

## ONLY TIME

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**Record:** Reprise WEA-16719 "Only Time"

**Artist:** Enya Released: July 2007

**Rhythm:** Bolero Phase: V

**Footwork:** Opposite-direction for man except where noted

**SEQUENCE:** INTRO - A - B1 - A - B2 - C - D - E - ENDING



### INTRO

#### 1 - 4 SLOW LIFT ARMS; RIFF TURN; UNDERARM TURN; HAND TO HAND (HALF OPEN/LOD);

1 - 4 [Slow Lift Arms] as music starts slowly raise arms to BFLY position; [Riff Turn] sd L raise lead hands to start W into RF spin, cl R as W completes spin, sd L, cl R (W sd & fwd R commence RF spin, cl L to R complete one full RF spin, repeat spin R, cl L);

### PART A

#### 1 - 4 BOLERO WALK 3; FACE, SIDE, CLOSE (CP/WALL); TURNING BASIC;;

1 - 4 [Bolero Walk] fwd LOD L,-, R, L; [Face, Side, Close] fwd R trng to fc ptr & Wall, - sd L, cls R to L; [Turning Basic] Sd L,-, trng 1/4 lfc with slp pvt bk R, sd/fwd L cont trng 1/4 DRW; sd R,-, fwd L with contra chk like action, rec R;

#### 5 - 8 LEFT PASS; HORSESHOE TURN;; SHOULDER TO SHOULDER (COH);

5 - 8 [Left Pass] sd/fwd L tng 1/4 lfc DRW shape to W, -, rec bk R soft knee cont trng lfc, sd/fwd L to LOP (W fwd R trng rfc bk to M,-, sd & fwd L with strong trn lfc, bk R to fc M); [Horseshoe Turn] sd & fwd R to slight "v" pos, -, ck thru L, rec R raise jnd hnds; fwd L comm LF (W RF) circle walk, -, fwd R lead W und jnd hnds, fwd L to RLOD; [Shoulder to Shoulder] sd R,-, XLIF soft knee (W XRIB), rec R;

#### 9 - 9 RIGHT PASS;

9 - 9 [Right Pass] fwd L with slight trn rfc to "L" Pos fc DRW raise lead hands to make window and look at lady,-, XRIB trng rfc with soft knee, rec L cont trn to fc RDC (W fwd R look at M thru window,-, fwd L with lfc trn, fwd R trng lfc under lead hands to fc M);

### PART B

#### 1 - 4 FORWARD BASIC; CROSS BODY TO A HANDSHAKE; CONTRA BREAK; HALF BASIC;

1 - 4 [Forward Basic] CP WALL sd R,-, fwd L soft knee, rec/bk R;; [Cross Body] sd & fwd L trng LF, -, bk R w/slipping action, fwd L cont trn joining R hands (sd & fwd R, -, fwd L XIF of M trng LF, sm step sd R); [Contra Break] sd & fwd R rise with right sd stretch,-, slip fwd L flex knee with right shoulder lead to contra check action, rec bk R (W sd & bk L rise with left sd stretch,-, slip bk R flex knee with left shoulder lead to contra check action, rec fwd L); [Half Basic] sd L, -, bk R soft knee, rec/fwd L;

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PART B

(Continued)

5 - 8 HALF MOON;; FORWARD BRK; RIFF TRN (OPEN/LOD):

5 - 8 **[Half Moon]** sd & fwd R to lft skaters LOD,-, ck thru L LOD soft knee, rec R trn LF to fc COH soft knee strt to rise (trn LF sd & fwd L to lft sktrs LOD,-, ck thru R soft knee, rec L trn RF to fc man); trn LF sd & fwd L to "L" pos moving RLOD,-, XRIBL soft knee slght trn LF, slip rec L trn LF (sd & fwd R fc RLOD "L" pos,-, fwd L trn LF soft knee, sd R trn LF); **[Forward Break]** sd & fwd R, -, chk fwd L (W bk R with contra chk action), rec R; **[Riff Turn]** sd L raise lead hands to start W into RF spin, cl R as W completes spin, sd L, cl R (W sd & fwd R commence RF spin, cl L to R complete one full RF spin, repeat spin R, cl L);

PART B (Modified)

1 - 4 FORWARD BASIC; CROSS BODY; CONTRA BREAK; HALF BASIC:

