

ONE CALL AWAY

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Album: Nine Track Mind
Rumba Phase V+2

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Sequence: A, B, C, B MOD, C, D, A, C, ENDING Slow to 42 rpm, about 6%

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Track 1- One Call Away by Charlie Puth

\$1.29 Download Amazon Music

Footwork: Opposite unless noted

PART A

1-4 OPEN HIP TWIST OVERTRN TANDEM MAN TCH; LUNGE LOD WITH ARM SWEEP,-, RECOV,-; CUCARACHA; CUCARACHA SWITCH TO SKATERS LOD;

--- 1-2 {Wait} Wait 3 pick-up notes fc wall lead hnd joined lead ft free,,,
QQ- {Open Hip Twist Overtrn Tandem M Tch} Rk fwd L, recov R,
(WQQS) tch L to R let go of lead hnds (W rk bk R, recov L, fwd R trn RF
SS ½ to tandem no hnds),-; {Lunge LOD with Arm Sweep Recov}
Both trn LF to fc LOD and lunge fwd & sd L as sweep R arms up
over and down CCW looking LOD,-, bring heads down and arms
cont CCW circle out to sd as recov R fc wall heads return to
normal bring L ft to tch in tandem position,-;
QQS 3-4 {Cucaracha} Both rk sd L, recov R, cl L,-; {Cucaracha Switch
QQS to Skaters LOD} Both rk sd R, recov L with hip twist action to
skaters LOD, fwd R in skaters,-;

5-8 PROGRESSIVE WALK 6;; LADY UNDERARM TRN TO FC M TCH; LUNGE LOD WITH ARM SWEEP,-, RECOV,-;

QQS 5-6 {Progressive Walk 6} Both fwd L, fwd R, fwd L,-, fwd R, fwd L,
QQS fwd R down LOD,-;
QQ- 7-8 {Lady Underarm Trn to Fc M Tch} Rk fwd L lead W to RF
(WQQS) under joined L hnds, recov R to fc the wall, tch L to R fc wall
SS release hnds (W fwd L trn RF under joined L hnds fc RLOD, fwd
R cont RF trn to fc ptr, cl L to R release hnds),-; {Lunge LOD
with Arm Sweep Recov} Join lead hnds repeat meas 2 part A
fc ing W (W trn RF to fc LOD and lunge fwd & sd R as sweep L
arm up over & down CW looking LOD,-, bring head down and
arms cont CW circle out to sd as recov L fc ptr heads return to
normal bring R ft to tch),-;

PART B

1-4 OPEN HIP TWIST; FAN; START STOP & GO HOCKEY STICK; OK RK RECOV LADY SYNCO INSIDE UNDERARM TRN IN 4;

QQS 1-2 {Open Hip Twist} Rk fwd L, recov R, cl L to R (W bk R, fwd L,
QQS fwd R trn ¼ RF to fc LOD),-; {Fan} Rk bk R, recov L, sd R fc

