

YOU'RE THE ONLY ONE FOR ME

(Aber Dich Gibt's Nur Einmal Für Mich)

Music : Captain Cook (Instr)

[Amazon.de/Aber Dich Gibt's Nur Einmal Für Mich Vol 1](https://www.amazon.de/Aber-Dich-Gibt-s-Nur-Einmal-Für-Mich-Vol-1)

Track # 2 Time 3:33 Available from Choreographer
Shortened cut from 12,1 to 42,75 to Time 3:02

Rhythm : Hesitation & Canter Waltz Phase : IV+1U (Lace Box)

Footwork : Opposite except where (Noted)

Release Date : May 19

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Pw=america

Sequence: **INTRO AB AB A END**



INTRO

01-06 CP LOD LD FT FREE WAIT TWO MEASURES ; ; LACE BOX ; ; ; ;

{Wait} In CP LOD ld ft free Wt 2 meas ; ; {Lace Box} Fwd L trng LF ¼ to fc LOD, -, -, sd R, -, cl L ; Raising jnd ld hnds bk R trng LF ¼ to fc COH, -, -, sd L, -, cl R (*W sm fwd L, -, -, R, -, L twds RLOD under lead arms [not passing thru & no turn]*) ; Fwd L trng LF ¼ to fc RLOD, -, -, bringing arms down sd R, -, cl L (*W passing thru under raised arms fwd R startg ½ RF circ, -, -, contg circ as arms come down fwd L, -, fwd R*) to CP RLOD ; Bk R trng ¼ LF to Fc WALL, -, -, sd L, -, cl R to CP LOD ;

PART A

01-04 OPEN REVERSE TURN ; HOVER CORTE ; BACK WHISK ; THRU CHASSE to BJO ;

{OP Rev Trn} Fwd L com LF trn, -, -, trng LF sd R, -, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, -, cont trn sd L, -, fwd R outsd ptr*) to BJO RLOD ; {Hover Corte} Bk R, -, -, trng LF sd & fwd L LOD leavg R leg in pl, -, compg ½ LF trn rec R (*W fwd L, -, -, trng LF sd & fwd R & brush L to R, -, fwd L*) to BJO DLW ; {Bk Whisk} Bk L, -, -, bk & sd R, -, XLib to SCP LOD ; {Thru Chasse to BJO} 1346] 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 ;

05-08 FWD FWD/LOCK FWD ; OPEN NATURAL ; IMPETUS to SCP ; THRU FACE CLOSE ;

{Fwd Fwd/lock Fwd}[1346] Fwd R, -, fwd L/lk Rib, -, fwd L ; {Op Natural} Fwd R stg RF trn, -, -, cont trn sd & bk L, -, bk R (*W bk L trng RF, -, -, fwd R between man's feet, -, fwd L*) to BJO DRC ; {Impetus to SCP} Bk L w/ RF bdy trn, -, -, cont trng on L heel & cl R rising to toe, -, fwd L (*W fwd R outsd ptr pvtg RF, -, -, sd & fwd L contg RF trn arnd M & brush R to L, -, fwd R*) to SCP LOD ; {Thru Fc Cl} Thru R, -, -, sd L to fc, -, cl R to CP WALL ;

09-12 HOVER ; IN & OUT RUNS ; ; THRU CHASSE to SCP ;

{Hover} Fwd L, -, -, sd & fwd R w/ rise, -, rec fwd L (*W bk R, -, -, sd & bk L w/ rise trng, -, rec R*) to SCP LOD ; {In & Out Runs} Trng RF fwd R, -, -, sd & bk L to CP RLOD, -, bk R (*W fwd L, -, -, fwd R between M's ft, -, fwd L*) to BJO RLOD ; Trng RF bk L, -, -, cont trn fwd R between W's ft, -, sd & fwd L (*W trng RF fwd R, -, -, cont trn sd L in frnt of M, -, cont trn fwd & sd R*) to SCP LOD ; {Thru Chasse to SCP} [1346] Thru R, -, sd to fc prt n L/cl R, -, fwd L to SCP LOD ;

13-16 SLOW SIDE LOCK ; VIENNESE TURNS ; ; CHANGE of DIRECTION ;

