

YOU , NO ONE BUT YOU

Choreographer	Music : YOU , NO ONE BUT YOU Des O'Conner – Cd.:The Ultimate Ballroom Album 2 – Cd.2-Track # 8 Music available by choreographer
Jos.Dierickx	Footwork: Opposite except where noted
Beverlosestwg.14B2	Rhythm : Slow Fox
3583-Paal - Belgium	Phase : IV + 2 (Nat. Weave + Prom. Weave)
Tel.:0032474/67.83.84	Released : Dec.2009
Email:	
Jos.Dierickx@telenet.be	Sequence : INT.- A,B – A,B - END

INTRO

Start		Start Immediately after the 4° Note
01-02	Diamond Turn 1/2	- Fwd L start LF trn,-, sd R cont LF trn, XLIBR contra BJO DRC; - Bk R cont LF trn,-, sd L cont LF trn, XRIFL contra BJO DRW;
03	Quick Diamond 4	- (QQQQ) BJO DLC Fwd L stg LF trn, cont LF trn sd R, bk L, bk R to CP RLOD (W bk R stg LF trn, cont LF trn sd L, fwd R, fwd L to CP);
04	Dip Back & Recover	- Bk L with relaxed knee,-, rec R,-;

PART A

01	Hover-Telemark	- Fwd L, -, fwd & slightly sd R between W's feet rising & trn RF, cont RF trn sd & fwd L to SCP/DLW ;
02-03	Weave 6 to BJO	- Fwd R ldg W in frnt, -, fwd L to CP trng LF, sd & bk R to BJO; - Bk L, -, sd & bk R to CP trng LF, sd & fwd L to BJO DLW;
04	_ Natural	- Stg RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, bk R to CP RLOD (W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L);
05	Impetus to SCP	- Stg RF upper bdy trn bk L, -, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R);
06-07	Natural Weave	- Fwd R comm RF turn, -, sd & bk L fcg DRW, (W heel turn) bk R With R shoulder lead in contra BJO; - (QQQQ) Bk L, bk R blend to CP, sd L LOD, fwd R blend to contra BJO fcg DW;
08	Change of Direction	- Fwd L, -, fwd R w/ R shldr ld & trn LF, draw L to R & brush to CP DLC (W bk L, -, bk R w/ L shldr ld & trn LF, draw R to L & brush);
09	Telemark to SCP	- Fwd L stg to trn LF, -, sd R cont trn, sd & slightly fwd L to tight SCP DLW (W bk R stg to trn LF bring L beside R no wgt, -, trn LF on R heel & chg wgt to L, sd & slightly fwd R);
10	Hover Fallaway	- Stay in SCP fwd R, -, fwd L rise to ball of ft & checking, rec bk R SCP DLW;
11	Slip Pivot	- Bk L, -, bk R trn LF keep L leg extended, fwd L to BJO DLC (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, -, fwd L cont trn plc L near M's R ft, bk R);
12	_ Natural	- Repeat Meas. 04 Part A ;
13	Spin Turn	- Stg RF upper bdy trn bk L toe pvt 1/2 RF to fc LOD, -, fwd R between W's ft heel to toe cont trn leave L leg extended bk & sd, rec sd & bk L to CP DLW (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, -, bk L toe cont trn brush R to L, fwd R);
14	Feather Finish	- Bk R trng LF, -, sd & fwd L, fwd R outsd W to BJO;
15-16	2 Left Turns	- Fwd L comm LF upper body trn,-, cont trn sd & bk R, do L; - Bk R comm LF upper body trn -, cont trntofcwall sd & fwd L, clsR to L;

PART B

01	Whisk	- Fwd L,-, fwd & sd R w/ slt rise, XLIB SCP DLC;
02-03	In & Out Runs	- Fwd R trng RF,-, sd & bk L dlw to CP, bk R to CBJO/RL0D; - (W fwd L,-,fwd R to CP, fwd L to CBJO); - Bk L trng RF,-, cont RF trn sd & fwd R to CP, fwd L (W fwd R) to SCP DLW;
04	Pickup,side,Close	- Small Fwd R trng LF to fc LOD,-, sd L, co R to CP LOD (fwd L around M,-, sd R, do L);
05	Open Reverse Turn	- Fwd L stg LF bdy trn, -, cont trn sd R, bk L to contra BJO RL0D (W bk R stg LF trn, -, cont trn sd L, fwd R to contra BJO);
06	Hover-Corté	- Bk R stg LF trn, -, sd & fwd L w/ hvr action, rec R to contra BJO DLW (W fwd L trn LF, -, sd & fwd R w/ hvr action, rec L);
07	Back Hover to SCP	- Bk L, -, bk R w/slight rise ,rec on L to end SCP DLC;
08	Chair & Slip	- Lun thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP DLC (W lun thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP);
09	Hover-Telemark	- Repeat Meas. 01 Part A ;
10-11	Promenade Weave	- Fwd R (W fwd L strtg pick up ation),-, fwd L trng LF (W sd & bk R) to CP, bk R in CBMP; - (QQQQ) Bk L, bk R trng LF to CP, sd & fwd L, fwd R to BJO DLW;
12	Change of Direction	- Repeat Meas. 08 Part A ;
13-16	Diamond Turn	- Fwd L start LF trn,-, sd R cont LF trn, XLIBR contra BJO DRC; - Bk R cont LF trn,-, sd L cont LF trn, XRIFL contra BJO DRW; - Fwd L cont LF trn,-, sd R cont LF trn, XLIBR contra BJO DW; - Bk R cont LF trn,-, sd L cont Lf trn, XRIFL contra BJO DC;

ENDING

01-02	Diamond Turn 1/2	- Repeat Meas. 01 + 02 Part INTRO ; - ;
03	Quick Diamond 4	- Repeat Meas 03 Part INTRO ;
04	Dip Back & Recover	- Repeat Meas 04 Part INTRO ;
05	Fwd & Right Lunge	- Fwd L,-, flexg L knee sd & fwd R w/ flexed R knee & slt bdy LF trn,-;