

ONLY HE

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Rhythm / RAL Phase: Rumba / Phase 6 Speed: 100%
Record: "Only He" by Caren Faust from album "Musical 2" from Tanzorchester Klaus Hallen
Track 10; 3:18 Timing @ 100% - Available as MP3 download from Casa Musica
Sequence: IN - A - B - A - ILD - B - END Cuesheet rev: 1.1
Footwork: instructions to man / ladies opposite (generally)



INTRO – 4 MEA

- (1-4) (OFF-W) WAIT 1 MEA ; CURL ; LADY OUT TO FACE ; NEW YORKER IN 4 ;
(5-8) ALEMANA TO A LARIAT W/ SYNC ENDING & FINGER FLICK ; ; ; ;

PART A – 16 MEA

- (1-4) OP HIP TWIST ; FAN ; CURL ; INTO THE AIDA ;
(5-8) SWITCH ROCK ; & CRAB WALK 3 ; TWIRL/VINE 3 ; NEW YORKER W/ DELAY ;
(9-12) SHLDR – SHLDR ; U'ARM TRN W/ WRAP TO LOD ; BK BASIC ; WALK & CHA ;
(13-16) FWD BASIC CHA ; BACK BASIC IN 3 ; CIRC AWAY & TOG ; ;

PART B – 16 MEA

- (1-4) ALEMANA TO A LARIAT LADY OVERTURN TO SHADOW [WALL] ; ; ; ;
(5-8) ADVANCED SLIDING DOOR CHA ; & RUMBA ; BALLERINA WHEEL ; ;
(9-12) HORSE & CART to FACE ; ; QK SIDE BASICS ; & MERENGUE 4 ;
(13-16) CROSS BODY ; ; ADVANCED ALEMANA ; ;

PART A – 16 MEA

- (1-4) OP HIP TWIST ; FAN ; CURL ; INTO THE AIDA ;
(5-8) SWITCH ROCK ; & CRAB WALK 3 ; TWIRL/VINE 3 ; NEW YORKER W/ DELAY ;
(9-12) SHLDR – SHLDR ; U'ARM TRN W/ WRAP TO LOD ; BK BASIC ; WALK & CHA ;
(13-16) FWD BASIC CHA ; BACK BASIC CHA ; SLO CIRC AWAY & TOG ; ;

ILD – 3 MEA

- (1-4) SHLDR SHRUGS ; & MERENGUE 4 ; SHLDR SHRUGS ; & MERENGUE 4 ;

PART B – 16 MEA

- (1-4) ALEMANA TO A LARIAT LADY OVERTURN TO SHADOW [WALL] ; ; ; ;
(5-8) ADVANCED SLIDING DOOR CHA ; & RUMBA ; BALLERINA WHEEL ; ;
(9-12) HORSE & CART to FACE ; ; QK SIDE BASICS ; MERENGUE 4 ;
(13-16) CROSS BODY ; ; ADVANCED ALEMANA ; ;

END – 4 MEA

- (1-4) NEW YORKER ; CRAB WALK 6 ; ; [IN 1 SLO] NEW YORKER THRU & EXTEND ;

Note: fine print written as if 4/4 timing (4 commas per measure) due to multiple syncopations.

