MY ONE AND ONLY LOVE

Choreo: Zena & Ernie Beaulieu, 11201 Orville St, Culver City, CA 90230
(310) 390-7006, e-mail: mrennieb1@ca.rr.com

Music: “My One & Only Love” by Dean Martin, CD: Pure Latin, available from Casa Musica download

Time: 2:29 Speed: 48 RPM or adjust for comfort

Rhythm: Rumba Phase IV+1 (sweetheart) Difficulty: above average
Footwork: Opposite unless indicated (W’s footwork in parentheses) Released: July 2015
Timing: QQS unless otherwise indicated, reflects actual weight changes
Sequence: Intro ABC (mod) DA End

Intro (4 meas)

1-4 Wait;; Hip Rks Twice;;
1-2 Low bfly 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 (8 meas)

1-8 [Bfly WALL] ½ Basic to Fan;; Alemana;; Lariat;; Basic to R Handshake;;
1-2 [1/2 basic to a fan] Fwd L, rec R, sd L, - ; bk R, rec L, sd R (W fwd L, sd & bk R trng LF ½ trn to fc RLOD, bk L, - );
3-4 (Alemana) Fwd L, rec R, cl L lead W to trn RF to fc, - ; bk R, rec L, sd R leading W to his right side (W cl R, fwd L, fwd R trng RF to fc ptr, - ; fwd L undr jnd lead hnds trng RF, fwd R cont RF trn, fwd L to M’s right side fcg COH, - );
5-6 [Lariat] With jnd lead hnds rk sd L, rec R, stp in plc L, - ; rk sd R, rec L, stp in plc R to bfly (W fwd R circling M clockwise with jnd lead hnds, fwd L, fwd R, - ; fwd L, fwd R, fwd L trng to bfly fcg COH, - );
7-8 (Basic) Fwd L, rec R, sd L, - ; bk R, rec L, sd R to right handshake fcg WALL, - ; [3rd time thru end in bfly WALL]

Part B (8 meas)

1-8 (R-R Handshake WALL) Flirt;; Dbl Handhold Sweetheart 3 times;; to fc; Spot Trn to bfly SCAR DRW; Fwd Ck – Develope: Bk Fc CI;
1-2 (Flirt) In handshake fwd L, rec R, lead W to trn ½ LF sd L to vars pos (W bk R, rec L, fwd R trng ½ LF to vars fcg WALL), - ; 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 fwd 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 fwd R with left sd lead trng RF to look at W, rec R straightening body, sd R passing bhd W to L vars pos (W bk L 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 fwd L with right sd lead trng LF to look at W, rec R straightening body, releasing left hnds sd L lowering R-R handhold to trn W RF ½ to bfly fcg WALL, - ;
6 (Spot trn) Thru R fwr LOD trng LF (W RF), rec L cont turn to bfly SCAR fcg DRW, sd R, - ;
7 (Fwd ck - develope) Fwd L ckg twd DRW (W bk R, raising left foot up insd of rt knee, extend foot fwd, - );
8 Bk R twd DLC, L sd L trng to bfly fcg WALL, cl R, - ;

Part C (8 meas)

1-8 (Bfly WALL) ½ Basic; Crab Wks 6;; Spot Trn; Chase Peek-a-Boo;;
1-3 (1/2 basic) Fwd L, rec R, sd L, - ; {crab wks} XRif, sd L, xrif, - ; sd L, xrif, sd L, - ;
4 (Spot trn) Thru R twd LOD trng LF (W RF), rec L cont turn to fc ptr, sd R to bfly fcg WALL, - ;
5-8 (Chase peek-a-boo) Fwd L trng sharply ½ RF to fc COH, rec R, fwr L to tandem fcg COH (W bk R, rec L, fwd R, - );
5-8 (Spot trn) Thru R twd LOD trng LF (W RF), rec L cont turn to bfly SCAR fcg DRW, sd R, - ;
7 (Fwd R) Fwd L trng sharply LF ½ to fc WALL, rec L, fwr R to bfly, - ;
8 Bk R twd LDL, L sd L trng to bfly fcg WALL, cl R, - ;

Mod Part A (8 meas)

1-8 (Bfly WALL) ½ Basic to Fan;; Alemana to CP;; Lariat;; Chase ½ to Tandem WALL - M Trans in 2;;
1-6 Repeat meas 1-6
7-8 (Chase tandem wall) Fwd L trng sharply ½ RF to fc COH, rec R, fwr L (W bk R, rec L, fwd R, - );
8 Fwd R trng sharply ½ LF to tandem WALL w/ W in frnt of M, rec L, pt sd R twd RLOD (W fwr L trng sharply ½ RF to fc wall, rec R, fwr L, - );
Part D (8 meas)

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; Fan – M Slo Hip Rk; Hcky Stk Ovrtrn to WALL;;

1-2  In tandem with same footwork sd R, rec L, XRif trng to shdw fcg DLW, - ; moving twd LOD fwd L, fwd R, fwd L, - ;

3  (Underarm 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 fmr 4 W, sd R, - ;

4  (Fnc Line) Ck fwd L twd LOD soften knee extending rt arm, rec R trng LF, fwd L shdw fcg 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, - ;

ss 6  Sd L, - , sd R to fan pos M fcg WALL (W fwd L comm LF trn, fwd R cont trn to fc RLOD join lead hnds, bk L, - ), - ;

(qqs) 7-8  (Hcky stk) Fwd L, rec R, cl L raising jnd lead hnds (W cl R, fwd L, fwd R, - ), - ; bk R, rec L trng 1/8 RF & bringing jnds hnds down leading W to trn LF, fwd R to bfly fcg WALL (W fwd L passing M, fwd R trng undr jnd lead hnds 3/4 LF, sd & bk L to end fcg COH, - ), - ;

End (4 meas)

1-4  (Bfly WALL) New Yorker; Fcg Fan LOD; Fwd Basic & Wrap to Fc WALL; Cuddle Embrace;

1  (NY) Swvlg on R thru L twds RLOD, rec R swvlg to fc ptr, sd L to bfly WALL, - ;

2  (Fcg fan) Bk R, rec L trng 1/4 LF to bfly fcg LOD, fwd R (W fwd L, sd & bk R trng 1/4 LF to fc RLOD, bk L, - ), - ;

3  (Fwd basic wrap) Fwd L, rec R, fwd L trng RF leading W to trn LF und lead hnds to WRAP pos fcg WALL (W bk R, rec L, fwd R trng LF undrm to WRAP pos fcg WALL, - ), - ;

4  (cuddle embrace) In wrapped pos W look ovr L shldr at M & get a big hug,

Quick Cues:

Intro  Wait;; Hip Rks Twice;;

A  ½ Basic to Fan;; Alem;; Lariat;; Basic (Handshake);;

B  Flirt;; Dbl Handhold Sweetheart 3x;; (Fc); Spot Trn SCAR (RW); Fwd Ck – Devel; Bk Fc Cl;

C  ½ Basic; Crab Wks 6;; Spot Trn; Chase Peek-a-Boo;;;

A(mod)  ½ Basic to Fan;; Alem;; Lariat;; Chase ½ to Tandem Wall - M In 2;;

D  (Rt Ft) Cucar-X; Shad Wk 3; U/Arm Roll Rt (COH); Shad Fnc Line; Rev U/Arm Trn – Both Trn to Shdw Wall; W Out to Fan – M Rk 2; Hcky Stk Ovrtrn (Wall);;

A  ½ Basic to Fan;; Alem;; Lariat;; Basic;;

End  NY; Fcg Fan (LOD); Fwd Basic & Wrap (Wall); Cuddle Embrace,