF trn, rec R trng RF to fc);
- 6 {Contra Break} with Rt Hands joined Sd & fwd R, -, w R sd ld slp fwd L w contra chk like action, bk R (Sd & bk L, -, w L sd ld slp bk R w contra check like action, fwd L);
- 7 {Ldy Spiral/ Man Circle to Vars/LOD} Fwd &Sd L lead W to spiral LF comm RF circle, -, fwd R, fwd L cont RF circle to take Varsouvienne pos behind Lady (Fwd R spiral LF 7/8, - fwd L, fwd R to LOD) to VARSOUV/LOD;
- 8 {Bolero Wlks } In Varsouvienne looking at ptrnr walk Fwd R,-, fwd L, fwd R in VARSOUV/LOD;

(Part C cont)

- 9-12** **[CONTINUE WALKS] TO PREPARE FAN ; into a HOCKEYSTICK; w/ LADY'S SPIRAL & OVERTURNED to FC; TWO HAND CONTRA CHECK ;**
- 9 **{Continue Wlks to Fan}** Fwd L, -, Raising joined Rt Hnds high to lead Ldy into fan Fwd R checking, rec bk sml L to fc WALL (fwd R to LOD, -, fwd L, fwd R commencing LF trn);
- 10 **{Hockeystick}** Sd R RLOD to fan position,-, fwd L, rec R (cont LF trn bk L LOD to fan pos,-, cl R to L, fwd L);
- 11 **{w/Ldy's spiral & Ov/trn to Fc}** Cl L to R,-, trng slightly RF bk R, fwd L (fwd R, spiral 7/8 LF under jnd lead hnds, cont LF trn fwd L, fwd R trng LF under jnd lead hnds) to join all hands low;
- 12 **{Contra Check}** keeping two hands joined Sd & fwd R, -, w R sd ld slp fwd L w contra chk like action, bk R (Sd & bk L to CP, -, w L sd ld slp bk R w contra check like action, fwd L);

ENDING

- 1** **BK TO CORTE :**
- 1 **{Bk to Corte}** Corte Bk L (Fwd R)with LF body trn softening well down into leg with jnd lead hnds going up look at partner,-,hold, -;

Head Cues***If One Day Bolero V***

INTRO [V BK to BK Pos / RLOD lead hands joined -both with the lead feet free]

- 1-4 WAIT ; FWD /SWIVEL TO FC; FORWARD BREAK; BK to CORTE w/HIP ROCKS;

PART A [CP/ WALL]

- 1-4 BK SH TO SH; SPOT TRN TO HND SHAKE; HALF MOON;;
- 5-8 REV UNDERARM TRN; TIMESTEP w/ARMS; SYNC P HIP ROCKS; FWD BREAK;
- 9-12 TURNING BASIC;; UNDERARM TRN/ LADY OV/TRN to TANDEM/WALL; CLOSE w/

SUNBURST;

- 13-16 SWEETHEART BREAKS TWICE;; SOLO SPOT TRN TO FC/ LOW HNDS ; HIP LIFT;

PART B [BFY WALL]

- 1-4 PREP AIDA; AIDA LINE & HIP RKS; FWD SWIVEL to FC & ROLL to RLOD; FENCELINE ;
- 5-8 OPENING OUT TWICE;; CROSS BODY w/ LDY'S SYNC TRN IN 5; NYKER;
- 9-12 RIFF TRN; LEFT SD PASS; HORSESHOE TURN;;
- 13-16 OPEN BREAK; RT SIDE PASS; SYNC VINE 4 JOIN RT HNDS; CONTRA BREAK ;

INTERLUDE (RT HND SHK/WALL)

- 1-4 PREP FAN; HOCKEY STICK WITH LDY SPIRAL;; to LOW HNDS SYNCOP HIP ROCKS;

PART A 3-10 [BFY/ WALL]

- 3-4 HALF MOON;; TO LOP/COH
- 5-8 REV UNDERARM TRN; TIMESTEP w/ARMS; SYNC P HIP RCKS; FWD BREAK;
- 9-10 TURNING BASIC;; TO CP/WALL

PART B (MEAS 16 MOD**)

- 1-4 1-4 PREP AIDA; AIDA LINE & HIP RKS; FWD SWIVEL to FC & ROLL to RLOD; FENCELINE ;
- 5-8 OPENING OUT TWICE;; CROSS BODY w/ LDY'S SYNC TRN IN 5; NYKER;
- 9-12 RIFF TRN; LEFT SD PASS; HORSESHOE TURN;;
- 13-15 OPEN BREAK; RT SIDE PASS; SYNC VINE 4 JOIN RT HNDS;
- 16** CONTRA BREAK/ LADY TO TANDEM /WALL;

PART C

- 1-4 SWEETHEARTS TWICE;; SOLO SPOT TURN TO RT HND SHAKE ; SHADOW NEW YRKER
- 5-8 UNDERARM TRN ; LUNGE BREAK;
- 9-12 LADY SPIRAL/ MAN CIRCLE TO VARSOUVIANNE/LOD; TO LOD BOLERO WLKS;
- 9-12 CONTINUE WLKS TO PREP FAN; into a HOCKEYSTICK;
- 9-12 w/ LADY'S SPIRAL & OVERTURNED to FC; LOW HANDS CONTRA CHECK &;

END

- 1 BK TO CORTE ;