{Slow Sd Lk} Thru R, -, -, fwd & sd L rising trng LF, -, cl R (*W Thru L trng LF, -, -, sd R trng LF, -, lk Lif*) to CP DLC ; {Viennese Trns} Fwd L stg LF trn, -, -, sd R cont trn, -, XLib to fc RLOD (*W bk R stg LF trn, -, -, sd L cont trn, -, cl R*) ; Bk R cont LF trn, -, -, sd L cont trn, -, cl R (*W fwd L cont LF trn, -, -, sd R cont trn, -, XLib*) to CP DLW ; {Chng of Dir} [14] Fwd L, -, -, fwd R trng ¼ LF, -, draw L to CP DLC ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Trn} Fwd L trng LF, -, -, compg ¼ LF trn sd R, -, bk L to BJO ; Staying in BJO & trng LF bk R, -, -, compg ¼ LF trn sd L, -, fwd R ; Staying in BJO & trng LF fwd L, -, -, compg ¼ LF trn sd R, -, bk L ; Bk R in BJO trng RF, -, -, sd L compg ¼ LF trn, -, fwd R to BJO DLC ;

05-08 TELEMAR to SCP ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR ;

{Telemark to SCP} Fwd L comm LF trn, -, -, sd R w/ a strong LF trn, -, sd & slightly fwd L (*W bk R comm LF trn, -, -, cl L [heel trn], -, sd & slightly fwd R*) to SCP DLW ; **{Hover Fallaway}** Fwd R, -, -, fwd L rise to ball of ft checking, -, rec bk R ; **{Slip Pivot}** Bk L, -, -, bk R, -, fwd L (*W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, -, -, fwd L cont trn plc L near M's R ft, -, bk R*) to BJO DLW ; **{Cross Pivot to SCAR}** Fwd R ifo W beg RF trn, -, -, sd L cont RF trn, -, fwd R (*W sm fwd L com RF trn, -, -, fwd R btw M's ft heel to toe pvtg ½ RF, -, sd & bk L*) to SCAR DLW ;

09-12 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; START WEAVE SIX ;

{3 Cross Hovers} XLif, -, -, sd R hvrg, -, rec L to BJO DLC ; XRif, -, -, sd L hvrg, -, rec R to SCAR DLW ; XLif, -, -, sd R hvrg, -, rec L (*W XRib, -, -, sd & bk L w/ strong RF trn, -, fwd R*) to SCP LOD ; **{Start Weave 6}** Fwd R, -, -, fwd L begin LF trn, -, sd R DRC ;

13-16 FINISH WEAVE SIX to BJO ; MANUVER ; SPIN TURN ; BOX FINISH ;

{Finish Weave 6 to BJO} Bk L twd LOD in BJO, -, -, bk R trng LF in mom CP, -, sd & fwd L to BJO DLW ; **{Manuver}** Fwd R trng RF, -, -, sd L, -, cl R (*W bk L trng RF, -, -, sd R, -, cl L*) to CP RLOD ; **{Spin Trn}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, -, -, fwd R between W's ft heel to toe cont trn leavg L leg xtnd bk & sd, -, rec L (*W stg RF upper bdy trn fwd R between M's ft heel to toe pvtg ½ RF, -, -, bk L cont trn brush R to L, -, fwd R between M's ft*) to CP DLW ; **{Box Finish}** Bk R, -, -, sd & bk L trng ¼ LF, -, cl R to CP DLC ;

ENDING

01-06 TELEMAR to SCP ; PICK UP SIDE CLOSE ; LACE BOX 3 QUARTERS ; ; ; BACK to a LEFT LUNGE & HOLD ;

{Telemark to SCP} Repeat meas 5 Part B ; **{PU Sd Cl}** Sm fwd R, -, -, sd L, -, cl R (*W trng LF fwd L in frt of M, -, -, cont trn sd R, -, cl L*) to CP LOD ; **{Lace Box 3 Quaters}** Repeat meas 3,4 & 5 Intro ; ; ; **{Bk to & L Lunge}** [14]Bk R, -, -, Sd & slightly fwd on L and flex L knee making slight RF body rotation, -, look at ptr;