

YOU ONLY YOU

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CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3
(506) 455-6538, e-mail: bmross@nbnet.nb.ca

RECORD: MCA 52737 "You Only You" (Artist: Barbara Mandrell) (Flip of: Fast Lanes and Country Roads) also on the album Get To The Heart, amazon.com has LPs & a cassette of this album, you can also find this song on music.aol.com/

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3.31 @ 45 RPM

RHYTHM: Waltz RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

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

MEAS:

INTRODUCTION

1-4 CP DLC WAIT 2 MEAS;; 2 LEFT TURNS FC DLW;;

1-2 Wait;;

3-4 {2 Left Turns fc DLW} CP DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP DLW (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

PART A

1-4 WHISK; THRU CHASSE TO BJO; FWD FWD LOCK FWD; CLOSED WING;

1 {Whisk} CP DLW Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);

2 {Thru Chasse to BJO} SCP DLC Fwd R trn to fc, sd L/cl R, sd L to BJO LOD;

3 {Fwd Fwd Lock Fwd} BJO LOD Fwd R, fwd L/lk Rib (W lk Lif), fwd L;

4 {Closed Wing} BJO LOD Fwd R, draw L to R w/ LF upper bdy trn, tch L to SCAR DLC (W bk L, sd R acrs M, fwd L);

5-8 TELEMARK TO SCP; NATURAL HOVER FALLAWAY; SLIP PIVOT TO BJO; MANEUVER;

5 {Telemark to SCP} SCAR DLC Fwd L stg to trn LF, sd R cont trn, sd & slightly fwd L to tight SCP DLW (W bk R stg to trn LF bring L beside R no wgt, trn LF on R heel & chg wgt to L, sd & slightly fwd R);

6 {Natural Hover Fallaway} SCP DLW Fwd R w/ slight bdy trn to R, fwd L on toe trn RF w/ slow rise, rec bk R to SCP DRW (W fwd L, fwd R on toe between M's ft trn RF w/ slow rise, rec bk L);

7 {Slip Pivot to BJO} SCP DRW Bk L, bk R trn LF keep L leg extended, fwd L to BJO DLW (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M's R ft, bk R);

8 {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);

9-14 SPIN TURN; BOX FINISH DLC; DIAMOND TURN;;;

9 {Spin Turn} CP RLOD Stg RF upper bdy trn bk L toe pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leave L leg extended bk & sd, rec sd & bk L to CP DLW (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, bk L toe cont trn brush R to L, fwd R);

10 {Box Finish DLC} CP DLW Bk R trn 1/4 LF, sd L, cl R to CP DLC;

11-14 {Diamond Turn} CP DLC Fwd L trn LF, cont trn sd R, bk L to BJO DRC (W bk R trn LF, cont trn sd L, fwd R); Staying in BJO bk R trn LF, sd L, fwd R to BJO DRW (W fwd L trn LF, sd R, bk L); Still in BJO fwd L trn LF, sd R, bk L to BJO DLW (W bk R trn LF, sd L, fwd R); Bk R cont LF trn, sd L, fwd R to BJO DLC (W fwd L trn LF, sd R, bk L);

15-16 2 LEFT TURNS FC DLW;;

15-16 {2 Left Turns fc DLW} DLC DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP DLW (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

PART B

1-4 HOVER; CROSS HESITATION FC DRC; BACK BACK LOCK BACK; IMPETUS TO SCP:

- 1 {Hover} CP DLW Fwd L, fwd & sd R rise to ball of ft, rec L to tight SCP DLC (W bk R, bk & sd L trn to SCP & rise to ball of ft, rec R);
- 2 {Cross Hesitation} SCP DLC Thru R, stg LF trn on R touching L, cont trn to BJO DRC (W thru L, sd R arnd M trn LF, cont trn cl L);
- 3 {Back Back Lock Back} BJO DRC Bk L, bk R/lk Lif (W lk Rib), Bk R;
- 4 {Impetus to SCP} BJO DRC 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);

5-8 WEAVE TO BJO;; MANEUVER; IMPETUS TO SCP:

- 5-6 {Weave to BJO} SCP DLC Fwd R, fwd L trn LF to CP, sd & slightly bk R to DLC (W fwd L, sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L to DLC); Bk L DLC trn W to CBMP, bk R trn bdy LF to CP, sd & fwd L trn W to CBMP to BJO DLW (W fwd R to CBMP, fwd L to DLC trn bdy LF to CP, sd & bk R to CBMP);
- 7 {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
- 8 {Impetus to SCP} CP 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);

9-12 IN & OUT RUNS TWICE;;;:

- 9-10 {In & Out Runs} SCP DLC Fwd R stg RF trn, sd & bk DLW on L to CP, bk R to contra BJO RLOD (W fwd L, fwd R between M's ft, fwd L in contra BJO); Bk L trn RF, sd & fwd R between W's ft cont RF trn, fwd L to SCP LOD (W fwd R stg RF trn, fwd & sd L cont trn, fwd R to SCP);
- 11-12 Repeat meas 9-10 starting in SCP LOD;;

13-16 THRU CHASSE TO SCP; PICKUP SIDE CLOSE DLC; 2 LEFT TURNS FC DLW;;

- 13 {Thru Chasse to SCP} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to SCP LOD;
- 14 {Pickup Side Close DLC} SCP LOD Sm fwd R to CP DLC, sd L, cl R (W fwd L in front of M trn LF to CP, sd R, cl L);
- 15-16 {2 Left Turns fc DLW} CP DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP DLW (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

ENDING

1-3 WHISK; THRU TO PROMENADE SWAY; CHANGE SWAY TO OVERSWAY:

- 1 {Whisk} CP DLW Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
- 2 {Thru to Promenade Sway} SCP LOD Thru R, sd & fwd L & stretch bdy upward to look ovr ld hnds (W thru R, sd & fwd R & stretch bdy upward to look ovr ld hnds), -;
- 3 {Change Sway to Oversway} Relax L knee leave R leg extended & stretch L sd of bdy (W relax R knee leave L leg extended & stretch R sd look well to L), -, -;

AB AB AB

WAIT
2 LEFT TURNS FC DLW

WAIT

A WHISK THRU CHASSE TO BJO
FWD FWD LOCK FWD CLOSED WING
TELEMARK TO SCP NATURAL HOVER FALLAWAY
SLIP PIVOT TO BJO MANEUVER

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SPIN TURN BOX FINISH DLC
DIAMOND TURN ----
---- ----
2 LEFT TURNS FC DLW ----

B HOVER CROSS HESITATION FC DRC
BACK BACK LOCK BACK IMPETUS TO SCP
WEAVE TO BJO ----
MANEUVER IMPETUS TO SCP

.....
IN & OUT RUNS TWICE ----
---- ----
THRU CHASSE TO SCP PICKUP SIDE CLOSE DLC
2 LEFT TURN FC DLW ----

END WHISK THRU TO PROMENADE SWAY
CHANGE SWAY TO OVERSWAY

4-6 YOU ONLY YOU 1591
(CP DLC LEAD FOOT FREE)