

NO ONE BUT YOU

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Music: You, No One But You (Casa Musica, The Best of Slowfox, Track 17)
Rhythm & Phase: FT, Phase IV EASY¹) (Intro to FT phase IV)
Timing: Sqg throughout, unless noted - reflects actual weight changes
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A – B – A – B(1-15) – End

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INTRODUCTION

1-4 WAIT 2 MEAS ; ; STEP APART & POINT ; PICKUP & TOUCH ;

- 1-2 **{Wait 2}** In OP FCG M fcg ptr & DLW wait ; Wait ;
3 **{apt, pt (S-)}** Stp apt L, -, pt fwd R twd ptr, - ;
4 **{PU, tch (S-)}** Stp fwd R trng LF to fc LOD leadg W in front, -, tch L to R to CP LOD, - ;
(*W stp fwd L trng LF to fc ptr, -, tch R to L to CP LOD, - ;*)

PART A

1-4 THREE STEP ; NATURAL TURN ONE HALF ; SPIN TURN ; BACK HALF BOX TO SCAR ;

- 1 **{3 stp}** In CP LOD (2nd time through: blendg to CP LOD) stp fwd L w/heel lead, -, fwd R w/heel lead, fwd L risg to toes ;
2 **{nat trn 1/2}** Fwd R start RF trn, -, fwd & sd L across LOD to fc RLOD, bk R to CP RLOD ;
(*W bk L start trng RF, -, cl R heel trn, fwd L to CP ;*)
3 **{spin trn}** In CP RLOD stp bk L lowering into knee & start trng RF, -, cont trng RF to CP LOD rec fwd R between W's feet and rise, rec bk L to CP DLW ;
(*W stp fwd R between M's feet start trng RF, rec bk L and rise with brush R to L, rec fwd R to CP ;*)
4 **{bk 1/2 box}** In CP DLW stp bk R, -, sd L, cl R swvlg to SCAR DLW ;

5-8 CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ; FEATHER ;

- 5 **{X hvr to BJO}** In SCAR DLW XLif of R, -, stp sd & fwd R risg & trng LF, fwd & sd L trng to BJO DLC ;
6 **{X hvr to SCAR}** XRif of L, -, stp sd & fwd L risg & trng RF, fwd & sd R to SCAR DLW ;
7 **{X hvr to SCP}** XLif of R, -, stp sd & fwd R risg, fwd L to SCP DLC ;
8 **{fthr}** In SCP DLC stp thru & fwd R, -, fwd L, fwd R outsd ptr to BJO DLC ;
(*W stp thru L start trng LF to fc ptr, -, sd & bk R, bk L to BJO DLC ;*)

9-12 REVERSE TURN ; ; HOVER ; PICKUP TO SCAR ;

- 9-10 **{rev trn}** In BJO DLC stp fwd L start trng LF, -, sd R cont trng, bk L to CP RLOD ;
Bk R cont trng LF, -, sd L cont trng, fwd R outsd ptr to BJO DLW ;
(*W stp bk R start trng LF, -, cl L to R trng LF on R heel then transfer weight to L, fwd R to CP RLOD ;*
Fwd L cont trng LF, -, sd R cont trng, bk L to BJO DLW ;)
11 **{hvr}** Blendg to CP DLW stp fwd L, -, sd R & rise (W with a brush), sd & fwd L to SCP DLC ;
12 **{PU to SCAR}** Stp thru & fwd R, -, sd L, cl R to L to SCAR DLW ;
(*W thru & fwd L trng LF to fc ptr, -, sd R, cl L to R to SCAR ;*)

13-16 CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ; FEATHER ;

- 13-16 Repeat meas 5-8 of Part A ; ; ; ;

PART B

1-4 REVERSE TURN ; ; HOVER ; FEATHER ;

- 1-2 **{rev trn}** Repeat meas 9-10 of Part A ; ;
3 **{hvr}** Repeat meas 11 of Part A but to SCP LOD ;
4 **{fthr}** In SCP LOD repeat meas 8 of Part A to BJO LOD ;

5-8 THREE STEP ; NATURAL TURN ONE HALF ; IMPETUS TO SCP ; FEATHER ;

- 5 **{3 stp}** Blendg to CP repeat meas 1 of Part A ;
6 **{nat trn 1/2}** Repeat meas 2 of Part A ;
7 **{imp to SCP}** Stp bk L start RF trn, -, cl R heel trn RF on L chg wgt to R risg to toes, trng to SCP DLC sd & fwd L ;
(*W fwd R, -, trng RF fwd & arnd ptr L rising & brush R to L, sd & fwd R to SCP DLC ;*)
8 **{fthr}** Repeat meas 8 of Part A ;

9-12 REVERSE TURN ;: HOVER ; FEATHER ;

- 9-10 Repeat meas 9-10 of Part A ; ;
- 11 Repeat meas 11 of Part A ;
- 12 Repeat meas 8 of Part A ;

13-16 TELEMARK TO SCP ; IN AND OUT RUNS TO SCP LOD ;: FEATHER ;

- 13 **{tele to SCP}** Blendg to CP stp fwd L, -, fwd R crossg LOD in frnt of W and trng $\frac{3}{4}$ LF to DLW, fwd L to SCP DLW ;
(*W stp bk R, -, draw L to R trng on R heel to DLW chg wgt to L, fwd R to SCP DLW ;*)
- 14-15 **{I/O runs}** In SCP DLW stp thru & fwd R, -, fwd & sd L trng RF to CP RLOD, bk R to BJO ;
(*W fwd L, -, fwd R, fwd L ;*)
Bk L, -, trng RF sd & fwd R between W's feet, fwd L to SCP LOD ;
(*W fwd R start trng RF, -, fwd & sd L trng RF & crossg in frnt of M, fwd R to SCP ;*)
- 16 **{fthr}** Repeat meas 8 of Part A but end BJO LOD ;

ENDING

1-4 PICKUP TO SCAR ; CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ;

- 1-4 Repeat meas 12-15 of Part A ; ; ;

5-6 STEP THRU, FACE, CLOSE ; STEP APART & HOLD ;

- 5 **{thru fc cl}** Stp thru R, -, sd L to fc ptr, cl R to L ;
- 6 **{apt, hold (S-)}** Stp apt L to OP FCG leavg R ft ptd twd ptr, -, hold position, - ;

Suggested Cues:

Intro A B A B*** End

Intro OP FCG DLW Wait 2;; Apt, Pt; PU LOD, Tch;

A 3 Stp; Half Nat Trn;¹⁾ Spin Trn; Bk Half Box to SCAR (DLW);¹⁾
X Hvr 3x to SCP (DLC);;; Feather (DLC);¹⁾
Rev Trn (DLW);; Hvr; PU SCAR (DLW);
X Hvr 3x to SCP (DLC);;; Feather (DLC);¹⁾

B Rev Trn (DLW);; Hvr (SCP LOD); Feather;
3stp; Half Nat Trn;¹⁾ Imp SCP (DLC); Feather;
Rev Trn;; Hvr SCP (DLC); Feather;
Tele SCP; I/O Runs to SCP LOD;*** Feather;

End PU SCAR; X Hvr 3x to SCP;;;
Thru, Fc, Cl; Apt & Hold;

¹⁾ Teaching FT to beginners and going on from phase III to phase IV you may replace

- „1/2 nat trn“ by „manuv“,
- „feather“ by „PU“,
- „reverse trn“ by „2 L Trns“ and/or
- „Spin Trn; Bk Half Box to SCAR;“ by „2 R Trns to SCAR“