

YOU OWE ME ONE

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BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-759-8313
MUSIC: CD - ABBA "Thank You For The Music" Disc 4 Track 9 - "You Owe Me One" **RELEASE:** Jan 2005
SEQUENCE: Intro, A, B, C (1-8), Bridge, B, C, Int, C, Ending **SPEED:** As on Mini-Disc
RHYTHM: 4 Count Hustle/Cha **PHASE:** V **FOOTWORK:** Described for M - W opposite (or as noted)
E-MAIL: cworlock@tampabay.rr.com **WEB SITE:** www.stardustdancecenter.com

INTRO

1 - 2 WAIT; WAIT:

1-2 - Wait 2 meas M FCING PTR & WALL with a low double hand hold with feet together and lead foot free;;

PART A

1 - 4 RIGHT SIDE PASS; MAN INSIDE UNDERARM PASS; CLOSE; RELEASE TO LEFT OPEN;

- 1 - Bk L, fwd XRIF of L, fwd L comm RF trn passing partner's R sd, cont RF trn XRIF of L (bk R, fwd L, fwd R comm RF trn, cont RF trn bk L) to end BFLY M FCING COH;
- 2 - Bk L, fwd XRIF of L raising joined lead hands, fwd L comm LF trn passing partner's R sd, cont LF trn bk R (bk R, fwd L, fwd R comm RF trn, cont RF trn bk L) to L OPEN FCING M FCING WALL;
- 3 - Bk L, XRIF of L, fwd L trng RF, cl R to L (bk R, fwd L, fwd R comm RF trn, cont RF trn bk L) to end in L-CP M fcing RLOD W fcing WALL;
- 4 - Sd L, rec R releasing ptr from R arm, XLIF of R, sd R (bk R, fwd L comm LF trn, cont LF trn sd & bk R, cont LF trn sd L) to end LEFT OPEN POS BOTH FCING RLOD;

5 - 8 X CHECK CLOSE; RELEASE TO FACE; HAND CHANGE PASS; INSIDE UNDERARM PASS;

- 5 - XLIF of R extending R arm up & out, rec R, sd L, cl R to L (XRIF of L extending L arm up & out, rec L comm RF trn, cont RF trn sd & fwd R, cont RF trn bk L) to end in L-CP M fcing RLOD W fcing WALL;
- 6 - Sd L, rec R releasing ptr from R arm, trng LF XLIF of R, cont LF trn bk R (bk R, fwd L, fwd R comm LF trn, cont LF trn bk L) to end LEFT OPEN FCING M FCING WALL;
- 7 - Bk L raising R arm straight up, fwd XRIF of L comm lowering R arm, fwd L comm LF trn joining R hands at M's R hip, rejoining lead hands behind back cont LF trn bk R (bk R, fwd L, fwd R comm RF trn, cont RF trn bk L) to end LEFT OPEN FCING M FCING COH;
- 8 - Bk L, fwd XRIF of L raising joined lead hands, fwd L comm RF trn passing partner's R sd, cont RF trn XRIF of L (bk R, fwd L, fwd R comm LF trn, cont LF trn bk L) to LEFT OPEN FCING M FCING WALL;

9-14 ROLL PASS TO L OPEN; X CHECK CLOSE; RELEASE TO BFLY; R SD PASS; CIRCLE PASS;

