

THE ONE YOU LOVE

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Music: You Always Hurt The One You Love by Ace Cannon
From the CD album Best Of Ace Cannon
Available from iTunes Music Downloads

Rhythm/Phase: Slow Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B C B (1-8) Ending

..... INTRODUCTION (4 Measures)

OPN FCNG DLW LEAD FEET FREE WAIT 2 MEAS;; APART POINT; PKUP & TCH CP LOD;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;; [3] Step apart L, -, point R toward partner, -; [4] Fwd R picking up W clsd pos LOD, -, tch L to right, -;

..... PART A (16 Measures)

REVERSE TURN;; THREE-STEP; CURVED FEATHER CHKNG; OUTSIDE SPIN; BACK
[LEFT] TURNING LOCK; MANUV; BK HOVER TELEMAR; PROMENADE WEAVE;; CHNG
OF DIRECTION; REVERSE TURN 1/2 - CHK & WEAVE;;; SLOW STRUT 4 TO CP LOD;;

[1 & 2] Fwd L start lf body turn, -, sd R continue turn, bk L LOD to clsd pos; Bk R continue lf turn, -, sd & slightly fwd L DLW, fwd R bjo; (W bk R start lf turn, -, cl L to right [heel turn] continuing turn, fwd R to clsd pos; Fwd L continue lf turn, -, sd R to DLW, bk L bjo;) [3] Three fwd passing steps blnd clsd pos fwd L, -, fwd R, fwd L; [4] Fwd R commence rf turn, -, with left side lead continue rf turn fwd L, continue rf turn with left side lead fwd R chkng to bjo outside partner; [5] Preparing to lead W outside partner commence rf body turn toeing in with right side lead bk L in CBMP small step, -, fwd R in CBMP heel to toe continue rf turn, sd & bk L end clsd pos fcng RLOD; (W commence rf body turn with left side lead staying well into M's right arm fwd R in CBMP outside partner heel toe, -, cl L to right pivot on toes of both feet, continue rf turn fwd R between M's feet to end in clsd pos;) [6] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R commence to turn lf, sd & slightly fwd L bjo DLW; [7] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [8] Commence rf upper body turn bk L, -, sd & fwd R continue turn rising or hovering slightly, sd & fwd L small step on toe to semi-clsd pos DLC; [9 & 10] Fwd R, -, fwd L commence lf turn, sd & slightly bk R to bjo pos DLC; Bk L, bk R commence lf turn and lead W to clsd pos, sd & slightly fwd L DLW, fwd R bjo pos DLW; [11] Fwd L, -, fwd R DLW with right shldr lead turning lf start to draw L to right and continue drawing left to right over remainder of the measure, -; [12 - 14] Fwd L start lf body turn, -, sd R continue turn, bk L LOD to clsd pos; Slip R back under body with slight contra check action, -, fwd L commence lf turn, sd R with right side lead and slight right side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue lf turn, bk R to momentary clsd pos continue lf turn, sd & fwd L with left side stretch, with left side stretch fwd R bjo DLW; [15 & 16] Four forward passing steps blndng to clsd pos LOD fwd L, -, fwd R, -; Fwd L, -, fwd R, -;

..... PART B (16 Measures)

