

YOU ALWAYS HURT THE ONE YOU LOVE

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 Music: "You Always Hurt The One You Love" Artist: The Mills Brothers
 Recording: Label: Chacra Music, Album: The Mills Brothers, ASIN: B0010I6Y8I, Track 17
 or download from Amazon.com
 Footwork: Opposite except where otherwise noted
 Rhythm/Level: Waltz/Foxtrot/Jive RAL Phase IV+1(Natural Weave) Difficulty: AVG
 Speed: Standard Duration: 3:25
 Sequence: Intro A B C Interlude D C Ending

MEASURES

INTRO

1-2 FCG WALL [NO HND] SWAY APT; SWAY TOG TO BFLY;

- 1 [Fcg ptr & WALL no hnds] Apt L swaying twd DLC, pt R continuing body rotation away from ptr raising arms to shldr height ;
- 2 Rec R, draw L to R blending to BFLY WALL, - ;

PART A [Waltz]

1-4 WZ AWY; WZ TOG; TWRL VIN 3; CHR & SLP;

- 1-2 Sd & fwd L to OP LOD, fwd R, fwd L ; Sd & fwd R trng RF, sd L, cl R to BFLY WALL ;
- 3 Sd L, XRib of L, sd L (W sd & fwd R trng 1/2 RF undr jnd lead hnds, sd & bk L trng 1/2 RF, sd R) to SCP LOD ;
- 4 Chk thru R with lunge action, rec L stg LF body trn, slip R bhd L (W chk thru L with lunge action, rec & swvl LF on R, step fwd L outsd M's R ft) to CP DLC ;

5-8 DIAM TRN;;;;

- 5-6 Fwd L trng LF, -, cont LF trn sd R, bk L to BJO DRC ; Bk R trng LF, sd L, fwd R to BJO DRW ;
- 7-8 Fwd L trng LF, -, cont LF trn sd R, bk L to BJO DLW ; Bk R trng LF, sd L, fwd R to BJO DLC ;

9-12 OP TELE; OP NAT; BK PASSING CHG; OP FIN;

- 9 Fwd L stg LF trn, fwd & sd R cont trn (W heel trn), fwd & sd L to SCP DLW ;
- 10 Fwd R trng 1/4 RF, sd L, bk R (W fwd L, fwd R, fwd L) to BJO DRW ;
- 11 Bk L, bk R, bk L to BJO DRW ;
- 12 Bk R trng 1/4 LF, sd & fwd L, fwd R to BJO DLW ;

13-16 HVR TELE; NAT WEVE;; CL WNG;

- 13 Fwd L, diag sd & fwd R hovering with 1/4 RF body trn, fwd L to SCP DLW ;
- 14 Fwd R trng 1/4 RF, sd L, bk R (W fwd L, fwd R, fwd L) to BJO DRW ;
- 15 Bk L, bk R in CP trng LF, cont trn LF stp fwd L to BJO DLW ;
- 16 Fwd R, draw L to R trng slightly LF, tch L (W bk L, sd R across M, fwd L) to SCAR LOD ;

17-20 FWD WZ; DRIFT APT; THRU TWKL 2X;;

- 17 Fwd L, fwd R blndg to CP, cl L to CP LOD ;
- 18 Sm fwd R (W bk L longer stp), fwd & slightly sd L, cl R to L-OP-FCG LOD ;
- 19 XLif twd WALL fcg WALL, sd R trng LF to fc ptr, cl L to L-OP-FCG LOD ;
- 20 XRif twd COH fcg COH, sd L trng RF to fc ptr, cl R to CP LOD ;

21-24 ONE LEFT TRN; BK WZ; OVRSPN TRN WALL; BK 1/2 BX TO BFLY;

- 21-22 Fwd L trng 1/2 LF, sd R, cl L to CP RLOD ; Bk R, bk & slightly sd L, cl R to CP RLOD ;
- 23 Bk L pvt 1/2 RF, fwd R contg RF trn (W bk L/brush R), rec bk & sd L to CP WALL ;
- 24 Bk R, sd L, cl R blndg to BFLY WALL ;

25-28 WZ AWY; WZ TOG; TWRL VIN 3; CHR & SLP;

- 25-28 Repeat measures 1-4 of Part A ;;;;

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29-32 DIAM TRN 1/2;; [Foxtrot] QK DIAM 4; DIP BK, REC;

- 29-30 Repeat measures 5-6 of Part A ;;
31 [Foxtrot] Fwd L trng LF, cont LF trn sd R, bk L, bk R trng LF blending to CP DLC ;
32 Dip bk L, -, rec R, - ;

PART B [Foxtrot]

1-4 OP REV; OUTSD CK; BK FTHR; FTHR FIN;

- 1 Fwd L trng 1/4 LF, -, sd R cont LF trn, bk L to BJO RLOD ;
2 Bk R trng 1/8 LF, -, sd & fwd L, chk fwd R outside ptr to BJO DRW ;
3 Bk L, -, bk R, bk L to BJO DRW ;
4 Bk R trng 1/4 LF, -, sd & fwd L, fwd R to BJO DLW ;

5-8 3 STP; OP NAT; OUTSD CHG TO SCP; FTHR;

- 5 Fwd L blndg to CP, -, fwd R, fwd L to CP DLW ;
6 Fwd R trng RF, -, sd L (W cl R heel trn), bk R to BJO DRW ;
7 Bk L, -, bk R trng 3/8 LF, sd & fwd L (W sd & fwd R) to SCP LOD ;
8 Fwd R, -, fwd L blndg to BJO, fwd R (W thru L trng LF twd ptr, -, sd & bk R blndg to BJO, bk L) to BJO LOD ;