MEA (TIMING)	FIGURE	MAN'S PART	LADY'S PART
Introduction – 4 measures			
1	Wait ;	In LOFP-W hold, -, -, - ;	Hold, -, -, - ;
2	Curl ;	Rk fwd L, rec R, cl L, - ; to fc wall in half wrapped pos (joined ld hnds in front of woman)	Rk bk R, rec L, fwd R, spiral LF on R trng 1/2 ;
3	Lady out to face ;	Hold [lead lady to step fwd Tog L to CP, fwd L, sd R, - ;	Fwd L, fwd R/spiral LF on R trng 1/2, sd L,, - ;
4 1234;	New Yorker in 4 ;	X Thru L trng 1/4 RF, rec R to fc , rk sd L, rec R to LOFP-W ;	X thru R trng 1/4 LF, rec L to fc, rk sd R, rec L ;
5 - 6	Alemana ; ;	Rk fwd L, rec R, cl L,- ; rk bk R leading lady to trn RF under jnd lead hands, rec L, cl R, - ; man fcg wall w/ lady to his right side w/ lead hands joined	Rk bk R, rec L, diag sd & fwd R, - ; fwd L trng 1/2 RF under lead hand, fwd R trng 1/2 RF, fwd L to man's rt side, - ;
7 – 8 123-; 5a6a7-;	Lariat w/ sync ending & finger flick ; ;	Raising joined lead hands lead lady RF around man rk sd L, rec R, cl L, - ; rk bk R/ rec L, sd R/cl L, sd R, flick trail hand twd RLOD ; to LOFP – W	Walk RF around man fwd R, L, R, - ; run L/R to fc man, sd L/cl R, sd L, flick trail hand twd RLOD ;
Part A – 16 measures			
1	Open Hip Twist ;	Rk fwd L, rec R, cl L, lead lady to swvl RF ; to L pos man fcg wall	Rk bk R, rec L, fwd R, swvl RF on R to fc LOD ;
2	Fan ;	Rk bk R, rec L, cl R, - ; to fan pos man fcg wall	Thru L, fwd R trng 1/2 LF, bk L, - ;
3	Curl ;	Rk fwd L, rec R, cl L, - ; to fc LOD in half wrapped position	Cl R, fwd L, fwd R, spiral LF on R ;
4	Aida ;	Thru R trng RF 1/4, sd L cont trn, bk R to aida line position, - ;	Thru L trng LF 1/4, sd R cont trn, bk L to aida line, - ;
5	Switch Rock;	Trn LF to fc prtnr sd L, rec R, rec L, - ; to bfly fcg wall	Trn RF to fc prtnr sd R, rec L, rec R, - ;
6	Crab Walk 3 ;	Twd LOD XRIFL, sd L, XRIFL, - ;	XLIFR, sd R, XLIFR, - ;
7	Twirl Vine 3 ;	Lead lady to twirl RF under joined lead hands sd L, XRIBL, sd L, - ; to bfly wall	Twirl RF under joined lead hands R, L, R, - ;
8 12-4;	New Yorker w/ delay ;	XRIFL trng LF 1/4, rec L to fc prtnr, pt sd R w/ minimal weight, place full wt on R ; to bfly wall	XLIFR trng FR 1/4, rec R to fc prtnr, pt sd L w/ minimal weight, place full wt on L ;
9	Shoulder to Shoulder ;	Slightly XLIFR, rec R, sd L, - ;	Slightly XRIBL, rec L, sd R, - ;
10	Underarm Turn to a Wrap ;	Slightly XRIBL leading lady to turn under joined lead hands, rec L trng to fc LOD, bk R, - ; to half wrap pos fcg LOD as in mea 3	XLIFR trng RF under joined lead hands, rec R cont trn to fc LOD, bk L, - ;
11-12	Back Basic ;	Rk bk L, rec R, fwd L, - ;	Rk bk R, rec L, fwd R, - ;
13 123&4;	Walk & Cha ;	Fwd R, fwd L, fwd R / cl L, fwd R ;	Fwd L, fwd R, fwd L / cl R, fwd L ;
14 123&4;	Fwd Basic & Cha	Rk fwd L, rec R, bk L / cl R, bk L ;	Rk fwd R, rec L, bk R / cl L, bk R ;
15	Back Basic ;	Rk bk R. rec L, fwd R, - ; 2 nd time cha cha timing	Rk bk L, rec R, fwd L, - ; 2 nd time cha cha timing
16	Circle Away & Together ; ;	Release hands Circle fwd LF L, R, L, - ; R, L, R, - ; to LOFP to wall	Release hands Circle fwd RF R, L, R, - ; L, R, L, - ;

