

ONE STEP AT A TIME

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MUSIC: Arhoolie Rec 45-528 ARTIST: Clifton Chenier TIME:
2:40 @ 45rpm

FOOTWORK: Opposite unless noted (W in parenthesis)

RHYTHM: Jive-RAL PHASE: IV

SEQUENCE: INTRO-A-B-B(MOD)-A-B-END

MEAS: INTRO (3 Beats + 1 MEAS)

1 WAIT;
1 Wait 3 beats + 1 Meas in CP facing Wall;

PART A (12 Meas)

1 – 6 CHASSE L & R to SCP; PRETZEL TRN;, DOUBLE
ROCK; UNWIND PRETZEL

to SCP/LOD,;

1 (Chasse L & R) Sd L/CI R, sd L, Sd R/CI L, sd R;

2-3 (Start Pretzel Trn) Rk bk L, rec R, lower jnd hnds
palm up sd L/CI R, sd L

trng R FC (W trn L FC); Sd R/CI L, sd R cont trn
R FC to FC LOD with M's R

& W's L hnds;

4 (Double Rock) Rk fwd L/Rec R, rk fwd L/Rec R;

5-6 (Finish Pretzel Trn) Begin L Fc trn (W R FC trn)
rk fwd L, rec R,

sd L trng L FC; Sd R/CI L, sd R to SCP/LOD;

7 – 12 R TRNG FALLAWAY TWICE ~ CHG R to L ~ L to R
~ AMER SPIN

to BFLY;::::;

7 (Right Trng Fallaway Twice) Rk bk L, rec R, sd
L/R, L trng 1/4; Sd R/ L, R

trng 1/4 end SCP/RL0D;

8 Repeat R Trng Fallaway ending SCP/ LOD;
9-10 (Chg R to L & L to R) Rk bk L, SCP, rec R, sd L/CI R, sd L trng L FC twd LOD
(W fwd R/CI L, fwd R trng R FC under ld hnds),
sd R/CI L, sd R, rk bk L,
Rec R; Sd L/CI R, sd (W fwd R/CI L, fwd R trng L FC), sd R/CI L, sd R
CP/WALL;
11-12 (Amer Spin) Rk bk L, rec R, almost in plc L/R, L (W fwd R/L, R trng R FC on last step); R/L, R almost in plc & spin her R FC end with a L to R hnd hold (W L/R, L Trn & Spin R end FCG M);

PART B (12 Meas)

Pg 2

1-6 SPANISH ARMS TWICE to BFLY WALL;;; BASIC RK ~ LINDY CATCH;;;

1-2 (Spanish Arms Twice) Rk apt L, rec R trng 1/4 R FC (W L FC) ld hnds high trail hnds wrapped, sd L/CI R, sd L trng 1/4 L FC (W 3/4 R FC) to BFLY/COH; Sd R/CI L, sd R; Repeat to FC BFLY/WALL;

3 (Basic Rk) Rk apt L, rec R, sd L/CI R, sd L; Sd R/CI L, sd R;

4-6 (Lindy Catch) Rk apt L, rec R, fwd L/R/L moving R FC arnd W (Catch W at waist with R hnd) man is in bk of W; Fwd R, L cont arnd W, fwd R/L/R to loose CI/WALL; Repeat Meas 5 LINDY CATCH;

7-12 CHG HNDS BHND BK TWICE to CP WALL with no RK after 2nd CHG

HNDS ~ CHASSE L to R to SCP/LOD ~ FALLAWAY RK to BFLY;;;;;

7-9 (Chg Hnds Bhnd Bk Twice) Rk apt L, rec R, M's

R W's R hnd hold fwd
L/CI R, fwd L trng 1/4 L FC (W R FC); Sd R/CI L,
sd R chg to M's L W's R
hnd hold bhnd M's bk & trn 1/4 L FC to L of
ptnr COH; REPEAT MEAS 7
of CHG HNDS to L of ptnr & WALL;
10 (Chasse L & R) REPEAT MEAS 1 PART A TO
SCP/LOD;
11-12 (Fallaway Rk) Rk bk L to SCP/LOD, rec R to
FCin CP, sd chasse L/R/L twd
LOD; Sd Chasse R/L/R twd RLOD ending
BFLY/WALL;

PART B (MOD) (12 MEAS)

1 – 9 REPEAT PART B (1-9)
1-9. Repeat PART B MEAS 1 – 9

10 – 12 LINK RK to SCP/LOD,; DOUBLE RK;
10-12 (Link Rk) Rk bk L, rec R, sd L/CI R, sd L, sd R/CI
L, sd R to SCP/LOD;
(Double Rk) REPEAT MEAS 3 PART A;;

REPEAT PART A (12 MEAS)

1 – 12 REPEAT PART A MEAS 1 – 12

REPEAT PART B (12 MEAS)

1 – 12 REPEAT PART B MEAS 1 – 12 to BFLY/WALL
Pg 3

ENDING (12 MEAS)

1 – 6 CIRCULAR CHG PLACES L to R 4 TIMES;,,,,;
(MOVING ¼ CW EACH TIME TO
END FACING WALL)

1-6 (Note) Circular means you will chg plc L to R
moving 1/4 CW 4 times

To FC (RLOD, COH, LOD, WALL)
(Circular Chg Places L to R 4 Times) Rk bk L,
rec R chasse L/R/L trng
1/4 R FC to RLOD lead W to trn L FC under
lead hnds chasse fwd R/L/R
end FC RLOD; Repeat to end FC COH;
Repeat to end FC LOD; Repeat
to end FC WALL;

7-10 SHLDR SHOVE TWICE to BFLY/WALL;;; BASIC RK,;
7-9 (Shldr Shove Twice) Sd L/CI R, sd L bring M's
R & W's L shldr tog trn L
FC to FC, bk R/CI L, bk R; Repeat Meas 7 of
shldr shove to BFLY/Wall;
10 Repeat Meas 4 PART B;

11-12 MIAMI SPECIAL ENDING WITH JAZZ HANDS,;
11-12 (Miami Special with Jazz Hnds) Rk apt L, rec R
to a R hnd skake, fwd
L/R, L trng 3/4 to lead W to trn L FC under jnd
hnds over M' head to
rest bhnd M's neck; Sd R/CI L, sd R (W Rk
apt R, rec L, fwd R/L, R trn
3/4 L FC under jnd R hnds; Sd L/C R, sd L
release hnd hold and slide R
hnd down M's L arm) end LOP/RLOD with
Jazz hnds;