- DW lead hnds joined (W fwd L, fwd R trn LF, bk L leave R leg pting fwd in fan pos),-;
- QQS 3-4 **{Start Stop & Go Hockey Stick}** Rk fwd L, recov R, small sd L leading W to LF underarm trn (W cl R to L, fwd L, fwd R trn LF under joined lead hnds fc LOD),-; **{Qk Rk Recov Lady Synco Inside Underarm Trn In 4}** Lunge fwd R LOD keep lead hnds joined, recov L, lead the W to synco LF underarm trn small rk bk R, recov L (W sit bk L, recov R, under lead hnds fwd L trn LF/ bk R trn LF, fwd L trn LF/ small bk R);
- 5-8 TO FC LOD & ARM SWEEP; PREPARE NAT TOP; DBL RONDE INSIDE UNDER ARM TRN; ANOTHER INSIDE UNDERARM TRN TO FC WALL;**
- S- 5-6 **{To Fc LOD & Arm Sweep}** Fc ptr & LOD cl R to L heel (W small bk L) as catch W to stop her progression and arm sweep up CCW until arm straight up and sweep it down fwd and then out to sd; **{Prepare Nat Top}** Fwd L, recov R start RF trn, sd L (W fwd R) blend to CP DW,-;
- QQQQ 7-8 **{Dbl Ronde Inside Underarm Trn}** Fwd R btwn W's ft & lower trn RF to cause her R leg to ronde bk CW M ronde his L leg fwd CW, trning RF sd L, XRIB of L cont trn RF prepare W's LF underarm trn, sd L to fc LOD lead inside under arm trn (W slgt fwd L arnd M's R leg to ronde R leg bk CW, XRIB of L, rotating RF sd & fwd L trning prepare LF underarm trn, fwd R spirial LF under lead hnds to fc ptr); **{Another Inside Underarm Trn to Fc Wall}** Cont to trn RF step bk R to lead W into another inside under arm trn, fc wall XLIF of R complete W's LF underarm trn, sd R to fc ptr & wall (W fwd L trn LF under lead hnds, bk R fin LF underarm trn, sd L fc ptr),-;

PART C

- 1-4 ALEMANA;; CIRCULAR HIP TWIST;;**
- QQS 1-2 **{Alemana}** Rk fwd L, recov R, small sd & bk L lift lead hnd to palm to palm,-; rk bk R, recov L, cl R to L (W rk bk R, recov L, fwd & sd R DC,-; fwd L DC swvl RF draw R ft under body trn under lead hnds, fwd R away from M twd DRW swvl RF draw L under body, fwd L to M's R sd blend to BJO),-;
- QQS 3-4 **{Circular Hip Twist}** Fwd & sd L trning W RF, recov R trning W bk to BJO, XLIB of R in "V" shape CP (W swvl 1/2 RF on L to step bk R, recov L swvl LF to BJO, fwd R complete 5/8 LF trn),-; Sd & bk R trning 1/8 LF leading W to swvl LF, XLIB of R trning & bking LF leading W to swvl LF, sd & bk R trning LF leading W to swvl LF (W swvling 1/2 RF on R fwd L, swvl 1/2 LF on L fwd R, swvl 1/8 RF on R fwd L),-;
- 5-8 WITH TCH; ADVANCED HIP TWIST; LADY TWO SLOW CROSS SWVLS TO "L" POS; MOD HOCKEY STICK ENDING TO THE WALL;**

- QQ- 5-6 {**With Tch**} XLIB of R trning LF leading W to swvl RF, sd & bk
 QQS R trning LF leading W to swvl LF, tch L to R (W swvl ½ LF on L
 fwd R, swvl 1/8 RF on R fwd L, swvling ½ LF on L tch R to L),-;
 {**Adv Hip Twist**} Fwd & sd L trning W RF, recov R trning W bk
 to BJO, XLIB of R in “V” shape CP (W swvl RF on L to step bk
 R, recov L swvl LF to BJO, sd & fwd R swvl ¼ RF),-;
- SS 7-8 {**Lady Two Slow Cross Swvls to “L” Pos**} Rk sd R,-, recov L
 QQS (W fwd L swvl RF to BJO,-, fwd R swvl LF) end lead hnds
 joined “L” pos M fc RLOD (W fc wall),-; {**Mod Hockey Stick
 Ending to the Wall**} Rk bk R, recov L trn LF to fc wall, fwd R
 lead hnds joined fc wall (W fwd L, fwd R trn LF to fc ptr, bk L),-;

