

ONLY LOVE

Music: Andre Rieu and Johann Strauss Orchestra

www.amazon.com/amore

Track # 2 Time 3:39 Shortened & Adapted slowed down w/ -5% to Time 3:16

Available from choreographer See CUTS below

Rhythm: Slow Two Step Phase:V+Several U

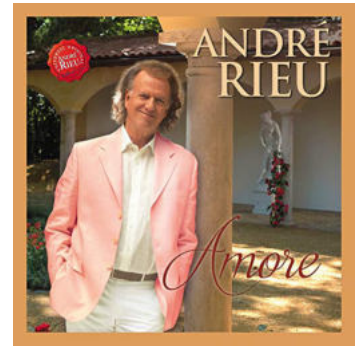
Footwork: Opposite except where (Noted)

Release Date: Nov 21

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Sequence: INTRO A B C AB(1-13) END



INTRO

01-02 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ;

PART A

01-04 TURN INTO ROMANTIC SWAY's ; ; FENCE LINE w/ ARMSWEEP TWICE to ½ OP LOD ; ;

{Trn Into Romantic Sway's} Relg ld hnds Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hds btwn ptrs to lead hip, -, sd L, rec R ; {Fence Line w/ Armsweep Twice to ½ OP LOD} Sd L body rise, -, XRif bent knee trl arm circle CCW (W circle CW) ifo body, rec k L to Bfly WALL ; Sd R body rise, -, XLif bent knee ld arm circle CW (W circle CCW) ifo body, rec bk R to ½ OP LOD ;

05-08 THE SQUARE

{The Square} Like a switch M fwd L Xg ifo W & swvl RF ¾ fc COH, -, fwd R, fwd L (W sm fwd R & trn LF ¼ fc COH, -, fwd L, fwd R) ; M sm fwd R trn LF ¼ fc RLOD, -, fwd L, fwd R (W fwd L Xg ifo M & swvl RF ¾ fc RLOD, -, fwd R, fwd L) ; M fwd L Xg ifo W & swvl RF ¾ fc WALL, -, fwd R, fwd L (W sm fwd R & trn LF ¼ fc WALL, -, fwd L, fwd R) ; M sm fwd R & trn LF ¼ fc LOD, -, fwd L, fwd R (W fwd L Xg ifo M & swvl RF ¾ fc LOD, -, fwd R, fwd L) trn to BFLY WALL ;

09-12 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; START HORSESHOE TURN ;

{DBL Hand Underarm Trn to Stacked Hnds} Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L [stacked lft-over-rt-hnds] fc COH (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R [stacked hnds lft-over-rt-hnds] fc ptr & WALL) ; {OP Break to fc} Sd R, -, apt L, rec R to W's rt sd ; {Change Sides/W Underarm} Fwd L Coh chg sds trng RF lead W trn under ld hds, -, sd R, XLif (W fwd R Wall chg sds LF trn under ld hds, -, sd L, XRif fc COH) to BFLY COH ; {Start Horseshoe Trn} Sd & fwd R trng RF (W LF) to V Pos LOD, -, thru L, lk Rib raise ld hnds ;

13-16 FINISH HORSESHOE TURN ; HIP LIFT ; LUNGE BASICS to Pickg Up ; ;

{Finish Horseshoe Trn} Fwd L comm circle CCW around W, -, fwd R cont circle, fwd L comp circle to fc ptr (W fwd R comm CW trn, -, fwd L cont CW circle under jnd ld hnds, fwd R compl circle to fc ptr) Low Bfly WALL ; {Hip Lift} Sd & fwd R to CP (W sd & fwd L) bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift lft hip, lowr lft hip relaxg knee to Low Bfly WALL ; {Lunge Basics to Pickg Up} Sd L, -, rec R, XLif (W XRif) ; Sd R, -, rec L, trng LF sm fwd R (W sd L, rec R, XLif trng LF to fold ifo M) to CP LOD ;

PART B

01-04 LEFT TURN w/ INSIDE ROLL ; BASIC ENDING to Manvr ; RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING to Pickg Up ;

{Left Trn w/ Insd Roll} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to CP COH ; {Basic Ending to Manuver} Sd R, -, XLib (XRib), rec R startg to fold ifo W ; {Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Basic Ending to Pickg Up} Sd R, -, XLib (W XRib), rec R to WALL & Pickg Up in Low Bfly ;

05-08 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ;

{Trav Cross Chasse} [Jng both hnds low] trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; {Passing Cross Chasse} Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif of W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {W Passing Cross Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; {Trav Cross Chasse to WALL} Fwd R trng RF, -, sd & fwd L, XRif (W bk R trng Lf, -,bk & sd L to fcg COH, XRif) to BFLY WALL ;

09-12 AIDA PREPARATION ; AIDA LINE & HIP ROCKS ; SWIVEL to FACE & SPOT TURN TWICE ; ;

{Aida Preparation} Fwd L trn to OP LOD, -, thru R, trng RF sd L fcg ptr ; {Aida Line w/ 2 Hip Rocks} Trng RF bk R to V-BK-TO-BK LOD, -, xfer wgt to L, xfer wgt to R ; {Swiv to Fc & Spot Trn x 2} Fwd L a swiv to fc [reishg hnds], -, XRif trng ½ LF, rec L to fc ptr ; Sd R, -, XLif trng ½ RF, rec R to BFLY WALL ;

