

## MY ONE AND ONLY LOVE

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Music: My One & Only Love by Dean Martin, CD: Pure Latin, available from Casa Musica download  
Time: 2:29 Speed: 48.5 rpm or adjust for comfort  
Rhythm: Rumba Phase IV+1 (sweetheart) Difficulty: above average  
Footwork: Opposite unless indicated (W's footwork in parentheses) Released: 9/4/15; revised 9/18/15  
Timing: QQS unless otherwise indicated, reflects actual weight changes  
Sequence: Intro ABCD A(9-16) End

### Intro (4 meas)

#### 1-4 **Wait;; Hip Rks Twice;;**

- 1-2 Cuddle pos fcg WALL w/lead feet free wait 2 meas;;  
3-4 {Hip Rks} Rk sd L, rec R, rec L, - ; rk sd R, rec L, rec R to bfly WALL, - ;

### Part A (16 meas)

#### 1-8 **[Bfly WALL] ½ Basic; Aida; Switch Rk; Spot Trn; Cross Body COH to handshake;; Opn Brk; Underarm Trn;**

- 1-2 {1/2 basic} Fwd L, rec R, sd L, - ; {Aida} Fwd R trng RF, sd L cont trng RF, bk R to a v-shaped bk to bk pos fcg DRC (DRW), - ;  
3-4 {Switch rk} Trng left bringing L foot and hnd thru & joining trailing hnds to fc ptr in bfly, rec R, sd L, - ; {Spot trn} Swvlg ¼ LF fwd R twd LOD trng ½ (W RF), rec L cont turn to bfly fcg WALL, sd R, - ;  
5-6 {Cross body} Blending to a loose cp fwd L, rec R, sd L trng ¼ to fc LOD, - ; bk R trng cont LF trn, small fwd L, sd & fwd R ending in R-R handshake fcg COH, - ;  
7-8 {Opn brk} In handshake rk apt L, rec R, sd L, - ; {Uarm trn} Trng body sltly RF and raising jnd R-R hnds bk R, rec L to fc, sd R (W swvlg ¼ RF fwd L undr jnd hnds trng ½, rec R trng to fc ptr, sd L, - ), - ;

#### 9-16 **[R-R Handshake COH] Flirt;; Dbl Handhold Sweetheart 3 times;;; Spot Trn to bfly SCAR DLC; Fwd Ck – Develope; Bk Fc Cl COH;**

- 1-2 {Flirt} In handshake fwd L, rec R, lead W to trn ½ LF sd L to vars pos (W bk R, rec L, fwd R trng ½ LF to vars fcg COH), - ; bk R, rec L, sd R to L vars pos (W bk L, rec R, sd L crossing in front of M), - ;  
3-4 {Dbl handhold sweetheart} Maintaining a dbl handhold ck fwd L with right sd lead trng LF to look at W, rec R straightening body, sd L passing bhd W to vars pos (W bk R with left sd lead trng RF to look at ptr, rec L straightening body, sd R passing in front of M, - ), - ; maintaining a dbl handhold ck fwd R with left sd lead trng RF to look at W, rec L straightening body, sd R passing bhd W to L vars pos (W ck bk L with right sd lead trng LF to look at ptr, rec R straightening body, sd L passing in front of M, - ), - ;  
5 {Sweetheart to fc} Maintaining a dbl handhold ck fwd L with right sd lead trng LF to look at W, rec R straightening body, releasing left hnds sd L lowering R-R handhold to trn W RF ½ to bfly fcg COH, - ;  
6 {Spot trn} Thru R twd RLOD trng LF (W RF), rec L cont turn to bfly SCAR fcg DLC, sd R, - ;  
7 {Fwd ck - develope} Fwd L ckg twd DLC (W bk R, raising left foot up insd of rt knee, extend foot fwd, - ), - , - , - ;  
8 Bk R twd DRW, sd L trng to bfly fcg COH, cl R, - ;

### Part B (8 meas)

#### 1-8 **[Bfly COH] Opn Brk; Uarm Trn to Tamara; Wheel ½ WALL; Unwrap to Bfly COH; Fnc Line Twice;; Cross Body WALL;;**

- 1 {Opn brk} Releasing trailing hands rk apt L, rec R, sd L, - ;  
2 {Undarm trn to tamara} Raising jnd M's L hnd & W's R hnd & trng body sltly RF bk R, rec L to fc ptr, sd R joining right hand w/ W's left bhnd her bk in tamara pos fcg COH (Xlif under jnd lead hnds trng ½ RF, rec R cont trn to fc ptr, sd L to M's right sd fcg WALL placing her left hand bhnd bk & joining with M's right hand), - ;  
3 {Wheel 3} Wheel RF L, R, L to fc WALL, - ;  
4 {Unwrap to bfly COH} Cont wheeling fwd R leading W to trn RF under lead hands, fwd L leading W to cont trn to bfly COH, sd R (W bk L, sd & fwd R trng RF, sd & fwd L, - ), - ;  
5-6 {Fnc Line Twice} Lunge thru L w/bent knee looking twd LOD, rec R, sd L, - ; Lunge thru R w/bent knee looking twd RLOD, rec L, sd R, - ;  
7-8 {Cross body} Blending to a loose cp fwd L, rec R, sd L trng ¼ to fc RLOD, - ; bk R trng cont LF trn, small fwd L, sd & fwd R to bfly fcg WALL, - ;

