

# Only One Time

## (Solamente Una Vez)

**Choreographers:** Randy & Marie Preskitt, 5603 Sound Ave. Everett, WA, 98203  
**Phone:** Randy's Cell (425) 923-8095 or Marie's Cell (425) 870-2809  
**E-Mail** [RKPreskitt@comcast.net](mailto:RKPreskitt@comcast.net) or [mariepreskitt@hotmail.com](mailto:mariepreskitt@hotmail.com)  
**Music:** Solamente Una Vez (Andrea Bocelli) 3:29  
Avail for download from Amazon.com  
**Footwork:** Opposite and QQS except where noted  
**Rhythm/Phase** Rumba V+1 (3 Alemanas) Speed 49 rpm (24 mpm)  
**Sequence:** Intro – A – A – Interlude – B – End Release 1.0 November 2021

### INTRO

#### **1 - 4 WAIT ; SIDE WALK 3 W/ARMS ; LUNGE/SIT REC SIDE ; SPOT TURN CP ;**

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- 1 In low BFLY fc wall hands waist high trailing foot free wait 1 measure ;
  - 2 Sd R bring arms straight up, cl L take arms out to BFLY, sd R to low BFLY, -;
  - 3 Lower on R extending L bk & sd right arm to side, rise on R, sd L to BFLY, -  
(W bk R in sit line extend left arm up, rec L, sd R BFLY, -);
  - 4 Trng LF fwd R LOD sharp trn LF fc RLOD, rec L trng to fc ptnr, sd R to CP, -;

### PART A

#### **1 - 4 ½ BASIC TO NATURAL TOP 3 ; ; NATURAL OPENING OUT LADY SPIRAL ; FAN ;**

- 1 Fwd L, rec R, sd & fwd L comm RF trn, -(W bk R, rec L, fwd R trng RF, -);
- 2 XRIB, sd L trng RF, cl R fc wall, -(W sd L trng RF, XRIF, sd L cont trng, -);
- 3 Sd L with RF body turn, rec R, cl L raise lead hands lead W to spiral, -  
(W turn RF on, L sd & bk R, rec L trng LF, sd & fwd R LOD, spiral LF 7/8 turn on R);
- 4 Bk R, rec L, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

#### **5 - 8 STOP & GO HOCKEY ; ; HOCKEY STICK TO HANDSHAKE ; ;**

- 5 Fwd L, rec R, cl L lead W to trn LF under lead hands, -  
(W cl R, fwd L, fwd R trn 1/2 LF under lead hands, -);
- 6 Chk fwd R DW right hand on W back shape to W, rec L, lead W under lead hand cl R, -  
(W chk bk L, rec R, fwd L trng RF under lead hands to fan pos, -);
- 7 Fwd L, rec R, cl L raise lead hand, -(W cl R, fwd L, fwd R, -);
- 8 Bk R beh L lead W to RLOD under lead hands, rec L trng W under lead hand to fc, fwd R  
join R hands, -  
(W fwd L trng toe out, fwd R DRW trng LF under lead hands, bk L, -);

## (Cont Part A)

**9 - 12 FWD BASIC TO L POS ; ALTERNATING CROSS BODYS ; ; FAN ;**

- 9 Fwd L, rec R fc wall, sd L, -(W bk R, rec L, sd & fwd R slight RF trn to fc LOD, -); end L Pos  
 10 Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm fwd, -  
 (W fwd L, fwd R trn ½ LF, cont trn sd & bk L fc wall, -);  
 11 Fwd L, fwd R trng ½ LF, cont trn sd & bk L fc wall, -  
 (W Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm fwd, -);  
 12 Bk R, rec L change to lead hands, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

**13 - 16 3 ALEMANAS ; ; ; ;**

- 13 Fwd L, rec R, cl L lead W to trn RF, -; (W cl R, fwd L, fwd R trn RF fc M, -);  
 14 Bk R, rec L, cl R bring left hand down & fwd lead W to trng RF, -  
 (W fwd L to M's left side under lead hands trn ½ RF, fwd R trn ½ RF, fwd L trn RF DW,-);  
 15 Sd L, rec R, cl L, -(W fwd R sharp LF turn, small step fwd L cont LF trn, fwd R to M L sd, -);  
 16 Bk R, rec L, cl R CP, -(W fwd L under lead hands trn ½ RF, fwd R trn 3/8 RF, fwd L loose CP);