PART B MOD

- 1-4 **OPEN HIP TWIST; FAN; START STOP & GO HOCKEY STICK; QK
 RK RECOV LADY SYNCO INSIDE UNDERARM TRN IN 4;**
 1-2 {**Open Hip Twist**} {**Fan**} Repeat meas 1-2 part B;;
 3-4 {**Start Stop & Go Hockey Stick**} {**Qk Rk Recov Lady Synco
 Inside Underarm Trn in 4**} Repeat meas 3-4 part B;;
- 5-8 **TO FC LOD & ARM SWEEP; PREPARE NAT TOP; FULL NAT TOP;;**
 S- 5-6 {**To Fc LOD & Arm Sweep**} {**Prepare Nat Top**} Repeat meas
 QQS 5-6 part B;;
 QQS 7-8 {**Full Nat Top**} XRIB of L cont RF trn, sd L cont RF trn, XRIB
 QQS of L (W sd L, XRIF of L, sd L fc ptr),-; sd L cont RF trn, XRIB
 of L, sd L (W XRIF of L, sd L, XRIF of L),-;
- 9-12 **TO FC LOD; PREPARE NAT TOP; DBL RONDE INSIDE UNDER ARM
 TRN; ANOTHER INSIDE UNDERARM TRN TO FC WALL;**
 QQS 9-10 {**To Fc LOD**} XRIB of L cont RF trn, sd L cont RF trn, cl R to L
 QQS fc LOD (W sd L, XRIF of L, cl L fc ptr),-; {**Prepare Nat Top**}
 From CP repeat meas 6 part B;
- QQQQ 11-12 {**Dbl Ronde Inside Underarm Trn**} {**Another Inside**
 QQS **Underarm Trn to Fc Wall**} Repeat Meas 7-8 part B;;

REPEAT C

PART D

- 1-4 **RK FWD, RECOV TRN, THRU TO RLOD,-; LADY SPIRAL TO SYNCO
 AIDA; SWITCH CROSS TO BFLY; FC TO SYNCO SPOT TRN;**
 QQS 1-2 {**Rk Fwd, Recov Trn, Thru to RLOD**} Rk fwd L, recov R with
 QQ&S hip twist action trn hips RF to fc RLOD, thru L in LOP RLOD,-;
 {**Lady Spiral to Synco Aida**} Fwd R trning W under lead hnds
 (W fwd L spiral RF under lead hnds), fwd L/ fwd R trn RF & chg
 to trail hnds joined, bk L in aida line,-;
- QQS 3-4 {**Switch Cross to BFLY**} Trn RF on L to fc & step sd R to
 QQ&S BFLY, recov L, swvl LF to step thru R,-; {**Fc to Synco Spot**

Trn} Swvl RF to step sd L, swvl LF to step fwd R LOD trn ½ LF/
fwd L twd RLOD swvl ¼ LF, sd R to fc ptr & wall,-;

5-8 **CHASE;; MAN RK BK RECOV CL W CHASE WITH CL; QK RK FWD
LADY RUN INTO HIS ARMS RECOV;**

QQS 5-6 **{Chase}** Rk fwd L trn RF ½, fwd R, fwd L to fc COH (W rk bk
QQS R, recov L, fwd R fc COH),-; Rk fwd R trn ½ LF, recov L, fwd R
(W fwd L trn ½ RF, fwd R, fwd L) both fc wall,-;

QQS 7-8 **{M Rk Bk Recov Cl Lady Chase with Cl}** Rk bk L, recov R, cl
Q&Q-- L to R fc wall (W fwd R trn ½ LF, recov L, cl R fc ptr),-; **{Qk**
(WQ&Q&- **Rk Fwd Lady Run Into His Arms Recov}** Qk rk fwd R/ recov
Q) L, bk R/ lower in R knee & pt L bk, hold as pl both hnds on W's
hips to stop her fwd motion, gently push her bk as rise in R leg to
join lead hnds fc wall (W qk rk bk L/ recov R, run fwd L/ fwd R,
lift both arms up as lean body into M's arms as he catches W,
recov bk L to join lead hnds);

REPEAT PART A
REPEAT PART C

ENDING

1-2+ **OPEN HIP TWIST; FAN WITH ARM SWEEP;,,**

QQS 1-2+ **{Open Hip Twist}** Repeat Meas 1 part B; **{Fan}** Repeat meas 2
QQS- part B; **{Arm Sweep}** Sweep trail arm up by ear palm turned out
looking at each other,,