9-12 REV WAV;; BK TRN R & R CHASSE TO SCAR; FWD RUN 2 TO CP;

- 9 Fwd L starting LF trn, -, cont LF trn sd & bk R (W heel trn), bk L to CP DRC ;
10 Bk R, -, bk L crvg LF, bk R to CP RLOD ;
11 Bk L stg RF trn, -, sd R/cl L contg RF trn, sd & fwd R comp trn to SCAR LOD ;
12 Fwd L, -, fwd R, fwd L blndg to CP LOD ;

13-16 NAT WEVE;; HVR; FTHR;

- 13 Fwd R trng 1/4 RF, -, sd L (W cl R heel trn), bk R to BJO DRW ;
14 Bk L, bk R in CP trng LF, cont trn LF stp fwd L, fwd R to BJO DLW ;
15 Fwd L, -, fwd & sd R rising, rec L to SCP DLC ;
16 Fwd R, -, fwd L blndg to BJO, fwd R (W thru L trng LF twd ptr, -, sd & bk R blndg to BJO, bk L) to BJO DLC ;

PART C

1-4 OP TELE; I/O RUNS;; FTHR CKG;

- 1 Fwd L stg LF trn, -, fwd & sd R cont trn (W heel trn), fwd & sd L to SCP DLW ;
2 Thru R stg RF trn, -, sd & bk L (W fwd R betw M's feet) to CP RLOD, bk R to BJO RLOD ;
3 Bk L stg RF trn, -, cont RF trn sd & fwd R betw W's feet, fwd L to SCP LOD ;
4 Fwd R, -, fwd L blndg to BJO, fwd R (W thru L trng LF twd ptr, -, sd & bk R blndg to BJO, bk L) to BJO LOD ckg ;

5-8 WHLTL;; DIP FWD, REC TO CP; DIP BK, REC;

- 5-6 XLib, sd R trng 1/4 RF, fwd L, XRib ; Sd L, cl R trng 1/4 LF, XLib, sd R to BJO LOD ;
7-8 Dip fwd L, -, rec R blndg to CP, - ; Dip bk L, -, rec R to CP LOD, - ;

9-12 OP REV; OUTSD CK; BK FTHR; FTHR FIN;

- 9-12 Repeat measures 1-4 of Part B ;;;;

13-15 HVR; THRU, SD, CL; VIN 4;

- 13 Fwd L, -, sd & fwd R rising, sd L to SCP LOD ;
14 Thru R trng RF to fc ptr, -, sd L, cl R to CP WALL ;
15 Sd L, SRib, sd L, XRif to CP WALL ;

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INTERLUDE

1 SD TCH, R CHASSE;

1 Sd L, tch R, sd R/cl L, sd R to SCP LOD ;

PART D [Jive]

1-4 CHG R TO L ~ CHG L TO R;;; PROG RK;

1 {Chg R to L} Rk bk L, rec R, sd L/cl R, sd L stg 1/4 LF trn (W fwd R stg 3/4 RF trn under jnd ld hnds) to L-OP-FCG LOD ;
 2 Sd & fwd R/cl L, sd R, {Chg L to R} rk bk L, rec R ;
 3 Sd L/cl R, sd L stg 1/4 RF trn (W fwd R stg 3/4 LF trn under jnd ld hnds), sd R/cl L, sd R (W sd L comp LF trn to fc ptr) to L-OP-FCG WALL ;
 4 {Prog rk} Blndg to BFLY rk apt L, Xif rec R, rk apt L, Xif rec R to BFLY WALL ;

5-8 CHASSE L & R; R TRNG FALWY 2X;;;:

5 {Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R to SCP LOD ;
 6 {R trng falwy} Rk bk L to SCP, rec R to fc, stg 1/4 RF trn sd L/cl R, comp trn sd L ;
 7 Stg 1/4 RF trn sd R/cl L, comp trn sd R, {R trng falwy} rk bk L to SCP , rec R to fc ;
 8 Stg 1/4 RF trn sd L/cl R, comp trn sd L, stg 1/4 RF trn sd R/cl L, comp trn sd R to CP WALL ;

9-12 CHG HNDS BHD BK 2X;;; PROG RK;

9 {Chg hnds bhd bk} Blndg to L-OP-FCG WALL rk apt L, rec R, fwd L stg 1/4 LF trn & plcg R hnd over W's R hnd/cl R, fwd L releasing L hnd & compg 1/4 LF trn to tandem position ifo W ;
 10 Sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LR trn, {Chg hnds bhd bk} rk apt L, rec R ;
 11 Fwd L stg 1/4 LF trn & plcg R hnd over W's R hnd/cl R, fwd L releasing L hnd & compg 1/4 LF trn to tandem position ifo W, sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LR trn ;
 12 {Prog rk} Blndg to BFLY rk apt L, Xif rec R, rk apt L, Xif rec R to BFLY WALL;

13-16 2 FWD TRPLS; SWVL WLK 4; SLO WALK & PU; DIP BK, REC;

13 Blndg to SCP fwd L/cl R, fd L, fwd R/cl L, fwd R to SCP LOD ;
 14 Fwd L, fwd R, fwd L, fwd R [4 swivel walk steps] to SCP LOD ;
 15 Fwd L,-, sm fwd R trng LF to fc LOD, - (W fwd L stpg ifo M trng LF to fc ptr, tch R) to CP LOD ;
 16 Dip bk L, -, rec R, - ;

ENDING

1 APT, PT;

1 Apt L, -, Pt R ;