1 - 4 repeat measures 1 to 4 of Part B;;;;

5 - 8 HALF MOON;; LUNGE BREAK; RIFF TRN:

5 - 8 repeat measures 5 - 6 of Part B;; **[Lunge Break]** sd & fwd R w/body rise LOP fcg WALL, , lower on R w/slight RF body trn lead W bk extend L to sd & bk, rise on R w/slight LF body trn (W sd & bk L w/body rise to LOF,-, bk R w/contra ck action, fwd L); repeat measure 8 of Part B;

PART C

1 - 4 AIDA PREP (TO LOD); AIDA LINE W/HIP ROCKS; SWITCH ROCK; HIP LIFT:

1 - 4 **[Aida Prep]** sd L twd LOD, -, XRIF, sd L trng RF; **[Aida Line & Hip Rocks]** bk R twd LOD, -, fwd L with hip rock, rec R with hip rock; **[Switch Rock]** bk L trng to fc ptr, -, sd R, rec L; **[Hip Lift]** sd R with R hip extended sd bring L ft next to R with no weight,-, lift L hip, lower L hip;

5 - 8 TIME STEP; OPEN BREAK; HIP ROCK; AIDA PREP (TO RLOD):

5 - 8 **[Time Step]** sd L, -, XRIB extending arms to sides, rec fwd L joining ld hnds; **[Open Break]** sd R free arm to sd, -, bk L (W bk R) arm to sd, rec L blend to CP/WALL; **[Hip Rock]** Rk sd L, -, rec R, rec L; **[Aida Prep]** sd R twd RLOD, -, XLIF of R, sd R trng LF;

9 - 11 AIDA RLOD W/HIP ROCKS; SWITCH CROSS; SLOW HIP ROCKS (BFLY):

9 - 11 **[Aida Line & Hip Rocks]** bk L twd RLOD, -, fwd R with hip rock, rec L with hip rock; **[Switch Cross]** bk R trng to fc ptr, -, sd L, XRIF of L; **[Hip Rock]** Rk sd L, -, rec R, -;

PART D

1 - 4 FOUR SLOW OPENING OUTS;;;:

1 - 4 **[Opening Outs 4X]** sd & fwd L w/body rise commence upper body rotation LF (sd & bk R w/body rise comm body rotation to match ptr), -, lower on L extend R to side complete upper body rotation (XLIB of R lowering), rise on L & rotate upper body RF to Bfly (fwd R); cls R to L w/body rise comm upper body rotation RF (sd & bk L w/body rise comm body rotation to match ptr), -, lower on R extend L to side complete body rotation (XRIB of L lowering), rise on R & rotate upper body LF (fwd L) to Bfly; cls

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**PART D**

**(Continued)**

L to R w/body rise comm upper body rotation LF (sd & bk R w/body rise comme body rotation to match ptr), -, lower on L extend R to side complete upper body rotation (XLIB of R lowering), rise on L & rotate upper body RF to Bfly (fwd R); cls R to L w/body rise comm upper body rotation RF (sd & bk L w/body rise comm body rotation to match ptr), -, lower on R extend L to side complete body rotation (XRIB of L lowering), rise on R & rotate upper body LF (fwd L) to Bfly;

**5 - 6 HIP ROCKS TWICE;;**

5 - 6 **[Hip Rock]** Rk sd L, -, rec R, rec L; **[Hip Rock]** Rk sd R, -, rec L, rec R;

**PART E**

**1 - 4 BASIC (BFLY);; FENCE LINE 2X;;**

1 - 4 **[Basic]** CP WALL sd L,-, bk R soft knee, rec/fwd L; sd R, -, fwd L soft knee, rec/bk R; **[Fenline 2x]** sd L,-, lunge thru R, rec L; sd R,-, lunge thru L, rec R;

**5 - 8 SHLDR/SHLDR; REV UNDARM TURN; NEW YORKER; HIP LIFT; (CUDL POS)**

5 - 8 **[Shoulder To Shoulder]** Sd L, -, XRIF (W XLIB) to BFLY/BJO, rec L; **[Reverse Underarm Turn]** sd R to RLOD,-, slight trn lfc bk L soft knee with M's rt & W's lft hands joined, rec/fwd R to BFLY Wall (W sd L,-, XRIF under joined hands, fwd L Bfly.); **[New Yorker]** sd L begin lfc trn (W rfc) to "V" pos LOD,-, chk thru R with soft knee, rec L to wall;

