

ONE WAY TICKET

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CD: 2009 Tower Music Publishing, CD Title "Ballroom Sensations" (Artist: Harry London Big Band) Track 8 "One Way Ticket" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:04

RHYTHM: Foxtrot RAL PHASE VI

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-C-A-B-ENDING

MEAS:

INTRODUCTION

1-4 CP DLC WAIT 2 MEAS;; REVERSE FALLAWAY SLIP; CHANGE OF DIRECTION;

1-2 Wait in CP DLC w/ ld ft free;;

3 {**Reverse Fallaway Slip**} CP DLC Fwd L stg trn LF, sd & bk R, L bk in CBMP to SCP DRW, trn LF bk R COH & pvt to CP DLW (W bk R trn bdy LF, bk L, bk R in CBMP stg LF trn, fwd L cont LF trn to fc DRC); [Option: the timing SQ&Q or SQQ& may be used]

4 {**Change of Direction**} CP DLW Fwd L, -, fwd R w/ R shldr ld & trn LF, draw L to R & brush to CP DLC (W bk L, -, bk R w/ L shldr ld & trn LF, draw R to L & brush);

PART A

1-4 REVERSE TURN;; THREE STEP; DOUBLE REVERSE;

1-2 {**Reverse Turn**} CP DLC Fwd L stg LF bdy trn, -, sd R cont trn, bk L to CP RLOD (W bk R stg LF trn, -, cl L to R [heel trn] cont trn, fwd R); Bk R cont LF trn, -, sd & slightly fwd L to DLW, fwd R to BJO DLW (W fwd L cont LF trn, -, sd R, bk L to fc DRC);

3 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);

4 {**Double Natural**} CP DLW Fwd R trn bdy to R, -, fwd & sd L cont RF trn on L w/ spinning action, tch R to L to BJO LOD (W bk L trn bdy to R, -, cl R to L for heel trn cont RF trn on ball of R, sd & fwd L arnd M/fwd R outsd M to BJO);

5-8 LINK TO PROMENADE; PROMENADE WEAVE;; THREE STEP;

5 {**Link to Promenade**} BJO LOD Fwd R, -, tch L to R, fwd L to SCP DLC (W bk L trn RF, -, tch R to L, fwd R to SCP);

6-7 {**Promenade Weave**} SCP DLC Fwd R, -, fwd L trn LF to CP, sd & slightly bk R to CBMP DLC (W fwd L, -, trn LF sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L DLC); Bk L DLC still in CBMP, bk R trn bdy LF & trn W to CP, sd & slightly fwd L, fwd R to BJO DLW (W fwd R to CBMP, fwd L DLC trn LF to CP, sd & slightly bk R, bk L to BJO);

8 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);

9-12 HALF NATURAL; SPIN & TWIST;; REVERSE CORTE;

9 {**1/2 Natural**} CP DLW Stg RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, bk R to CP RLOD (W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L);

10-11 {**Spin & Twist**} CP RLOD Bk L pvt RF w/ L sd stretch, -, fwd R heel to ball cont trn w/ L sd stretch, sd L to DLW (W fwd R between M's feet pvt RF, -, bk L trn RF, cl R to fc DLC); XRib with partial wgt/unwind RF change wgt to R, unwind cont RF trn, sd & bk L no sway to CP DRW (W fwd L/fwd R arnd M, fwd L trn RF, fwd R between M's feet), -;

12 {**Reverse Corte**} CP DRW Bk R trn LF no sway, -, cont trn on R w/ L sd stretch, cont trn tch L to R to BJO DLW (W fwd L, -, fwd R trn LF, cl L);

13-16 BACK WHISK; ZIG ZAG ~ LEFT FEATHER;;;

13 {**Back Whisk**} BJO DLW Bk L, -, bk & sd R, XLib to SCP LOD (W fwd R, -, fwd & sd L, XRib to SCP);

