No One But You (In My Heart)

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Music: RCA 47-7315 No One But You (In My Heart) by The Ames Brothers Release: June 2004
Rhythm: Waltz Phase: V + 2 (Telespin to Semi & Rudolph Ronde & Slip)
Speed: 48 rpm or to suit Sequence: Intro, A, B, A mod, C, C, B, A (1-8), Ending

Intro

1-4 Hold; Step Together & Hold; Back to a Hinge; Recover Hover to Semi;
   1 Hold Left Open Position Diagonal Line & Wall
   2 1,2,3 [Step Together & Hold] step fwd L to CP, tch R to L, Hold; (step fwd R to CP, tch R to L, hold;)
   3 1,2,3 [Back to a Hinge] back R commencing L fc turn, continuing turn side L leaving R foot extended lower on L to hinge line, hold; (fwd L turning L fc, side & back R rising, place L slightly behind R transferring weight to L lowering & extending R foot fwd;)
   4 1,2,3 [Recover Hover to Semi] turn body _ R fc {no weight change}, recover & rise on R, fwd L to semi DC; (recover on R to CP, side & back L rising & turning to semi DC, fwd R;)

Part A

1-8 Slow Side Lock; Telespin to Semi;; Natural Weave;; Hairpin; Back Turning Whisk; Ripple Chasse;
   1 1,2,3 [Slow Side Lock] thru R, side & fwd L to CP, cross R in back of L turning slightly L fc;
   2-3 1,2,3 & [Telespin to Semi] fwd L commencing L fc turn{with R side stretch}, fwd & side R
   1,2,3 continuing turn {continue R side stretch}, side & back L with partial weight keeping L side fwd twd woman {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn{no sway}, continue turn side & fwd L to semi DLW; (back R commencing L fc turn, bring L to R starting a heel turn & gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in twd the man step fwd L; fwd R commence L fc toe spin, continue toe spin close L, fwd R to semi position;)
   4-5 1,2,3 [Natural Weave] Fwd R commence to turn R fc, side L with L side stretch, back R to
   1,2,3 CBMP; back L in CBMP, back R to CP, back L turning L face to end CBMP DLW; (fwd R, fwd L allowing man to cross in front, fwd L to CBMP; fwd R outside partner, fwd L to CP; fwd R turning to fc DRC ending in Bjo P position;)
   6 1,2,3 [Hairpin] fwd R commence to turn R, fwd L, fwd R outside partner in tight CBMP fc rev;
   (back & slightly side L commence to turn R, back R well under body turning R fc, continue R turn swiveling R fc with strong right side stretch back L in tight CBMP on toes;)
   7 1,2,3 [Back Turning Whisk] back L commence to turn R with slight right side stretch, side R
   1,2,3 continuing R fc upper body turn with R side stretch, cross L behind R to tight semi position;
   (fwd R commence R fc turn with slight L side stretch, staying well in man’s R arm side L
   1,2,3 continuing R fc upper body turn with L side stretch, cross R behind L in tight semi position;)
   8 1,2,3 [Ripple Chasse] thru R, side & slightly fwd L with L side stretch/continue L side stretch into R sway as you close R to L looking to R, side & fwd L losing sway blending to semi position;
   (thru L, side & slightly fwd R with slight R side stretch/continue R side stretch into a L sway as
   1,2,3 you close L to R looking L, side & fwd R losing sway blending to semi position;)
Part A (Cont)

9-16  
Slow Side Lock; Viennese Turn 2x;  Open Telemark; Open Natural; Outside Spin; Right Turning Lock;  
Slow Side Lock;  

9  
1,2,3  [Slow Side Lock] thru R, side & fwd L to CP, cross R in back of L turning slightly L fc;  
(thru L starting L fc turn; side & back R continuing turn to CP, cross L in front of R;)

10-11  
1,2,3  [Viennese Turn] fwd L commencing L fc turn, side R continuing L fc turn, cross L in front of R;  
back R continuing L fc turn, side R continuing turn, close R to L;  (back R commencing L fc turn, side L continuing turn, close R to L;  ffd L continuing turn, side R continuing turn, cross L in front of R;)