**ENDING**

**1 - 4 CUDDLES TWICE;; CUCARACHA (W TURN TO TANDEM (W)); SWEETHEART;**

1 - 4 **{Cuddles Twice}** CLSD pos sd L with L sd stretch giving W a slight R sd lead to op her out, -, sd R with R sd stretch, rec L chg to L sd stretch placing L hand on W's L shoulder blade leading her to CLSD pos (sd R with R sd stretch trng 1/2 RF, -, bk L with L sd stretch extend free arm out to the sd, rec R chg to R sd stretch trng 1/2 LF place R hand on man's R shoulder blending to CLSD pos); sd R with R sd stretch giving W a slight L sd lead to op her out, -, sd L with L sd stretch, rec R chg to R sd stretch placing R hand on W's R shoulder blade leading her to CLSD pos (Sd L with L sd stretch trng 1/2 LF, -, bk R with R sd stretch extend free arm out to the sd, rec L chg to L sd stretch trng 1/2 RF place L hand on man's L shoulder blending to CLSD pos); **[Cucaracha]** M sd L, -, rec R, cl L (W sd R, -, sd comm. LF turn on L, cont turn sd R to fc wall); both tandem facing wall] **[Sweetheart]** sd R,-, fwd L w/contra ck action, rec R (W sd L,-, bk R, rec L);

**5 - 7 SWEETHEART; TANDEM EMBRACE; M SLOW SIDE/LDY TO A STORK LINE & HOLD;**

5 - 7 **[Sweetheart]** sd L,-, fwd R w/contra ck action, rec L (W sd R,-, bk L, rec R); **[Tandem Embrace]** M Sd R, -, rec L, -, (W sd L -, rec R, sd L) both in tandem R ft free fcg wall; [Note: Lady has her hands over man's hands at waist.] **[Stork Line]** both step sd R, -, [Note: Woman leans back towards man for support raising L foot to R knee) he holds her in balance and both touch heads, freestyle armwork to end, -; [Suggestion: As lady steps side R, bring left arm up and place left hand on left side of man's face. Leave right hand over his right hand at her waist.]

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MATTHEWS MP3 BL V

SEQUENCE: INTRO - A - B1 - A - B2 - CDE - ENDING

INTRO:

1---4 SLOW LIFT ARMS; RIFF TURN; UND TURN; HAND/HAND (HOP/LOD);

PART A:

1---9 1 BL WALK; FC, SD, CLS (CP/W); TURNING BASIC;; LEFT PASS;  
HORSESHOE TURN;; SHLDR /SHLDR (COH); RIGHT PASS;

PART B1:

1---8 FWD BASIC; CROSS BODY; CONTRA BRK; HALF BASIC; HALF MOON;;  
FWD BRK; RIFF TRN (BLEND TO OP/LOD);

PART A:

1---9 1 BL WALK; FC, SD, CLS (CP/W); TURNING BASIC;; LEFT PASS;  
HORSESHOE TURN;; SHLDR /SHLDR (COH); RIGHT PASS;

PART B2:

1---8 FWD BASIC; CROSS BODY; CONTRA BREAK; HALF BASIC;  
HALF MOON;; LUNGE BREAK; RIFF TURN;

PART C:

1---11 AIDA PREP ( TO LOD); AIDA LINE W/ 2 ROCKS; SWITCH ROCK;  
HIP LIFT; TIME STEP; OPEN BREAK; HIP ROCK; AIDA PREP (TO RLOD);  
AIDA RLOD W/ 2 ROCKS; SWITCH CROSS; HIP ROCK (BFLY);

PART D:

1---6 FOUR SLOW OPENING OUTS;;; 2 HIP ROCKS;;

PART E:

1---8 BASIC (BFLY);; FENCE LINE 2X;; SHLDR/SHLDR; REV UNDARM TURN;  
NEW YORKER; HIP LIFT; (CUDL POS)

ENDING:

1---7 CUDDLES TWICE;; CUCARACHA (W TURN TO TANDEM (W); SWEETHEART;  
SWEETHEART; TANDEM EMBRACE;  
M SLOW SIDE / L TO STORK LINE (HOLD);