14-16 {**Zig Zag**} SCP LOD Thru R in CBMP stg RF trn, -, sd L cont trn, bk R SCAR DRW stg LF trn (W fwd L in CBMP, -, fwd R preparing to stp outsd M, fwd L SCAR fc DLC stg LF trn); w/ L sd stretch sd L cont LF trn, w/ L sd stretch fwd R to BJO LOD (W w/ R sd stretch sd R cont LF trn, w/ R sd stretch bk L in BJO), {**Left Feather**} BJO LOD fwd L to CP, -, Fwd R w/ R shldr ld & R sd stretch, fwd L in SCAR (W bk R to CP, -, Bk L, bk R in SCAR), trn LF sd R to CP, cont trn bk L to BJO RLOD (W trn LF sd L to CP, cont trn fwd R to BJO);

PART B

1-4 FEATHER FINISH; THREE STEP; NATURAL TWIST TURN::

- 1 {**Feather Finish**} BJO RLOD Bk R trn LF, -, sd & fwd L, fwd R outsd W XRif at thighs to contra BJO DLW (W fwd L trn LF, -, sd & bk R, bk L XLib at thighs);
- 2 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);
- 3-4 {**Natural Twist Turn**} CP DLW Fwd R trn RF no sway, -, sd & bk L w/ L sd stretch to CP RLOD, XRib no wgt (W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L arnd M); Unwind RF w/ wgt on both feet no sway, -, cont unwind & allow feet to uncross chg wgt to R w/ L sd stretch, bk L to CP DRW (W fwd R arnd M, -, swvl sharply RF & cl L, fwd R to CP);

5-8 TURNING LOCK; HALF NATURAL; PIVOT TO HAIRPIN; OUTSIDE SPIN;

- 5 {**Turning Lock**} CP DRW Bk R w/ R sd ld & R sd stretch/lk Lif, bk & slightly sd R stg LF trn, sd & slightly fwd L to BJO DLW, - (W fwd L w/ L sd ld & L sd stretch/lk Rib, fwd & slightly sd L stg LF trn, sd & slightly bk R to BJO, -);
- 6 {**1/2 Natural**} BJO DLW Stg RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, bk R to CP RLOD (W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L);
- 7 {**Pivot to Hairpin**} CP RLOD Bk L pvt 1/2 RF, -, fwd R/fwd L strong crv to R w/ L sd stretch, fwd R ck on toe to BJO DRW (W fwd R pvt 1/2 RF, -, bk L/bk R crv RF, bk L strong R crv on toes to BJO);
- 8 {**Outside Spin**} BJO DRW In CBMP prepare to ld W outsd ptr stg bdy trn to R toe in w/ R sd ld bk L sm stp trn 3/8 RF trn, -, fwd R in CBMP heel to toe cont RF trn, cont RF trn sd & bk L to CP DRW (W stg bdy trn to R w/ L sd ld stay well into M's R arm fwd R in CBMP outsd M heel toe, -, cl L on toe 5/8 RF trn between 1 & 2, cont RF trn fwd R between M's ft);

9-12 RISING LOCK; REVERSE PIVOT 2; THROWAWAY OVERSWAY; HOVER EXIT TO SCP;

- 9 {**Rising Lock**} CP DRW Bk R stg LF trn, -, cont trn sd & fwd L, XRib bdy comp trn to CP DLC (W fwd L stg LF trn, -, cont trn sd & bk R, cont trn XLif);
- 10 {**Reverse Pivot 2 fc WALL**} CP DLC Fwd L pvt LF on ball of L to fc RLOD, -, bk R cont pvt to fc WALL, - (W bk R pvt LF on ball of R to fc LOD, -, fwd L cont pvt to fc COH, -);
- 11 {**Throwaway Oversway**} CP WALL sd & fwd L relax L knee & allow R to pt sd & bk while keeping R sd in twd W & looking at her w/ L sd stretch (W sd & fwd R trn LF while relaxing R knee & sliding L bk undr bdy past R to pt bk looking well to L & keeping L sd in twd M), -, -, -;
- 12 {**Hover Exit to SCP**} Hold begin to rise -, sd R rise to ball of ft & brush L to R, sd & fwd L to SCP LOD (W hold begin to rise, -, sd L rise to ball of ft & brush R to L, sd & fwd R to SCP);