11  
1,2,3  [Open Telemark] commencing turn to turn L, side R continue turn, side & slightly fwd L to end in tight semi position DLW;  (back R commencing to turn L bringing L beside R with no weight, turn L fc on R heel {heel turn} & change weight to L, step side & slightly ffd R to end in tight semi position;)

12  
1,2,3  [Open Natural] commence R fc upper body turn ffd R heel to toe, side L across line of dance, continue slight R fc upper body turn to lead partner to step outside back R to CBMP;  (fwd L, side R across line of dance, ffd L outside partner to end CBMP;)

13  
1,2,3  [Outside Spin] prepare to lead women outside partner commence body turn to right toeing in with R side lead back L in CBMP small step 3/8 turn to R, ffd R in CBMP heel to toe continue to turn R, back L to end in CP DRW;  (commence body turn to R with L side lead staying well in man’s R arm R foot ffd in CBMP outside partner heel toe, L foot closes to R foot, continuing turn ffd R between man’s feet to end in CP;)

14  
1,2,3  [Right Turning Lock] back R backing line of dance with R side lead commence to turn R/cross L in front of R to fc ctr of hall, with slight L side stretch continue to turn upper body to R side & ffd R between women’s feet continuing to turn R, ffd L to semi position;  (fwd L with L side lead commence to turn R/cross R in back of L, with slight side stretch ffd & side L staying well into man’s right arm continue to turn R, ffd R to semi position;)

15  
1,2,3  [Slow Side Lock] thru R, side & ffd L to CP, cross R in back of L turning slightly L fc;  
(thru L starting L fc turn; side & back R continuing turn to CP, cross L in front of R;)

Part B

1-8  
Open Telemark;  _ Natural;  Closed Impetus;  Box Finish;  Reverse Fallaway & Slip;  
(to a) Closed Telemark;  _ Natural;  Open Impetus;  

1  
1,2,3  [Open Telemark] ffd L commencing to turn L, side R continue turn, side & slightly ffd L to end in tight semi position DLW;  (back R commencing to turn L bringing L beside R with no weight, turn L fc on R heel {heel turn} & change weight to L, step side & slightly ffd R to end in tight semi-closed position;)

2  
1,2,3  [Half Natural] commence R fc upper body turn ffd R heel to toe, side L across line of dance, back R ending in CP;  (fwd L, close R to L, ffd L into man;)

3  
1,2,3  [Closed Impetus] commence R fc upper body turn back L, close R {heel turn} continue turn, side & back L to CP facing LOD;  (commence R fc upper body turn ffd R between man’s feet heel to toe pivoting _ R fc, side & ffd L continue turn around man brush R to L, ffd R between man’s feet to CP;)

4  
1,2,3  [Box Finish] back R turning L fc, side L, close R;  (fwd L turning L fc, side R, close L;)
Part B (Cont)

5 1,2,3 [Reverse Fallaway & Slip] fwd L commence to turn L, back R with L side lead in fallaway position/L foot back well under body, turning L fc slip R past L toeing in with small step fallaway position/back R in CBMP well under body back on R with L foot extended ending facing LOD; (back R, back L with L side lead in fallaway position 5/8 turn L on 3, continue L turn slip L past R fwd L in CBMP into CP fc RLOD;)

6 1,2,3 [Closed Telemark] fwd L commencing to turn L, side R continue turn, side & slightly fwd L to end in bjo position DLW; (back R commencing to turn L fc bringing L beside R with no weight, turn L fc on R heel {heel turn} & change weight to L, step side & slightly fwd R to end in banjo position;)

7 1,2,3 [Half Natural] commence R fc upper body turn fwd R heel to toe, side L across line of dance, back R ending in CP; (fwd L, close R to L, fwd L into man;)

8 1,2,3 [Open Impetus] back L turning R fc, close R {heel turn} continue turn, fwd L to semi position DLC; (commencing R fc upper body turn fwd R between man's feet heel to toe pivoting _ R fc, side & fwd L continue turn around man brush R to L, fwd R;)

Part A Mod

1-8 Slow Side Lock; Telespin to Semi;; Natural Weave;; Hairpin; Back Turning Whisk; Pick-Up;

1-7 Same as Part A, measures 1-7

8 1,2,3 [Pick Up] fwd R, side L, close R to L; (fwd L, side R in front of man, close L to R;)