- 9 - Bk L, fwd XRIF of L, tugging slightly w/lead hands & then releasing fwd L comm RF trn, cont RF trn sd R rejoining lead hands (bk R, fwd L, fwd R comm LF trn, cont LF trn sd L) to L OPEN POS BOTH FCING LOD;
- 10 - XLIF of R extending R arm up & out, rec R, sd L, cl R to L (XRIF of L extending L arm up & out, rec L comm RF trn, cont RF trn sd & fwd R, cont RF trn bk L) to end in L-CP M fcing LOD W fcing COH;
- 11 - Sd L, rec R releasing ptr from R arm, trng LF XLIF of R, cont LF trn bk R (bk R, fwd L, fwd R comm LF trn, cont LF trn bk L) to end BFLY M FCING COH;
- 12 - Bk L, fwd XRIF of L, fwd L comm RF trn passing partner's R sd, cont RF trn XRIF of L (bk R, fwd L, fwd R comm RF trn, cont RF trn bk L) to end M FCING WALL releasing hand hold;
- 13 - Bk L, fwd XRIF of L placing hands on hips, fwd L trng LF, cont LF trn sd & bk R (bk R, fwd L, fwd R, fwd L trng ½ RF) end FCING nothing touching M FCING COH & W FCING WALL;
- 14 - Cont LF trn sd & fwd L, fwd & across R trng LF, cont LF trn sd & bk L, cl R to L completing 1 full LF trn (fwd R to WALL, fwd L trng ½ RF, cl R to L, cl L to R) to join lead hands in LEFT OPEN POS M FCING WALL;
OPTION: On Circle Pass M can raise R arm straight up over W's head on step 2, then L arm like windmill arms on step 4. This can be repeated for steps 6 and 8 for a total of 4 arms or 2 windmill actions for the M.

NOTES: This is a 4 count Hustle danced to Disco music with some familiar Cha thrown in where appropriate with the music. It is not a true Cha as we know it, but hope you feel as we do, that it works quite well. 4 count Hustle is typically used for the beginner dancer for ease of learning the figures and new terminology. In time and with practice, these figures could be danced with 3 count Hustle (&123) which is what the majority of true Hustle dancers use. All of the figures in Part A, Br, Int, & End use all 4 beats to the measure or 1234 for both.

Another characteristic of Hustle is that it is very stationary with no progression in any particular direction. There are exceptions of course, but we chose not to mix them with this routine other than the open vine sequence in Part B. It can be compared to West Coast Swing in the fact that the Lady dances in a slot with the M moving in and out of that slot to allow smooth execution of a particular figure and/or set up the next one. With Hustle being a Latin dance, it only seemed natural to mix it with our more familiar Latin rhythm of Cha. At best, this is an Intro to Hustle and hope you find it to be an enjoyable and fun routine dancing to this piece of music from the 70's.

PART B**1 - 4 OPEN BRK; UNDERARM TRN 4 TO TANDEM WALL; DISCO LUNGE 3;,-, SD CHA CATCH & ;**

- 123&4 1 - Rk apt L looking at ptr and extend trailing arm out to sd, rec R, sd L/cl R to L, sd L;
 1234 2 - Bk R, rec L, sd R, cl L to R (fwd & across L LOD trng RF under joined lead hands, rec R cont RF trn to fc M, sd L cont RF trn, cl R to L) to TANDEM WALL M behind W;
 1-3- 3 - Sd lunge R placing L hand on W's L waist & R hand on your own R hip shaping to ptr,-, sd lunge L placing R hand on W's R waist & L hand on your own L hip shaping to ptr (sd L straight leg keeping hands on hips & shape to ptr,-, sd R straight leg keeping hands on hips & shape to ptr),-;
 1-3&4 4 - Repeat action of first Disco Lunge,-, twd LOD sd L/cl R to L, sd L looking at ptr catch trailing hands to tug & lead roll of next measure (repeat action of first Disco Lunge,-, twd RLOD sd R/cl L to R, sd R looking at ptr);

5 - 8 ROLL TO FAN; STOP & GO HOCKEY STICK w/DOUBLE STOP ACTION;;;

- 123&4 5 - Trng RF fwd R, fwd L trng $\frac{3}{4}$ RF to fc WALL, sd R/cl L to R, sd R (trng LF fwd L LOD, fwd R trng $\frac{1}{2}$ LF, bk L/lk RIF of L, bk L) to FAN POS M FCING WALL;
 123&4 6 - Fwd L, rec R, trng slightly LF sd in place L/R, L (cl R to L, fwd L, fwd R/lk LIB of R, fwd R trng $\frac{1}{2}$ LF under joined lead hands);
 1234 7 - Lower well in L knee lunge fwd R placing R hand on W's L shoulder blade, rec L trng RF, keeping joined lead hands low to catch W's L waist sd R RLOD check & extend R arm up & out, rec L trng LF (bk L RLOD extend L arm fwd palm fcng LOD, rec R trng RF, sd L LOD check & extend L arm up & out, rec R trng LF);
 123&4 8 - Lower well in L knee lunge fwd R placing R hand on W's L shoulder blade, rec L trng RF, sd R/cl L to R, sd R (bk L RLOD extend L arm fwd palm fcng LOD, rec R, fwd L/lk RIB of L, fwd L trng $\frac{1}{2}$ RF) back to FAN POS;