13-16 RIPPLE CHASSE; CHAIR & SLIP; DOUBLE TELEMAR::

- 13 {**Ripple Chasse**} SCP LOD Thru R in CBMP, -, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into a R sway as you cl R looking to R holding sway, sd & fwd L loosing sway blending to SCP LOD (W thru L in CBMP, -, sd & slightly fwd R w/ slight R sd stretch/cont R sd stretch into a L sway as you cl L looking to L holding sway, sd & fwd R loosing sway blending to SCP);
- 14 {**Chair & Slip**} SCP LOD Lun thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP DLC (W lun thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP);
- 15-16 {**Double Telemark**} CP DLC Fwd L trn bdy LF no sway, -, sd R cont trn w/ R sd stretch, sd & fwd L to SCP LOD (W bk R stg LF bdy trn, -, bk L to R for heel trn & chg wgt to L, strong stp fwd R to SCP); fwd R with heel ld stg LF trn/ fwd L cont trn no sway, sd & fwd R w/ R sd stretch, cont trn sd & fwd L to SCP DLW (W fwd L trn LF to CP/bk R stg LF trn, bk L to R for toe spin & chg wgt to L, fwd R to SCP), -;

PART C

1-4 NATURAL FALLAWAY WEAWE:: THREE STEP; FWD TIPPLE CHASSE;

- 1-2 {**Natural Fallaway Weave**} SCP DLW Fwd R stg RF trn w/ R sd stretch, -, fwd L rise on toe cont RF trn, bk R to SCP DRW (W fwd L w/ L sd stretch, -, fwd R rise on toe between M ft stg RF trn, cont RF trn bk L in SCP); Bk L lose stretch, slip R bk stg LF trn to CP, sd & fwd L w/ L sd stretch, fwd R to BJO DLW (W bk R on toe, trn LF slip L fwd to CP, sd & bk R w/ R sd stretch, bk L to BJO);
- 3 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);
- 4 {**Forward Tipple Chasse**} CP DLW Stg slight upper bdy to R trn fwd R trn RF, -, cont trn sd L/cl R, cont trn sd & slightly bk L to fc RLOD (W stg slight upper bdy trn to R bk L trn RF, -, cont trn sd R/cl L, sd & slightly fwd R);

PART C (cont.)

5-8 RIGHT TURNING LOCK; QUICK OPEN REVERSE; BACK THREE STEP; BACK BACK LOCK BACK;

- 5 {**Right Turning Lock**} CP RLOD Bk R w/ R shldr ld stg RF trn/lk Lif, cont trn sd & fwd R between W feet to LOD, sd & fwd L to SCP DLC (W fwd L w/ L shldr ld stg RF trn/lk Rib, cont trn fwd & sd L, fwd R), -;
- 6 {**Quick Open Reverse**} SCP DLC Fwd R, -, fwd L stg to trn LF/trn LF sd & bk R, w/ R sd stretch bk L to BJO RLOD (W fwd L stg trn LF, -, cont trn sd & bk R to CP/cont trn sd & fwd L, w/ L sd stretch fwd R to BJO);
- 7 {**Back Three Step**} BJO RLOD Bk R, -, bk L, bk R to CP RLOD (W fwd L heel ld, -, fwd R, fwd L);
- 8 {**Back Back Lock Back**} Blend to BJO RLOD Bk L, -, bk R/lk Lif (W lk Rib), bk R;

9-13 IMPETUS TO SCP; SLOW SIDE LOCK; CONTRA CHECK & SLIP; NATURAL HOVER CROSS::