DIAMOND TURN FC LOD;;; PROGRESSIVE BOX;; 2 LT TURNS WALL;; WHISK; THRU
TO LEFT WHISK; UNWIND IN 4 DLC; DIP & REC; TELEMAR SEMI; FWD HOVER BJO;
BK HOVER SEMI; PKUP SD CL;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside M in bjo; Staying in bjo and turning lf bk R, -, sd L, fwd R outside partner in bjo; Fwd L turning lf on diag, -, sd R, bk L stay bjo; Bk R continue lf turn, -, sd L, fwd R blnd clsd pos LOD; [5 & 6] Fwd L, -, slightly sd & fwd R, cl L; Fwd R, -, slightly sd & fwd L, cl R; [7 & 8] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn to fc wall cl R; [9] Fwd L, -, fwd & sd R start rise to ball of foot, XLIB of right continue to full rise on ball of foot ending tight semi-clsd pos; [10] Toward LOD fwd or thru R start slight rf body rotation, -, sd L start rise to ball of foot, XRIB of left continue to full rise end reverse semi-clsd pos; [11] With weight still on right foot and starting rf turn M will unwind, unwind, unwind, unwind to end fcng DLC; (W will unwind M fwd R, fwd L, fwd R, fwd L to end clsd pos W fcng DRW;) [12] In clsd pos dip bk L, -, rec fwd R, -; [13] Fwd L commence lf turn, -, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos; [14] Fwd R, -, fwd L with slight rise, rec bk R to bjo (W turns from semi-clsd pos to bjo pos); [15] Bk L, -, bk & sd R turning to fc partner with slight rise, fwd L to semi-clsd pos; [16] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R;

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..... PART C (16 Measures)

TELEMARK SEMI; NATURAL HOVER CROSS;; TURN LT & CHASSE BJO; IMPETUS SEMI;
THRU & SEMI CHASSE; NATURAL WEAVE;; IN BJO, FWD & RUN 2; MANUV; SPIN TURN;
BOX FINISH; OPN REVERSE TURN; OUTSIDE CHECK; OUTSIDE CHNG SEMI; PKUP
SD CL;

[1] Fwd L commence lf turn, -, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos; [2 & 3] Fwd R DLW commence rf turn, -, sd L with left side stretch, continue rf turn sd R; With right side stretch fwd L outside partner CBMP on toe fcng about DLW, rec bk R with slight left side lead, sd & fwd L, with left side stretch fwd R bjo on toe DLC; (W bk L commence rf turn, -, cl R to left [heel turn] with right side stretch turning rf, continue rf turn sd L to clsd pos; With left side stretch bk R in CBMP on toe, rec L with slight right side lead, sd & bk R, with right side stretch bk L bjo;) [4] Fwd L turning lf, -, sd R/cl L, sd R blind bjo pos; [5] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn, complete turn fwd L tight semi-clsd pos; [6] Toward LOD thru R, -, fwd L/cl R, fwd L; [7 & 8] Fwd R commence rf turn, -, sd L with left side stretch, with right side lead bk R DLC preparing to lead W outside partner; With right side stretch bk L in CBMP, bk R commence lf turn passing thru clsd pos, with left side stretch sd & fwd L preparing to step outside partner, with left side stretch fwd R bjo pos DLW; (W fwd L, -, fwd R, fwd L; With left side stretch fwd R in CBMP outside partner, fwd L commence to turn lf passing thr clsd pos, with right side stretch sd R continue lf turn, with right side stretch bk L turning lf;) [9] In bjo pos fwd L, -, fwd R, fwd L; [10] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [11] Commence rf upper body turn bk L toe pivoting 1/2 rf to fc line of progression, -, fwd R between W's feet heel to toe continue rf turn keeping left leg extended back and side, complete turn sd & bk L; [12] Bk R, -, sd L with slight lf body rotation, cl R; [13] Fwd L turning 1/8 to 1/4 turn, -, continue turn sd R, bk L bjo; [14] Bk R turning lf, -, sd & fwd L, chk fwd R outside partner bjo pos; [15] Bk L, -, crossing in front of W bk R turning lf, sd & fwd L to semi-clsd pos; (W fwd L, -, fwd R, fwd L;) [16] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R;

..... ENDING (8 Measures)

LEFT TURNING BOX;;; 2 SD CLOSES; SD & THRU; VINE 4; STEP APART & POINT;

[1 - 4] Fwd L commence lf upper body turn, -, fwd & sd R complete 1/4 turn, cl L; Bk R commence lf upper body turn, -, bk & sd L complete 1/4 turn, cl R; Repeat these two measures;; [5] In clsd pos fcng wall sd L, cl R, sd L, cl R; [6] Sd L, -, thru R turning body slightly to fc partner, -; [7] Sd L, XRIB, sd L, XRIF; [8] Step apart L, -, point R toward partner, -;