Part B – 16 measures			
1 - 2	Alemana ; ;	Repeat intro mea 5 & 6 ; ;	Repeat intro mea 5 & 6 ; ;
3 – 4	Lariat lady ovrtrn to Shadow ; ;	Raising joined lead hands lead lady RF around man rk sd L, rec R, cl L, - ; rk bk R, rec L, cl R, - ; to shadow fcg wall	Walk RF around man fwd R, L, R, - ; L, R trng on spot RF to fc wall, bk L to shadow, - ;
5 – 6 123-; 123a4;	Advanced Slidg Door ; ;	Rk fwd L w/ slight RF trn, rec L, sd L / cl R, sd L, - ; lower into L knee, rise on L, fwd R, - ; to skaters fcg RLOD	Rk bk R, rec L, curving around man fwd R / cl L, fwd R to fc LOD ; trng to fc Wall rk sd L, rec R,,bk L, - ;
7 – 8 (- - - - ; - - - - ;)	Ballerina Wheel ; ;	Walk fwd around lady L, R, L, - ; R, L, R, - ; to skaters fcg wall	Stand on L ft w/ rt knee lifted and rt toe pointed twd floor man will turn lady one full turn RF -, -, -, - ; -, -, -, - ;
9 -10 1a2 - - ; - - - 8 ; (1a234; 5a678;)	Horse & Cart ; ;	Rk fwd L w/ slight RF trn / rec R, trng LF XLIBR place R hand on front of woman's rt hip/ pt R ft bk, (lady will turn man one full turn LF while he's standing on L foot) ; - , -, - , cl R ; to CP wall	Rk bk R / rec L, fwd R, running around man (trng him) L / R, L ; R / L, R, L / R, L to CP; lady extends both hands fwd while running around man
11 1a23a4;	Qk Side Basics ;	Sd L / XRIBL, rec L, sd R / XLIBR, rec R ; still in CP	Sd R / XLIBR, rec R, sd L / XRIBL, rec L ;
12 1234;	Merengue 4 ;	Sd L, cl R, sd L, cl R ; still in CP	Sd R, cl L, sd R, cl L ;
13 – 14	Cross Body ; ;	Rk fwd L, rec R trng 1/4 LF, sd L, - ; Rk IP R, rec L trng 1/4 LF, sd R, - ; to LOFP COH	Rk bk R, rec L, fwd R, - ; fwd L, fwd R pivoting 1/2 LF, sd L, - ;
15 – 16	Advanced Alemana ; ;	Rk fwd L, rec R, sd & fwd L trng rf 1/4, - ; XRIBL cont trn, rec L, sml sd R, - ; to LOFP - wall	Rk bk R, rec L, sd & fwd R trng RF 1/4, - ; trng under joined lead hands XLIFR, sd cont trn, sd & fwd L, - ; (lady trns total of 1-1/2 trn)
Interlude – 4 measures			
1 1-3-;	Shoulder Shrugs ;	Shift wt to L ft as lift & lower L shldr, lift & lower L shldr, Shift wt to R ft as lift & lower R shldr, lift & lower R shldr ; fcg no hands	Shift wt to R ft as lift & lower R shldr, lift & lower R shldr ; Shift wt to L ft as lift & lower L shldr, lift & lower L shldr ;
2 1234;	Merengue 4 ;	Sd L,cl R, sd L,cl R ;	Sd R, cl L, sd R, cl L ;
3 - 4	Shoulder Shrugs ; Merengue 4 ;	Repeat ild mea 1 & 2 ; ;	Repeat ild mea 1 & 2 ; ;
Ending – 4 measures			
1-2	New Yorker ;	XLIFR trng RF 1/4, rec R to fc, sd L, - ; BFLY W	XRIFL trng LF 1/4, rec R to fc , sd R, - ;
3	Crab Walks ; ;	XRIFL, sd L, XRIFL, - ; sd R, XRIFL, sd L, - ;	XLIFR, sd R, XLIFR, - ; sd R, XLIFR, sd R, - ;
4 1 - - - ;	Slow New Yorker thru & Extend ;	XRIFL trng LF 1/4, slowly raise L arm and cont trn slightly bk-bk w/ partnr until music ends ;	XLIFR trng LF 1/4, slowly raise R arm and cont trn slightly bk-bk w/ partnr until music ends .