MY ONE AND ONLY LOVE

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Music: My One & Only Love by Dean Martin, available from Casa Musica download

Time: 2:29 Speed: 48.5 rpm or adjust for comfort

Rhythm: Rumba Phase IV+1 (sweetheart) Difficulty: above average

Footwork: Opposite unless indicated (W's footwork in parentheses) Released: 9/4/15; revised 9/18/15

Timing: QQS unless otherwise indicated, reflects actual weight changes

Sequence: Intro ABCD A(9-16) End

Intro (4 meas)

1-4 Wait;; Hip Rks Twice;;
1-2 Cuddle pos fcg WALL w/lead feet free wait 2 meas;;
3-4 (Hip Rks) Rk sd L, rec R, rec L, - ; rk sd R, rec L, rec R to bfly WALL, - ;

Part A (16 meas)

1-8 [Bfly WALL] ½ Basic; Aida; Switch Rk; Spot Trn; Cross Body COH to handshake;; Opn Brk; Underarm

Trn:
1-2 {1/2 basic} Fwd L, rec R, sd L, - ; {Aida} Fwd R trng RF, sd L cont trng RF, bk R to a v-shaped bk to bk pos fcg DRC (DRW), - ;
3-4 {Switch rk} Trng left bringing L foot and hnd thru & joining trailing hnds to fc ptr in bfly, rec R, sd L, - ; {Spot trn} Swvlg ¼ LF fwr d L twd LOD trng ½ (W RF), rec L cont turn to bfly WALL, sd R, - ;
5-6 {Cross body} Blending to a loose cp fwr L, rec R, sd L trng ¾ to fc LOD, - ; bk R trng cont LF trn, small fwr L, & fwr R ending in R-R handshake fcg COH, - ;
7-8 {Opn brk} In handshake fkr apt L, rec R, sd L, - ; {Uarm trn} Tmg body siltly RF and raising jnd R-R hnds bk R, rec L to fc, sd R (W swvlg ¾ RF fwr L undr jnd hnds trng ½, rec R trng to fc ptr, sd L, - ). - ;

9-16 [R-R Handshake COH] Flirt;; Dbl Handhold Sweetheart 3 times;; Spot Trn to bfly SCAR DLC; Fwd Ck – Develope; Bk Fc Cl COH;

1-2 (Flirt) In handshake fwr d L, rec R, lead W to trn ½ LF sd L to vars pos (W bk R, rec L, fwr R trng ½ LF fwr vars fcg COH), - ; bk R, rec L, sd R to L vars pos (W bk L, rec R, sd L crossing in front of M), - ;
3-4 {Dbl handhold sweetheart} Maintaining a dbl handhold ck fwr d L with right sd lead trng LF to look at W, rec R straightening body, sd L passing bhd W to vars pos (W bk R with left sd lead trng RF to look at ptr, rec L straightening body, sd R passing in front of M), - ; maintaining a dbl handhold ck fwr d R with left sd lead trng RF to look at W, rec L straightening body, sd R passing bhd W to vars pos (W ck bk R with right sd lead trng LF to look at ptr, rec R straightening body, sd L passing in front of M), - ;
5 {Sweetheart to fc} Maintaining a dbl handhold ck fwr d L with right sd lead trng LF to look at W, rec R straightening body, releasing lefts hnds sd L lowering R-R handhold to trm W RF ½ to bfly fcg COH, - ;
6 {Spot trn} Thru R twd RLOD trng LF (W RF), rec L cont turn to bfly SCAR fcg DLC, sd R, - ;
7 {Fwd ck - develope} Fwd L kgk twd DLC (W bk R, raising left foot up insd of rt knee, extend foot fwrd, - ), - , - , - ;
8 Bk R twd DRW, sd L trng to bfly fcg COH, cl R, - ;

Part B (8 meas)

1-8 [Bfly COH] Opn Brk; Uarm Trn to Tamara; Wheel ½ WALL; Unwrap to Bfly COH; Fnc Line Twice;; Cross Body WALL;;

1 {Opn brk} Releasing trailing hands rk apt L, rec R, sd L, - ;
2 {Undarm trn to tamara} Raising jnd M's L hnd & W's R hnd & trng body siltly RF bk R, rec L to fc ptr, sd R joining right hand w/W's left bhd her bk in tamara pos fcg COH (XLif under jnd lead trng fwr d M's ½ LF, rec R cont trn to fc ptr, sd L to M's right sd fcg WALL placing her left hand bhd bk & joining with M's right hand), - ;
3 {Wheel 3} Wheel RF L, R, L to fc WALL, - ;
4 {Unwrap to bfly COH} Cont wheeling fwr d R leading W to trn RF under lead hands, fwr d L leading W to cont trn to bfly COH, sd R (W bk L, sd & fwr R trng RF, sd & fwr L), - ;
5-6 {Fnc Line Twice} Lunge thru L w/bent knee looking twd LOD, rec R, sd L, - ; Lunge thru R w/bent knee looking twd RLOD, rec L, sd R, - ;
7-8 {Cross body} Blending to a loose cp fwr L, rec R, sd L trng ¾ to fc RLOD, - ; bk R trng cont LF trn, small fwr L, & fwr R to bfly fcg WALL, - ;
Part C (8 meas)

