

YOU , NO ONE BUT YOU

Music: Des O'Connor
www.danceshopper.com/ballroom-dance-music.the_best_of_slowfox_music
Track # 17 Time 2:38 Available from choreographer

Rhythm: Foxtrot **Phase III + 1 U (Box w/ 2 Ways Underarm Turn)**

Footwork: **Opposite except where (Noted)**

Release Date : Oct 20

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: **INTRO AB AB END**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 INTRO NOTES & 2 MEASURES ~ ; ; TWIRL/VINE 3 ; THRU FACE CLOSE ;
{Wait} Bfly Pos Wall ld ft free wt 4 Intro Notes & 2 meas ~ ; ; {Twirl Vine 3} Sd L raisg ld-hnds, -, XRib, sd L (W full RF trn undr jnd ld-hnds fwd R, -, sd & bk L, fwd R) to SCP LOD ; {Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

PART A

01-04 WHISK ; M ROLL ACROSS ; W ROLL ACROSS ; MANEUVER ;

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP LOD ; {M Roll Across} Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (W fwd L, -, R, L) ; {W Roll Across} Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L ifo M cont RF trn, sd & fwd R to ½ OP LOD w/ free arms out to sd) ; {Maneuver} Trng RF fwd R ifo W, -, sd L cont trn, cl R (W fwd L, -, R, L) to CP RLOD ;

05-08 IMPETUS to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ;

{Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {Thru Sd Behind} Thru R, -, sd L to fc ptr, XRib (W XLib) ; {Roll 3 to SCP} Start LF trn (W RF) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; {Thru Fc Cl} Repeat meas 4 Intro ;

09-12 HOVER ; HOVER FALLAWAY to BJO ; BACK HOVER to SCP ; PICK UP to SCAR ;

{Hover} Fwd L, -, sd & fwd R risg to ball of ft & allowg W to brush R, fwd L to SCP DLC ; {Hover Fallaway to BJO} Fwd R, -, fwd L rise to ball of ft chkg, rec bk R (W fwd L, -, fwd R rise to ball of ft checkg, rec bk R trng ½ LF to BJO) ; {Bk Hover to SCP} Bk L, bk & sd R w/ rise & slight LF trn, rec fwd L (W fwd R, fwd & sd L trng ½ RF to CP, fwd R) to SCP LOD ; {Pick Up to SCAR} Sm fwd R, -, sd L, cl R swivel to SCAR DLW (W trng LF fwd L ifo M, -, cont trn sd R, cl L) to SCAR DLW ;

13-16 TWINKLE to BJO RLOD ; FORWARD & POINT to RLOD ; PIVOT 3 to SCP ; PICK UP SIDE CLOSE ;

{Twinkle to BJO RLOD} Fwd L LOD, -, fwd R trng ½ LF, cl L BJO RLOD ; {Fwd & Pt to RLOD} [SS] Fwd R, -, pt L twd RLOD, - ; {Pivot 3 to SCP} Bk L pivot ½ RF, -, fwd R heel lead btwn W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; {Pick Up Sd Cl} Small Fwd R trng LF to fc LOD, -, sd L, cl R (W fwd L around M, -, sd R, cl L) to CP LOD ;

PART B

01-04 BOX w/ 2 WAYS UNDERARM TURN to RLOD ; ; ; ;

{Box w/ 2 Ways Underarm Turn to RLOD} Fwd L, -, sd R, cl L ; Raisg ld-hnds Bk R, -, sd L, cl R (W fwd L start CW circle under ld-hnds, -, fwd R, fwd L) LOP LOD [W ahead of M, ld-hnds high] ; Fwd L twd LOD then swivel ¼ LF to fc COH, -, small sd R, cl L (W fwd R twd LOD then swivel ¼ RF to fc WALL to offset LOP-FCG pos, -, sm sd R, cl L) ; [Still ld-hnds together] Fwd R passing W then swivel RF, -, contg RF trn sm sd L, compg RF trn cl R (W fwd L passing M and commg wide LF circle under jnd ld-hnds, -, sd R contg LF trn, cl L compg LF trn) to LOP RLOD ;

05-08 WHISK ; THRU CHASSE to BJO ; FWD FWD/LOCK FWD ; MANEUVER ;

{**Whisk**} Fwd L trng LF (*W fwd R trng RF*) to fcg ptr, -, sd R cont trn, cont trn XLib (*XRib*) to SCP LOD ; {**Thru Chasse to BJO**} [SQ&Q] Thru R, -, sd to fc prt L/cl R, sd & fwd L (*W trng LF, -, sd R/cl L, sd & bk R*) to BJO LOD ; {**Fwd Fwd/Lk Fwd**} [SQ&Q] Fwd R, -, fwd L/lk Rib, fwd L ; {**Maneuver**} Repeat meas 4 Part A ;

09-12 SPIN TURN ; BACK HALF BOX ; PROGRESSIVE BOX ; ;

{**Spin Turn**} Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (*W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R*) to CP DLW ; {**Bk ½ Box**} Bk R, -, sd L, cl R to CP LOD ; {**Progressive Box**} Fwd L, -, fwd & sd R, cl L ; Fwd R, -, fwd & sd L, cl R to CP LOD ;

13-16 2 LEFT TURNS to BFLY ; ; TWIRL/VINE 3 ; THRU FACE CLOSE ;

{**2 Left Turns**} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to BFLY WALL ; {**Twirl Vine 3**} Repeat meas 3 Intro ; {**Thru Fc Cl**} Repeat meas 4 Intro ;

ENDING

01-04 HOVER ; PICK UP SIDE CLOSE ; 2 LEFT TURNS to BFLY ; ;

{**Hover**} Repeat meas 9 Part A ; {**Pick Up Sd Cl**} Repeat meas 16 Part A ; {**2 Left Turns**} Repeat meas 13,14 Part B ; ;

05-06 TWIRL/VINE 3 ; THRU to CHAIR & HOLD ;

{**Twirl Vine 3**} Repeat meas 3 Intro ; {**Thru to Chair**} Strong fwd R in lunge action bending knee, -, -, -;