9-12 HOCKEY STICK OVERTURNED TO FACE;; THRU OPEN VINE ROLL 3 THRU FAN TO;;

- 123&4 9 - Fwd L, rec R, sd in pl L/cl R to L, sd in pl L (cl R to L, fwd L, fwd R/lk LIB of R, fwd R);
 123&4 10 - Bk R trng slightly RF, rec L leading W to trn under joined lead hands, sd R/cl L to R, sd & fwd R (small fwd L toe pointing DRW, fwd R DRW trng LF, cont LF trn sd L/cl R to L, sd & fwd L) to LEFT OPEN FCING;
 1234 11 - Take lead hands thru to RLOD trng RF thru L, pull lead hands back then release them sd R trng LF as you join trailing hands, bk L to OPEN LOD, pull trailing hands back then release them trng RF on L sd & fwd R;
 123- 12 - Cont RF roll fwd L RLOD, sd & fwd R re-joining lead hands to L OPEN RLOD, thru L, take lead hands down & up to lead W as you swivel LF on L allowing R ft to fan CCW (CW) to BFLY WALL;

13-17 CRAB WALKS;; THRU OP VINE ROLL 3;;, THRU OPEN VINE TO BFLY;;, OK THRU SD CL,;

- 123&4 13 - Fwd & across R trng hips to LOD, sd L hips to WALL, fwd & across R/small sd L, fwd & across R;
 123&4 14 - Sd L hips to WALL, fwd & across R trng hips to LOD, sd L hips to WALL/cl R to L, sd L;
 1234 15 - Take trailing hands thru to LOD trng LF thru R, pull trailing hands back then release them sd L trng RF as you join lead hands, bk R to L OPEN RLOD, pull lead hands back then release them trng LF on R sd & fwd L;
 1234 16 - Cont LF roll fwd R LOD, sd & fwd L re-joining trailing hands to OPEN LOD, take trailing hands thru to LOD thru R, pull trailing hands back then release them sd L trng RF as you join lead hands;
 123&4 17 - Bk R to L OPEN RLOD, pull lead hands back trng LF on R sd & fwd L to BFLY WALL, thru R/sd L, cl R to L;
NOTE: The key to making the open vine and roll sequence easy is to keep as much V-shape in your open position as possible. Maintaining eye contact throughout will also help greatly.

PART C**1 - 4 SLOW SD BREAK; SD BREAK IN 4; OK CUCARACHA & SD CHA; TIME STEP w/ARMS;**

- &1-&3- 1 - Sd L/sd R with arms out & down palms fcng out twd ptr,-, together L under L hip/cl R to L hands on hips,-;
 1234 2 - Sd L extending L arm up & out, sd R extending R arm up & out, together L under L hip placing L hand on L hip, cl R to L placing R hand on R hip;
 1&23&4 3 - Extend L arm out to sd twd LOD sd L/rec R, cl L to R taking arms down in front, sd R/cl L to R, sd R;
 123&4 4 - XLIB of R swinging both arms across body & out to sd twd RLOD, rec R, sd L/cl R to L, sd L;

5 - 8 CL PT TWICE; SPOT TRN M IN 4; SPLIT CUBANS; SPOT TRN W IN 4 (2nd & 3rd to BFLY);

