THE ONE YOU LOVE

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Music: You Always Hurt The One You Love by Ace Cannon
From the CD album Best Of Ace Cannon
Available from iTunes Music Downloads

Rhythm/Phase: Slow Foxtrot Phase V
Music Speed: As downloaded
Footwork: Opposite throughout directions for M (and for W where noted).
Sequence: Introduction A B C (1-8) Ending

INTRODUCTION (4 Measures) . . . .

OPN FCNG DLW LEAD FEET FREE WAIT 2 MEAS;;; APART POINT; PKUP & TCH CP LOD;

PART A (16 Measures) . . . .

REVERSE TURN;; THREE-STEP; CURVED FEATHER CHKNG; OUTSIDE SPIN; BACK
[LEFT] TURNING LOCK; MANUV; BK HOVER TELEMARK; PROMENADE WEAVE;; CHNG
OF DIRECTION; REVERSE TURN 1/2 – CHK & WEAVE;; SLOW STRUT 4 TO CP LOD;;
[1 & 2] Fwd L start if body turn, -, sd R continue turn, bk L LOD to clsd pos; Bk R continue if turn, -, sd & slightly fwd L DLW, fwd R bjo; (W bk R start if turn, -, cl L to right [heel turn] continuing turn, fwr R to clsd pos; Fwd L continue if turn, -, sd R to DLW, bk L bjo); [3] Three fwr winding steps blnd clsd pos fwr L, -, fwr R, fwr L;
[4] Fwd R commence rf turn, -, with left side lead continue rf turn fwr L, continue rf turn with left side lead fwr R chkng to bjo outside partner; [5] Preparing to lead W outside partner commence rf body turn toeing in with right side lead bk L in CBMP small step, -, fwr R in CBMP heel to toe continue rf turn, sd & bk L end clsd pos fcngr
RLOD; (W commence rf body turn with left side lead staying well into M’s right arm fwr R in CBMP outside partner heel toe, -, cl L to right pivot on toes of both feet, continue rf turn fwr R between M’s feet to end in clsd pos;)
[6] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R commence to turn if, sd & slightly fwr L bjo DLW; [7] Commence rf turn fwr R, -, continue rf turn to fc partner sd L, complete turn cl R; [8] Commence rf upper body turn bk L, -, sd & fwr R continue turn rising or hovering slightly, sd & fwr L small step on toe to semi-clsd pos DLC; [9 & 10] Fwr R, -, fwr L commence if turn, sd & slightly bk R to bjo pos DLC; Bk L, bk R commence if turn and lead W to clsd pos, sd & slightly fwr L DLW, fwr R bjo pos DLW;
[11] Fwr L, -, fwr R DLW with right shldr lead turning If start to draw L to right and continue drawing left to right over remainder of the measure, -; [12 – 14] Fwr L start if body turn, -, sd R continue turn, bk L LOD to clsd pos; Slip R back under body with slight contra check action, -, fwr L commence if turn, sd R with right side lead and slight side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue if turn, bk R to momentary clsd pos continue if turn, sd & fwr L with left side stretch, with left side stretch fwr R bjo DLW; [15 & 16] Four forward passing steps blndng to clsd pos LOD fwr L, -, fwr R, -;
Fwr L, -, fwr R, -;

PART B (16 Measures) . . . .

DIAMOND TURN FC LOD;; PROGRESSIVE BOX;; 2 LT TURNS WALL;; WHISK; THRU TO LEFT WHISK; UNWIND IN 4 DLC; DIP & REC; TELEMARK SEMI; FWD HOVER BJO;
BK HOVER SEMI; PKUP SD CL;
[1 – 4] Fwr L turning If on diag, -, continue if turn sd R, bk L with partner outside M in bjo; Staying in bjo and turning If bk R, -, sd L, fwr R outside partner in bjo; Fwr L turning If on diag, -, sd R, bk L stay bjo; Bk R continue if turn, -, sd L, fwr R bind clsd pos LOD; [5 & 6] Fwr L, -, slightly sd & fwr R, cl R; Fwr R, -, slightly sd & fwr L, cl R; [7 & 8] Fwr L commence if upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence If upper body turn, -, continue turn up to 1/2 sd & fwr L, complete turn to fc wall cl R; [9] Fwr L, -, fwr & sd R start rise to ball of foot, XLIB of right continue to full rise on ball of foot ending tight semi-clsd pos;
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. . . . . . PART C (16 Measures) . . . . .

TELEMARK SEMI; NATURAL HOVER CROSS;; TURN LT & CHASSE BJO; IMPETUS SEMI;
THRU & SEMI CHASSE; NATURAL WEAVE;; IN BJO, FWD & RUN 2; MANUV; SPIN TURN;
BOX FINISH; OPN REVERSE TURN; OUTSIDE CHECK; OUTSIDE CHNG SEMI; PKUP
SD CL;

DLW commence rf turn, -, sd L with left side stretch, continue rf turn sd R; With right side stretch fwd L outside
partner CBMP on toe fcng about DLW, rec bk R with slight left side lead, sd & fwd L, with left side stretch fwd R
bj on toe DLC; (W bk L commence rf turn, -, cl R to left [heel turn] with right side stretch turning rf, continue
rf turn sd L to clsd pos; With left side stretch bk R in CBMP on toe, rec L with slight right side lead, sd & bk R,
body turn bk L, -, cl R to left [heel turn] continue rf turn, complete turn fwd L tight semi-clsd pos; [6] Toward
LOD thru R, -, fwd L/cl R, fwd L; [7 & 8] Fwd R commence rf turn, -, sd L with left side stretch, with right side
lead bk R DLC preparing to lead W outside partner; With right side stretch bk L in CBMP, bk R commence if turn
passing thru clsd pos, with left side stretch sd & fwd L preparing to step outside partner, with left side stretch
fwd R bjo pos DLW; (W fwd L, -, fwd R, fwd L; With left side stretch fwd R in CBMP outside partner, fwd L
commence to turn if passing thr clsd pos, with right side stretch sd R continue if turn, with right side stretch bk L
turning lf;) [9] In bjo pos fwd L, -, fwd R, fwd L; [10] Commence rf turn fwd R, -, continue rf turn to fc partner
sd L, complete turn cl R; [11] Commence rf upper body turn bk L toe pivoting 1/2 rf to fc line of progression, -,;
fwd R between W's feet heel to toe continue rf turn keeping left leg extended back and side, complete turn
sd & bk L; [12] Bk R, -, sd L with slight if body rotation, cl R; [13] Fwd L turning 1/8 to 1/4 turn, -, continue
crossing in front of W bk R turning if, sd & fwd L to semi-clsd pos; (W fwd L, -, fwd R, fwd L;) [16] Toward
LOD fwd R picking up W clsd pos, -, sd L, cl R;

. . . . . . ENDING (8 Measures) . . . . .

LEFT TURNING BOX;;;; 2 SD CLOSES; SD & THRU; VINE 4; STEP APART & POINT;

[1 – 4] Fwd L commence if upper body turn, -, fwd & sd R complete 1/4 turn, cl L; Bk R commence if upper body
turn, -, bk & sd L complete 1/4 turn, cl R; Repeat these two measures;; [5] In clsd pos fcng wall sd L, cl R,
apart L, -, point R toward partner, -;