1-8 [Bfly WALL] Chase Peek-a-Boo Dbl;;;;;; W Trn to Tandem WALL - M Trans in 2;;

1-7 (Chase peek-a-boo dbl) Fwd L trng sharply 1/2 RF to Tandum [man in front], rec R, fwd L, - ; sd R looking ovr left shldr, rec L, cl R, - ; sd L looking ovr right shldr, rec R, cl L, - ; fwd R trng sharply 1/2 LF to Tandum [lady in front], rec L, fwd R, - ; sd L, rec R, cl L, - ; fdw L, rec R, bk L, (W Bk R, rec L, fwd R, - ; sd L, rec R, cl L, - ; sd R, rec L, cl R, - ; fwd L trng sharply 1/2 RF to Tandum [lady in front], rec R, fwd L, - ; sd R looking ovr left shldr, rec L, cl R, - ; sd L looking ovr right shldr, rec R, cl L, - ; fwd R trng sharply 1/2 LF to fc ptr, rec L, fwd R, - ) - ;

8 Bk R, rec L, tch R to tandem fchg wall, (W fwd L trng sharply ½ RF to fc wall, rec R, cl L, - ) - ;

Part D

1-8 [Tandem WALL] [Rt foot] Cucar-X to Shadow DLW; Shadow Wk 3 to LOD; Underarm Roll to fc COH; Left Ft Fnc Line; Rev U/Arm Trn – Both Trn to Shadow Wall; Sd Wk 3; Bk Ck – W Develope; Hcky Stk End – M in 2 to handshake WALL;

1-2 [Cucar-X] In tandem with same footwork sd R, rec L, XRif trng to shdw fchg DLW, - ; moving twd LOD fwd L, fwd R, fwd L, - ;

3 [Undrm roll] Fwd R twd LOD start roll RF lady under jnd left hnds, fwd & sd L twd LOD cont roll RF to fc COH ending w/ M in frnt of W, sd R, - ;

4 [Fnc line] Ck fwd L twd LOD soften knee extending rt arm, rec R trng LF, fwd L shdw fchg DRC, - ;

5 [Rev Underarm] Raising jnd left hnds fwd R moving twd RLOD trng LF (W trn under), cont trn LF rec L to shdw WALL, XRif moving twd LOD, - ;

6 In shdw fchg wall sd L, cl R, sd L, - ;

7 [Bk ck - devel] Bk R (W bk R, raising left foot up insd of rt knee, extend foot fwd, - ), - , - , - ;

8 [Hcky stk end – M in 2] Releasing hands & moving twd WALL fwd L, - , fwd R to handshake (W fwd L, fwd R trng 1/2 LF, sd & bk L to end fchg COH, - ) - ;

End

1-4 [Cuddle pos WALL] Hip Rks Twice;; Sd Cl Twice; Dip Bk to Slo Leg Crawl;

1-2 [Hip Rks] In cuddle pos rk sd R, rec L, rec R, - ; rk sd R, rec L, rec R, - ;

3-4 Sd L, cl R, sd L, cl L; bk L, - , slightly rotate upper body LF slowly (), - ;

Quick Cues:

Intro Wait;; Hip Rks Twice;;

A ½ Basic; Aida; Switch Rk; Spot Trn; X-Body (Handshake); Opn Brk; U/Arm Trn; Flirt; Dbl Handhold Sweethearts 3x;; (W Trn To Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl (COH);

B Opn Brk; U/Arm Trn To Tamara; Wheel 1/2; Unwind To Bfly (COH); Fnc Line Twice;; X-Body (Wall);;

C Chase Peek-a-Boo Dbl;;;;;; W Trn to Tandum Wall - M In 2;

D (Rt Ft) Cucar-X; Shdw Wk 3; U/Arm Roll Rt (COH); Left Ft Fnc Line; Rev U/Arm Trn – Both Trn to Shdw fchg Wall; Sd Wk 3; Bk Ck – W Develop; Hcky Stk End (Wall) – M in 2 (Handshake);

A(9-16) Flirt;; Dbl Handhold Sweethearts 3x;; (W Trn To Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl to cuddle pos (Wall);

End Hip Rks Twice;; Sd Cl Twice; Dip Bk To Slo Leg Crawl;