- &-&- 5 - Quickly circle L hand up in down and out to end palm fcng COH (WALL) cl R to L/point L sd LOD and look over L shoulder at your palm,-, quickly circle R hand up in down and out to end palm fcng COH (WALL) cl L to R/point R sd RLOD and look over R shoulder at your palm,-;
 1234 6 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R, rec L (fwd & across L LOD trng RF, rec R cont (123&4) RF trn to fc ptr, sd L/cl R to L, sd L) to end M FCING WALL closest to LOD & W FCING COH;
 1&23&4 7 - Extend L arm up & out w/R hand on R hip XRIF of L/rec L, sd R, extend R arm up & out w/L hand on L hip XLIF of R/rec R, sd L;
 123&4 8 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R/cl L to R, sd R to join lead hands (fwd & across (1234) R RLOD trng LF, rec L cont LF trn to fc ptr, sd R, rec L); **NOTE:** 2nd & 3rd times to BFLY WALL.

PART C (CONT)**9-12 IN IN OUT OUT; CROSS SWIVEL FLICK TWICE; 2 BOTA FOGOS; FENCE LINE;**

- &1-&3- 9 - Lifting slightly fwd L twd ptr/cl R to L,-, lifting slightly bk L away from ptr/cl R to L,-;
- 1-3- 10 - Fwd & across L twd RLOD/swvl LF on L, flick R ft up & back twd RLOD while looking over R shoulder, fwd & across R twd LOD/swvl RF on R, flick L ft up & back twd LOD while looking over L shoulder;
- 1&23&4 11 - Fwd & across L/sd R partial wgt comm LF trn, rec L completing ¼ LF trn through hips, fwd & across R/sd L partial wgt comm RF trn, rec R completing ¼ RF trn through hips;
- 123&4 12 - Fwd & across L w/soft lunge, rec R, trng slightly LF sd L/cl R to L, sd L to BFLY WALL;

13-17 OPENING UP X CHECK TWICE; BRK BK REC SD CK REC TO; 2 FWD CHAS; NEW YORKER;

- 1-3- 13 - Release lead hands & take trailing hands thru to LOD trng LF/thru R check with L arm extended up & out to OPEN LOD, hold, pull trailing hands back trng RF on R as you join lead hands/thru L check with R arm extended up & out to LEFT OPEN RLOD, hold;
- 1234 14 - Rk bk R, rec L, pull lead hands back trng LF on L rk sd R to BFLY WALL, rec L;
- 1&23&4 15 - Release lead hands & take trailing hands thru to LOD trng LF fwd R/lk LIB of R, fwd R, pull trailing hands back twd RLOD as you touch lead hands fwd L/lk RIB of L, fwd L;
- 123&4 16 - Take trailing hands thru to LOD fwd R, rec L trng RF, cont RF trn sd R/cl L to R, sd R to join lead hands;

BRIDGE**1 - 2 HAND CHANGE PASS; INSIDE UNDERARM PASS;**

- 1 - Repeat meas 7 of Part A;
- 2 - Repeat meas 8 of Part A;

PART B**PART C****INTERLUDE****1 - 4 HAND CHANGE PASS; INSIDE UNDEARM PASS; ROLL PASS TO L OPEN; X CHECK CLOSE;**

- 1 - Repeat meas 7 of Part A;
- 2 - Repeat meas 8 of Part A;
- 3 - Repeat meas 9 of Part A;
- 4 - Repeat meas 10 of Part A;

5 - 8 RELEASE TO BFLY; RIGHT SIDE PASS; CIRCLE PASS;;

- 5 - Repeat meas 11 of Part A;
- 6 - Repeat meas 12 of Part A;
- 7 - Repeat meas 13 of Part A;
- 8 - Repeat meas 14 of Part A but end FCING nothing touching;

PART C**ENDING****1 - 4 CIRCLE PASS;; CLOSE; RELEASE TO LEFT OPEN; X CHECK FREEZE,**

- 1 - Repeat meas 13 of Part A;
- 2 - Repeat meas 14 of Part A;
- 3 - Repeat meas 3 of Part A;
- 4 - Repeat meas 4 of Part A;
- 4+ XLIF of R extending R arm up & out and freeze to LEFT OPEN POS BOTH FCING RLOD looking at ptr,