

THE ONE YOU LOVE

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Rhythm: Ph II+1 WZ {Spin Turn }

Sequence: Intro-A-B-A-B -End

Recommended Speed: 45

Record: Grenn 14302 (flip Ain't Cha Glad) (Al Russ Orchestra)

Footwork: Opposite,(except when W part in parentheses)



Intro:1-4: [BFLY] 1 meas wait ; Vin/Twrl 3 ; Thru Fc Cl ; One Cant ;

1-4: [BFLY/Wall] wait ; Sd L , XRIBL , Cl L (W Sd & Fwd R trng ½ RF, Sd & Bk L trng ½ RF, Sd R) ; Fwd bet ptrns R , Sd L trng to fc ptrn , Cl R ; Sd L , draw R to L , Cl R ;

A: 1-4: Wz Awy ; W Roll to LOP ; Thru Twnk L; Thru Fc Cl ;

1-4: Fwd L trng awy f/ ptrn , Sd R down LOD w/ slight bk to bk pos , Cl L to R ; Stp in plc R , L , R (W LF trn in front of M L , R , L [LOP/LOD] ; Thru L bet ptrns and twds LOD , Sd R to fc ptrn , Cl L ; Repeat Meas 3 Intro ;

5-8: L Trng Box [BFLY/COH] ; ; ; ;

5-8: Fwd L w/ L should lead comm LF trn , Sd R cmpltg ¼ LF trn , Cl L ; Bk R comm LF trn , Sd L cmpltg ¼ LF trn , Cl R ; Repeat Meas 5-6 Part A [BFLY/COH] ; ;

9-12: Wz Awy ; X Wrp [Wrp pos/LOD] ; Bk Up WZ ; Bk Draw Tch ;

9-12: Fwd L twd RLOD & awy from ptrn , Sd R , Cl L ; Fwd R , L , R RF arnd W (W wrp LF) endg wrp pos LOD) ; Bk L , R , L twds RLOD ; Bk R , draw L bk to R point L twds LOD {no weight chg} ;

13-16:Fwd WZ ; Fwd Fc Cl ; Cant 2X ; ;

13-16: Fwd L , Fwd R , Cl L ; Fwd R bet ptrns , Sd L trng to fc ptrn , Cl R [CP/Wall] ; Sd L , draw R to L , Cl R ; Sd L , draw R to L , Cl R [CP/Wall] ;

B: 1-4: [CP/Wall] Fwd & Tch ; Bk Trn L ; 2 Fwd WZ [SCAR/LOD] ; ;

1-4: Fwd L , Tch R , - ; Bk R trng LF ¼, Sd L , Cl R [CP/LOD] ; Fwd L , Fwd R , Cl L ; Fwd R , Fwd L , Cl R [SCAR/LOD] ;

5-8: 3 Prog Twnk ; ; ; Twnk to Fc [BFLY/Wall] ;

5-8: XLIFR (W XRIBL) prog down LOD , Sd R , Cl L trng to BJO ; XRIFL (W XLIBR) , Sd L , Cl R trng to SCAR ; Repeat Meas 5 Part [BJO/DLC] ; XRIFL (WXLIFR) , Sd L trng to fc ptrn , Cl R [BFLY/Wall] ;

9-12: Wz Awy ; Wrp ; Wz Fwd ; PU [CP/LOD] ;

9-12: Repeat Meas 1 Part A ; Retaining inside hndhld at waist level stp in plc R , L , R (W LF trn L , R , L to fc same direction as M) w/ her L arm wrpd in front of waist and M's R arm beh waist. Free outside hnds jnd at chest level ; Repeat meas 13 Part A ; Fwd R , Sd L , Cl R (W Fwd L trng to fc M Sd R , Cl L) [CP/LOD] ;

13-16:Spn Trn ; ½ Bk Box ; 2 R Trns [BFLY/Wall 2d time CP/Wall] ; ;

13-16: Bk & Sd L pivoting ½ RF trn to fc LOD , Fwd R w/ rise , rec L ; Bk R , Sd L , Cl R ; Bk L comm RF trn , Sd R cont trn, to 3/8 , Cl L ; Fwd R comm RF Trn , Sd L cont trn to 3/8 , Cl R [BFLY or CP/ Wall] ;

END:1-2: Dip Bk , Twst & Kiss the One You Love ; ;

1-2: Bk L twds COH , Twst upper bodies , Tch M's lips to W's lips ; HOLD , - , - ;