Part C

1-8 Double Reverse Full; Double Reverse _; Fwd, Right Lunge & Hold; Hold, Roll, and Slip; Mini-Telespin; Contra Check, Recover, Switch; Rudolph Ronde & Slip;

1 1,2,3 [Double Reverse (Full)] fwd L commence to turn L, side R turning L fc, spin L fc on ball of R bringing L under body beside R fc LOD; (back R commence to turn L, L foot closes to R heel turn turning _ /side and slightly back R continuing left turn, cross L in front of R;)

2 1,2,3 [Double Reverse (Wall)] fwd L commence to turn L, side R turning L fc, spin L fc on ball of R bringing L under body beside R to fc wall; (back R commence to turn L, L foot closes to R heel turn turning _ /side and slightly back R continuing L turn, cross L in front of R;)

3 1,2,3 [Fwd, Right Lunge & Hold] slow fwd L, slow side & fwd R, hold; (slow back R, slow side & back L, hold;)

4 1,2,3 [Hold, Roll, & Slip] hold, roll upper body R fc/rec back on L, turning L fc place R toe behind L taking weight; (hold, roll upper body L fc/rec fwd on R, fwd L to taking weight outside man's R foot;)

5-6 1,2,3& [Mini Telespin] fwd L commence to turn L, side R 3/8 turn, back & side L no weight but with light pressure keeping L side into woman/turn body L no weight to lead woman to CP commencing spin; fwd L continue spin L fc on L drawing R to L under body, close R flexing knees, hold,-; (back R commence to turn L, L foot closes to R heel turning _ , fwd R keeping R side in twds man/fwd L turning L fc twd partner; fwd R to CP head to L, spinning L, drawing L to R under body, close L flexing knees, hold,-;)


Part C (Cont)

7 1,2,3  [Contra Check, Recover, Switch] commence upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP, recover R commence R fc turn leaving L foot in place, continue R fc turn back L; (commence upper body turn to the L flexing knees with strong L side lead back R in CBMP looking well to L, recover L commence R fc turn, continue R fc turn fwd R between man’s feet;)

8 1,2,3  [Rudolph Ronde & Slip] fwd R between woman’s feet leading woman to semi position, back L with slight crossing action behind R, back R leading women to CP keeping L foot extended; (back L turning R fc to semi position allowing R leg to ronde clockwise crossing R leg behind L leg at end of ronde, back R starting a L fc pivot on ball of R foot, fwd L continuing L fc turn stepping into man placing L foot near man’s R foot;)

Part B

1-8 Open Telemark;  _ Natural;  Closed Impetus;  Reverse Fallaway & Slip;  Closed Telemark;  _ Natural;  Open Impetus;

1-8 Repeat Measures 1-8

Part A

1-8 Slow Side Lock;  Telespin to Semi;;  Natural Weave;;  Hairpin;  Back Turning Whisk;  Ripple Chasse;

1-8 Repeat Measures 1 to 8

Ending

1-9 Thru Twist Vine 6 to Semi;;  Thru to a Promenade Sway;  Change of Sway;  Draw Close;  Slow Contra Check;  Extend;

1-2 1,2,3  [Thru Twist Vine 6 to Semi] thru R, side L, cross R in back of L; side L, cross R in front of L, side L to semi LOD; (thru L, fwd R, fwd L; side R, cross L in back of R, side R to semi;)

3 1,2,3  [Thru to a Promenade Sway] thru R, side & fwd L stretching L side of body slightly upward to look over joined lead hands, relax L knee; (thru L, side & fwd R turning to semi stretching R side of body slightly upward to look over joined lead hands, relax R knee;)

4 1,2,3  [Change of Sway] slowly rotate the upper body slightly to the R changing to L side stretch {no weight change}; (slowly rotate the upper body slightly to the L changing to R side stretch {no weight change};)

5 1,2,3  [Draw Close] slowly draw R to L,-, Close; (slowly draw L to R,-, close;)

6 1,2,3  [Slow Contra Check] commencing upper body turn to the L flexing knees with a strong R side lead, check fwd L in CBMP,-; (commence upper body turn to the L flexing knees with strong L side lead, back R in CBMP,-;)

7 1,2,3  [Extend] place lady’s R hand on L shoulder, extend L hand up & out as music fades,-; (place R hand on man’s L shoulder, extend L hand up & out as music fades,-;)

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