## INTERLUDE

**1 - 4 CLOSED HIP TWIST ; LADY SLOW SWIVEL 2X ;  
QUICK TELEMAR WITH SEPARATION ; FAN ;**

- 1 Lead W to open RF sd L, rec R, cl L, -  
 (W turn RF ½ on L sd & bk R, rec L trng ½ LF, sd R, swivel RF twd LOD);  
 SS 2 Rk sd R, -, sd L, -(W fwd L swivel ½ LF, -, fwd R swivel ½ RF, -);  
 &QQS 3 On the & ct slip bk R trng LF/fwd L trng LF to CP, fwd & sd R arnd W, sd L fc WALL leave W  
 behind by keeping arms to her (W qk step fwd L pick up CP/bk R trn LF, cl L to R heel trn,  
 replace wgt onto R & press LF with L knee bend,-);  
 4 Bk R, rec L, sd R, -(W fwd L LOD, fwd R trn ½ LF, bk L to fan pos, -);

**5 - 8 ALEMANA ; ; CUDDLE 2X ; TO BFLY ;**

- 5 Fwd L, rec R, cl L lead W to trn RF, -; (W cl R, fwd L, fwd R trn RF fc M, -);  
 6 Bk R, rec L, cl R CP, -  
 (W fwd L to M's left side under lead hands trn ½ RF, fwd R trn ½ RF, fwd L CP,-);  
 7 Slight RF body trn to lead W out sd L sweep L arm to sd, rec R,  
 cl L both arms around W on back, -  
 (W trn RF 3/8 bk R sweep R arm out, rec L trng LF, fwd R right hand to M's shoulder, -);  
 8 Slight LF body trn to lead W out sd R extend R arm to sd to L ½ OP, rec L,  
 cl R BFLY wall, -  
 (W trn LF ½ bk L sweep L arm out, rec R trng RF, sd L BFLY, -);

## PART B

**1 - 4 CROSS BASIC LADY SPIRAL ; TO HANDSHK ; SHDW NEW YORKER ;  
WHIP OVERTURN VARS WALL ;**

- 1 XLIF scar slight LF trn, rec R trng LF, sd & fwd L DC lead W to spiral, -  
 (W XRIB slight LF trn, rec L trng LF, sd & fwd R spiral LF 7/8 trn on R, -);  
 2 XRIB slight LF trn, rec L, sd R join R hands, -(W fwd L COH, fwd R trng ½ LF, sd R, -);  
 3 Trng RF fwd L LOD left shdw, rec R trng LF, sd L, -(W fwd R LOD, rec L fc M, sd R, -);  
 4 Bk R trng LF lead W twd wall, rec L trng to fc wall, cl R varsou wall, -  
 (W fwd L to wall, fwd R trn LF, cont trng cl L in varsou, -);

## (Cont Part B)

**5 - 8 FWD BASIC LADY HIP TWIST ; MAN BK BASIC TO AIDA ; SWITCH ROCK ; CROSS CHECK LADY SWIVEL TO TAMARA ;**

- 5 Fwd L, rec R, cl L lead W to trn RF with joined R hands, -  
 (W fwd R, rec L, trng RF sd & fwd R sharp swivel RF fc LOD, -);
- 6 Bk R, rec L trng RF change hands, bk R bk to bk V, -(W fwd L, fwd & sd R trng LF, bk L, -);
- 7 Trng LF pull lead foot & hand thru to LOD sd L, rec R, sd L, - BFLY;
- S- 8 Check thru R, -, raise lead hands above W's head and trailing hands thru between bodies leading W to swivel RF to Tamara pos, -  
 (W chk thru L, -, swivel RF to Tamara, -);

**9 - 12 BACK WALK 3 ; WHEEL 3 COH ; WHEEL & WRAP SHDW WALL ; SWEETHEART ;**

- 9 In Tamara pos bk L, bk R, bk L, -(W fwd R, L, R, -);
- 10 Wheel  $\frac{3}{4}$  RF trn fwd R, L, R, -(W trng RF fwd L, R, L, -);
- 11 Wheel  $\frac{1}{2}$  RF trn fwd L, R, sd L lead W to trn under lead hands release to shdw wall, -  
 (W small fwd R trng LF under lead hands, fwd L cont LF trn, sd R, -);
- 12 Chk fwd R trng body to right, rec L, sd R, -(W chk bk L trng body to right, rec R, sd L, -);