13-16 UNDERARM TURN ; SLOW HIP ROCK TWO ; SIDE & CHECKG to SCAR/W DEVELOPE ; HOLD ONE MEASURE ;
{Underarm Trn} Sd L, -, relg tl hnds & raisg ld hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd ld hnds XLif, comp full RF trn fwd R to fc ptr) to Bfly WALL ; {Slow Hip Rock 2} Sd R rollg rt hip, -, rec L rollg lft hip, -; {Sd & Check to SCAR/W Developpe} Sd R, -, XLif to SCAR DRW (W sd L, -, XRib RF on R ft to fc DLC, bring L ft [w/ toe pntd down] up R leg to insd of R knee & xtnd L ft fwd) ; {Hold One Meas} Hold, -, -, -;

17-18 BACK to FACE & HIP ROCK 2 ; RIFF TURNS & rt hndshk ;
{Bk to Fc & Hip Rock 2} Bk R to fc ptr, -,sd L rollg lft hip, rec R rollg rt hip ; {Riff Turns} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds) to rt hndshk WALL ;

PART C

01-04 SHADOW NEW YORKER ; SHADOW BREAK WALL ; PARALLEL BREAKS to BFLY & Pickg Up ; ;
{Shad New Yorker} w/ rt hndshk Sd L, -, XRif (W XLif) to SHAD LOD w/ rt hnds still jnd ifo bdy & L hnds xtnd sd, rec L to fc WALL ; {Shad Break to Wall} w/ rt hndshk Sd R w/ bdy rise, -, XLib (W XRib) w/ lft hnd xtnd behind M's bk) trng to SHAD LOD, rec R to fc ptr & Wall ; {Parallel Breaks} w/ rt hndshk Sd L, -, bk R trng ¼ LF allowing W Xg ifo M, fwd L cont LF trn to fc COH (W sd R, -, fwd R comm trng LF ifo M, compg LF trn sd & bk R to fc Wall) [similar to W whip action] ; w/ rt hndshk Sd R, -, fwd L comm trng LF Xg ifo W, sd & bk R compg LF trn (W sd L, -, bk R trng ¼ LF allowg M Xg ifo W, fwd L cont LF trn) to BFLY WALL & Pickg Up ;

05-08 TRIPLE TRAVELER ; ; ; TUNNEL EXIT ;
{Triple Traveler} Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr) ; {Tunnel Exit} Fwd R chkg leadg W around in front to wall, -, rec L, fwd R trng LF fc RLOD jnd hnds over M's head (W fwd L CW around M, -, fwd R, fwd L fc LOD) end OP fcg LOD ;

09-12 OUTSIDE ROLL ; OP BASIC ENDING ; TWO SWITCHES to Manvr ; ;
{Outsd Roll} Fwd L bring jnd ld hnds down & bk, -, fwd R, XLif bring ld hnds up & around leadg W to roll RF (W fwd R comm RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R to fc ptr) ; {OP Basic Ending} Sd R trng to ½ LF rlsng ld hnds OP LOD, -, XLib (XRib) rec R to ½ OP LOD ; {2 Switches to Manvr} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg ifo M, fwd R to ½ OP, fwd L) to ½ OP LOD ;

13-16 TRAVELING RIGHT TURN w/ ZIG ZAG TWICE ; ; ; ;
{Traveling Right Trn w/ Zig Zag} Cont turn RF crossing ifo W sd & bk L to fc RLOD, -, XRib, twist trn RF 5/8 on both ft shiftg weight to L to CP DLW (W fwd R btwn M's ft, -, fwdL curvg RF around M, fwd R curvg RF to CP) ; Fwd R DLW trng 1/8 RF, sd L trng 1/8 RF, bk R fcg DRW ; Repeat meas 13,14 Part C ; ;

ENDING

01-04 REVERSE UNDERARM TURN ; SIDE to PROMENADE SWAY ; CHANGE TO OVER SWAY ; SLOW RECOVER INTO HINCH & EXTEND ARMS ;
{Reverse Underarm Trn} Relg trl hnds Sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -,XRif cont LF trn ½, rec L compg full trn) to BFLY ; {Sd to Promenade Sway} [S] Sd & fwd L twds LOD, stretch R sd gradually to look over the jnd ld hnds usg full meas ; {Chng to Oversway} With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch lft sd both w/ head well to L (W relax R knee & w/ LF upper bdy trn slowly chng head from R to L usg full meas) ; {Slow Recover Into a Hinch & Extend Arms} [SS/W SSS] Slow rec R to CP, -, sd L relaxg L knee trng R hip into W R leg extd (W [SS-] sd R, -, XLib rt hnd on M's lft shldr & ext R leg lookg L xtnd lft arm),hold ;

CUT THE MUSIC FROM : 5,7 - 37,5 then from 37,2 - 37,7 & 1:13 - 1:13,5 & 2:17,2 - 2:18,6 & 3:02 - the END