

YOU NO ONE BUT YOU (Corrected)

Music: Des O'Connell
www.allmusic.com Cd The Ultimate Ballroom Vol 2 Disc 2
Track # 8 Time 2:37 Available from choreographer

Rhythm : Foxtrot **Phase: IV+1 (Natural Weave)**

Footwork: Opposite , except where (Noted)

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Sequence: **INTRO AB AB END**



INTRO

01-04 CP DLC LD FT FREE START AFTER THE 4th NOTE ~ DIAMOND TURN ½ ; ; QUICK DIAMOND 4 ; DIP BACK & REC ;
{Wait} CP DLC ld ft free wt 4 Notes ~ **{Diamond Trn 1/2}** Fwd L, -, trng ¼ LF sd R to BJO, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to BJO DRW ; **{Qk Diamond 4}** [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg 1/4 LF trn to BJO DLW, bk R to CP ; **{Dip Bk & Rec}** [SS] Bk L w/ flexed knee, -, rec R swivel RF to CP DLC, -;

PART A

01-04 TELEMAR to SCP ; THREE IN & OUT RUNS ; ; ;

{Telemark to SCP} Fwd L rising comm LF trn, -, sd & arnd ptr R now backg LOD, contg LF trn sd & fwd L twd DLW L sd ldg (*W bk R toe to heel, -, bring L alongside R ft without wgt then trn on heel of R to face DLW then xfer wgt to the flat of the L foot, contg LF trn sd & fwd R twd DLW R sd ldg*) to SCP DLW ; **{ 3 In & Out Runs}** Fwd R stg RF trn, -, sd & bk DLW on L to CP, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; Bk L trn RF, -, sd & fwd R between W's ft cont RF trn, fwd L (*W fwd R stg RF trn, -, fwd & sd L cont trn, fwd R compg trn*) to SCP DLC ; Repeat meas 2 Part A ;

05-08 IMPETUS to SCP ; NATURAL WEAVE ; ; CHANGE of DIRECTION ;

{Impetus to SCP} Bk L comm RF trn, -, cl R trng RF on L heel then xfer wgt to flat of R ft then rise, contg RF bdy trn sd & fwd L twd LOD (*W fwd R between M's ft comm RF trn, -, sd L acrs LOD, brush R to L contg RF trn & step sd & fwd R*) to SCP LOD ; **{Natural Weave}** [SQQ;QQQQ] Stg RF upper bdy trn fwd R heel to toe, -, cont RF trn sd L acrs LOD, cont slight RF upper bdy trn to ld W to stp outsd bk R (*W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L outsd M*) to BJO RLOD ; Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ; **{Chg of Dir}** [SS] Fwd L, -, fwd & sd R trng LF 1/4, draw L to CP DLC ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; OP NATURAL ;

{OP Reverse Trn} Fwd L stg LF bdy trn, -, contg LF trn sd R, bk L to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; **{Bk Hover to SCP}** Bk L, -, bk R w/ slight rise, rec L (*W fwd R, -, sd & fwd L trng RF, fwd R*) to SCP DLC ; **{OP Natural}** Stg RF upper bdy trn fwd R heel to toe, -, cont RF trn sd L acrs LOD, cont slight RF upper bdy trn to ld W to stp outsd bk R (*W fwd L, -, fwd R between M's feet, fwd L*) to BJO RLOD ;

13-16 SPIN TURN ; FEATHER FINISH ; REVERSE TURN ; ;

{Spin Trn} Trng upper bdy RF bk L pvtg ½ RF & leavg R leg extended fwd, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn, brush R to L & sd & fwd R*) to CP DLW ; **{Feather Finish}** Bk R trng LF, -, sd & fwd L to CP, XRif to BJO DLW ; **{Rev Trn}** Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, cont trn on R heel & cl L, fwd R between M's ft*) to CP RLOD ; Bk R com LF trn, -, sd L cont trn, fwd R to BJO DLW ;

PART B

01-04 WHISK ; OP IN & OUT RUNS ; ; CHAIR & SLIP ;

{Whisk} Fwd L, -, sd & fwd R, XLib to SCP DLC ; **{OP In & Out Runs}** Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ; **{Chair & Slip}** Lun thru R, -, rec L, slip R bhd L (*W lun thru L, -, rec R, swvlg LF on R slip fwd L outsd M's R ft*) to CP DLC ;

05-08 REVERSE WAVE ; ; BACK TWISTY VINE 4 ; HESITATION CHANGE ;

{Reverse Wave} Fwd L com LF trn, -, sd R cont trn, bk L (*W bk R com LF trn, -, cont w/ heel trn on R & cl L, fwd R*) to CP DRC ; Bk R curvg LF, -, bk L cont curv, bk R to CP RLOD ; **{Bk Twisty Vine 4}** [QQQQ] XLib, sd R to COH, XLif, sd R to BJO DRC ; **{Hesitation Chng}** [SS] Stg RF upper bdy trn bk L, -, sd R cont trn, draw L to R to CP DLC ;

09-12 TELEMAR to SCP ; PROMENADE WEAVE ; ; CHANGE of DIRECTION ;

{Telemark to SCP} Repeat meas 1 Part A ; **{Prom Weave}** [SQQ;QQQQ] Fwd R, -, fwd L com LF trn, sd & bk R LOD ; Bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW (*W fwd L prepg for LF trn, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L to BJO ; Fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Chg of Dir}** Repeat meas 8 part A ;

13-16 DIAMOND TURN ; ; ; ;

{Diamond Trn} Fwd L, -, trng ¼ LF sd R to BJO, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to BJO DRW ; Repeat meas 13 Part B to DLW ; Repeat meas 14 Part B to DLC ;

REPEAT PARTS A & B

ENDING

01-05 DIAMOND TURN ½ ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ; DIP BACK & HOLD ;

Diamond Trn 1/2} Repeat meas 1,2 INTRO ; ; **{Qk Diamond 4}** Repeat meas 3 INTRO ; **{Dip Bk & Rec}** Repeat meas 4 INTRO ; **{Dip Bk }** [S] Bk L w/ flexed knee, -, -, -;