- 9 {**Impetus to SCP**} BJO RLOD Stg RF upper bdy trn bk L, -, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R);
- 10 {**Slow Side Lock**} SCP DLC Thru R, -, sd & fwd L to CP, XRib trn slihgly LF to CP DLC (W thru L stg LF trn, -, sd & bk R cont trn to CP, XLif);
- 11 {**Contra Check & Slip**} CP DLC Stg upper bdy trn to L flex knees w/ strong R sd ld ck fwd L in CBMP, -, rec R, slipping L bk past R under bdy trn RF to CP DLW (W stg upper bdy trn to L flex knees w/ strong L sd ld bk R in CBMP look well to L, -, rec L, slip fwd R under bdy trn RF);
- 12-13 {**Natural Hover Cross**} CP DLW Fwd R stg RF trn, -, cont trn sd L w/ L sd stretch, cont trn sd R to fc DLC (W bk L stg RF trn, -, R closes to L heel trn w/ R sd stretch, cont trn sd L to CP); Cont trn w/ R sd stretch fwd L on toe to SCAR DLW, rec R w/ slight L sd ld, sd & fwd L, w/ L sd stretch fwd R on toe to BJO DLC (W cont trn w/ L sd stretch bk R on toe in SCAR, rec L w/ slight R sd ld, sd & bk R, w/ R sd stretch bk L in BJO);

14-16 TOP SPIN; THREE STEP; CHECKED NATURAL SLIP;

- 14 {**Top Spin**} BJO DLC Spn 1/8 LF on ball to R keep L leg extended bk between preceding step & 1 bk L in CBMP, bk R trn LF, cont trn w/ L sd stretch sd & slightly fwd L, w/ L sd stretch fwd R to BJO DLW (W spin 1/8 LF on ball of L keep R leg extended fwd between preceding step & 1 fwd R in CBMP outsd M, fwd L trn LF, cont trn w/ R sd stretch sd R, w/ R sd stretch bk L in CBMP);
- 15 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);
- 16 {**Checked Natural Slip**} CP DLW Fwd R no sway, -, fwd L on toe trn RF w/ L sd stretch & ck fwd motion, trn LF rec bk R cont trn to CP DLC (W bk L, -, cl R rise to toes trn RF & check bk motion, trn LF slp L fwd to CP cont LF trn);

ENDING

1 THRU TO HINGE;

- 1 {**Thru to Hinge**} SCP DLW Thru R, -, sd & slightly fwd L to fc DRW stg L sd stretch cont L sd stretch swvl 1/8 LF ld W to XLib keep L sd twd W, relax L knee & veer R knee to sway R to look at W (W thru L, -, sd R to fc DLC stg R sd stretch cont R sd stretch swvl LF, XLib keep L sd twd M relax L knee [head to L w/ shldr almost parallel to M] w/ no wgt on R);

ABC AB

WAIT
REVERSE FALLAWAY SLIP

WAIT
CHANGE OF DIRECTION

A REVERSE TURN
THREE STEP
LINK TO PROMENADE

DOUBLE NATURAL
PROMENADE WEAVE
THREE STEP

.....
HALF NATURAL

BACK WHISK

.....
SPIN & TWIST
REVERSE CORTE
ZIG ZAG
<LEFT FEATHER

B FEATHER FINISH
NATURAL TWIST TURN
TURNING LOCK
PIVOT TO HAIRPIN

THREE STEP

HALF NATURAL
OUTSIDE SPIN

.....
RISING LOCK
THROWAWAY OVERSWAY
RIPPLE CHASSE
DOUBLE TELEMARK

.....
REVERSE PIVOT 2
HOVER EXIT TO SCP
CHAIR & SLIP

C NATURAL FALLAWAY WEAVE
THREE STEP
RIGHT TURNING LOCK
BACK THREE STEP

FWD TIPPLE CHASSE
QUICK OPEN REVERSE
BACK BACK LOCK BACK

.....
IMPETUS TO SCP
CONTRA CHECK & SLIP

THREE STEP

.....
SLOW SIDE LOCK
NATURAL HOVER CROSS
TOP SPIN
CHECKED NATURAL SLIP

END THRU TO HINGE

R6-16 ONE WAY TICKET (ROSS)
(CP DLC LEAD FOOT FREE)
(AFTER 6-3 & R6-15 USE TO TEACH DOUBLE NATURAL)