**13 - 16 SWEETHEART LADY FC ; AIDA ; SWITCH CROSS TO ; CRAB WALK 3 ;**

- 13 Chk fwd L trng body to left, rec R, sd L, -  
 (W chk bk R trng body to left, rec L, sd & fwd R trng RF to fc M, -);
- 14 Thru R LOD, sd & fwd L trng RF, bk R bk to bk V pos, -;
- 15 Trng LF pull lead foot & hand thru to LOD sd L, rec R BFLY, XLIF, -;
- 16 Sd R, XLIF, sd R bring lead hands low between ptrns, -;

END

**1 - 4 OPEN HIP TWIST OVERTURN MAN TCH ; SIDE WALK 3 SHDW ; RT FC UNDERARM ROLL ; SHDW CROSS LUNGE REC TRN SDHW WALL ;**

- QQ-(QQS) 1 Fwd L, rec R, tch L to R lead W to trn RF, -(W bk R, rec L, fwd R trn  $\frac{1}{2}$  RF fc wall, -);
- 2 Place hands on W's waist both sd L, cl R, sd L join L hands, -;
- 3 Both thru R, sd L trn RF bring R hands over W's head, sd R fc COH L hands beh M's back, -;
- 4 Lower on R XLIF in strong lunge, rec R, sd L trng  $\frac{1}{2}$  LF bring L hands over W head, -;

**5 - 8 SIDE WALK 3 ; SHDW BREAK LADY CARESS 3X ; ; ;**

- 5 Shdw wall both sd R, cl L, sd R, -;
- 6 Place both hands at W's waist trng LF break bk L (W caress M's cheek with left hand),  
 rec R fc wall, cl L, -;
- 7 Trng RF break bk R (W caress M's cheek with right hand), rec L fc wall, cl R, -;
- 8 Trng LF break bk L (W caress M's cheek with left hand), rec R, fc wall, cl L, -;

**9-10 SHDW SUNBURST ; EMBRACE ;**

- 9 Embrace W with both arms then sweep both arms straight up in front of W, out & bk down ;
- 10 Wrap W with both arms in cuddle embrace & lower as music fades ;

## HEAD CUES

“Intro notes + 1 Meas”

INTRO

WAIT; SD WK 3 w/ARMS; LUNGE/SIT, REC, SD; SPOT TRN (CP);

PART A

½ BASIC INTO NAT'L TOP 3 (FC WALL);; NAT'L OPNG OUT (LADY SPIRAL); FAN;  
STOP & GO HOCKY STK;; HOCKY STK (SHK HNDS);;  
½ BASIC TO L POS (WALL); ALTERNATING X BODYYS;; FAN;  
3 ALEMANAS (Loose CP WALL);;;

PART A

½ BASIC INTO NAT'L TOP 3 (FC WALL);; NAT'L OPNG OUT (LADY SPIRAL); FAN;  
STOP & GO HOCKY STK;; HOCKY STK (SHK HNDS);;  
½ BASIC TO L POS (WALL); ALTERNATING X BODYYS;; FAN;  
3 ALEMANAS (Loose CP WALL);;;

INTERLUDE

CLSD HIP TWST; LADY 2 SLO X SWVLS; QK TELEMARK w/SEPARATION; FAN;  
ALEMANA;; CUDDLES TWICE (TO BFLY);;

PART B

X BASIC LADY SPIRAL; TO HND SHK (COH); SHAD NYKR; WHIP OVRTRN TO VARS WALL;  
FWD BASIC/LADY HIP TWST; M BK BASIC TO AIDA; SWITCH RK;  
X CHK/LADY SWVL RF TO TAMARA; BK WK 3 (CHKNG);  
WHEEL 3 (FC COH); WHEEL & WRAP (SHAD WALL);  
2 SWEETHEARTS; (2nd One) LADY FC; AIDA; SWITCH X (INTO); CRAB WK 3;

END

OP HIP TWST (OVRTRN TAND) M TCH; SD WK 3;  
RF U/A ROLL (COH); SHAD X LUNGE REC TRN (SHAD WALL);  
SD WK 3; SHAD BRK w/LADY CARESS (3X);;  
SHAD SUNBURST; & EMBRACE;