**Part C (8 meas)****1-8 [Bfly WALL] Chase Peek-a-Boo Dbl;;;;; W Trn to Tandem WALL - M Trans in 2;;**

- 1-7 {Chase peek-a-boo dbl} Fwd L trng sharply 1/2 RF to Tandem [man in front], rec R, fwd L, -; sd R looking ovr left shldr, rec L, cl R, -; sd L looking ovr right shldr, rec R, cl L, -; fwd R trng sharply 1/2 LF to Tandem [lady in front], rec L, fwd R, -; sd L, rec R, cl L, -; sd R, rec L, cl R, -; fwd L, rec R, bk L, (*W Bk R, rec L, fwd R, -; sd L, rec R, cl L, -; sd R, rec L, cl R, -; fwd L trng sharply 1/2 RF to Tandem [lady in front], rec R, fwd L, -; sd R looking ovr left shldr, rec L, cl R, -; sd L looking ovr right shldr, rec R, cl L, -; fwd R trng sharply 1/2 LF to fc ptr, rec L, fwd R, -;*); -;
- 8 Bk R, rec L, tch R to tandem fcg wall, (*W fwd L trng sharply 1/2 RF to fc wall, rec R, cl L, -;*); -;

**Part D****1-8 [Tandem WALL] [Rt foot] Cucar-X to Shadow DLW; Shadow Wk 3 to LOD; Underarm Roll to fc COH; Left Ft Fnc Line; Rev U/Arm Trn – Both Trn to Shadow Wall; Sd Wk 3; Bk Ck – W Develope; Hcky Stk End – M in 2 to handshake WALL;**

- 1-2 {Cucar-X} In tandem with same footwork sd R, rec L, XRif trng to shdw fcg DLW, -; moving twd LOD fwd L, fwd R, fwd L, -;
- 3 {Undrm roll} Fwd R twd LOD start roll RF lady under jnd left hnds, fwd & sd L twd LOD cont roll RF to fc COH ending w/ M in frnt of W, sd R, -;
- 4 {Fnc line} Ck fwd L twd LOD soften knee extending rt arm, rec R trng LF, fwd L shdw fcg DRC, -;
- 5 {Rev Underarm} Raising jnd left hnds fwd R moving twd RLOD trng LF (*W trn under*), cont trn LF rec L to shdw WALL, XRif moving twd LOD, -;
- 6 In shdw fcg wall sd L, cl R, sd L, -;
- 7 {Bk ck - devel} Bk R (*W bk R, raising left foot up insd of rt knee, extend foot fwd, -*), - , - , - ;
- 8 {Hcky stk end – M in 2} Releasing hands & moving twd WALL fwd L, - , fwd R to handshake (*W fwd L, fwd R trng 1/2 LF, sd & bk L to end fcg COH, -*), - ;

**End****1-4 [Cuddle pos WALL] Hip Rks Twice;; Sd Cl Twice; Dip Bk to Slo Leg Crawl;**

- 1-2 {Hip Rks} In cuddle pos rk sd L, rec R, rec L, -; rk sd R, rec L, rec R, -;
- 3-4 Sd L, cl R, sd L, cl R; bk L, - , slightly rotate upper body LF slowly (), - ;

## Quick Cues:

Intro Wait;; Hip Rks Twice;;

A 1/2 Basic; Aida; Switch Rk; Spot Trn; X-Body (Handshake);; Opn Brk; U/Arm Trn; Flirt;; Dbl Handhold Sweethearts 3x;; (W Trn To Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl (COH);

B Opn Brk; U/Arm Trn To Tamara; Wheel 1/2; Unwind To Bfly (COH); Fnc Line Twice;; X-Body (Wall);;

C Chase Peek-a-Boo Dbl;;;;; ;;; W Trn to Tandem Wall - M In 2;

D (Rt Ft) Cucar-X; Shdw Wk 3; U/Arm Roll Rt (COH); Left Ft Fnc Line; Rev U/Arm Trn – Both Trn to Shdw fcg Wall; Sd Wk 3; Bk Ck – W Develop; Hcky Stk End (Wall) – M in 2 (Handshake);

A(9-16) Flirt;; Dbl Handhold Sweethearts 3x;; (W Trn To Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl to cuddle pos (Wall);

End Hip Rks Twice;; Sd Cl Twice; Dip Bk To Slo Leg Crawl;