

ONLY YOU
Advanced International Foxtrot

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RECORD: Tel 939 (Reverse of Hot Stuff)
Suggested Speed 44 RPM
SEQUENCE: A-B-A-B(1-15)-TAG

INTRO

- 1- 4 CP LOD WAIT 1 MEAS; RUDOLPH RONDE & SLIP; DBL REV SPIN; CHG OF DIR;
1 In CP M fcg LOD wait 1 meas weight on M's L & W's R;
2 (Rudolph Ronde & Slip) Fwd R small step between W's feet relax knee &
SQQ trn body strongly RF trn W to SCP keep L tucked in bk of R,-,Rec on L in
fallaway pos,rise on L & slip R bk trng LF to CP DLC(W sd L relax knee
& trn RF allowing R leg to ronde CW trng to tight SCP,-,R XIB L in
fallaway pos, rise on R trng LF & fwd L between M's feet in CP);
3 (Dbl Rev Spin) Fwd L DLC trn LF,-,sd R DLC/spin LF on R & tch L to R
SQ&Q ending CP DLW(W bk R trn LF,-,Heel trn on R close L to R/fwd R DLW
swivel 1/2 LF allowing L to XIF R,take wt on L);
4 (Chg of Dir)Fwd L DLW start LF trn,-,diag fwd R with toe pointing LOD
SS R side leading & stretched & L sway cont trn & draw L to R end CP DLC
straighten sway,-,(W bk R start LF trn,-,diag bk L with L side lead
delaying wt chg & sway & look R drawing R to L twd end of figure
straightening sway & trng head to CP,-);

PART A

- 1- 4 QK OPEN REV; FTHR FIN, 2, START THREE STEP,-; FWD, 2, R LUNGE,-; REC,
BACK CHK, FWD FTHR, 2;
1 (Qk Open Rev)Fwd L trn LF,-,sd R DLC/bk L LOD in contra bjo toe,
SQ&Q bk R LOD toe in CP comm LF trn(W bk R trn LF,-,sd & fwd L DLC/fwd R
LOD outside M in contra bjo, fwd L LOD blending CP & comm LF trn);
2 (Fthr Fin & Start 3 Step)Sd & fwd L toe DLW with L shoulder lead,
QQS fwd R toe DLW outside W in contra bjo pos with L shoulder lead &
lower to heel at end of step,fwd L heel blend CP DLW,-(W sd & bk R toe
heel DLW with R shoulder lead,bk L toe heel DLW in contra bjo, bk R toe
heel in CP,-);
3 (Complete 3 Step & R Lunge)Fwd R heel toe crvg to LOD slight R side
QQS lead,fwd L toe heel,sd & fwd R lunge DLW slightly between W's feet
relaxing R knee & looking at W with body roll slightly RF at end of
step with L foot remaining in place,-,(W bk L toe heel,bk R toe
heel, sd & bk L DLW relaxing L knee & leaving R in place with body
roll RF at end of step,-);
4 (Rec,Bk,Fthr,2)Rec L DRC with body trng LF,bk R chk DRC trng LF & rising
QQQQ to toe,sd & fwd L toe DLC left side leading,fwd R toe heel DLC X thighs
in contra bjo(W rec fwd R DRC,fwd L DRC trng LF,sd & bk R DLC,bk L
X thighs in contra bjo);
5- 8 OPEN TEL; OPEN NAT TRN; QK OUTSIDE SPIN & FWD TO SCP; CHAIR,REC,SLIP;
5 (Open Tel)Fwd L DLC blend CP comm LF trn,-,sd R DLC cont LF trn,sd &
SQQ fwd L DLW SCP(W bk R comm LF trn,-,heel trn on R cl L to R,sd & fwd R
DLW SCP head right);
6 (Open Nat Trn)Thru R heel DLW comm RF trn stay in SCP,-,sd L toe DLW
SQQ cont RF trn,bk R LOD toe heel right shoulder lead in contra bjo (W
thru L heel,-,fwd R,L to contra bjo preparing to step outside M);
7 (Qk Outside Spin & fwd to SCP)Slip L slightly bk trng RF & bring L
&QQQQ side around/fwd R outside W heel to toe trng RF to fc DWR,sd L wall
cont RF trn to fc LOD with R foot held fwd,fwd R heel trng slightly
RF to DLW,fwd L DLW in SCP(W fwd R heel to toe outside M trng RF &
bring L side around/cl L to R cont trn on toes, sd & fwd R between
M's feet cont RF trn,bk L cont trn,fwd R DLW in SCP);

8 (Chair,Rec,Slip)Thru R DLW to chair with poise back,-,rec L in
 SQQ fallaway,rise & slip R bk small step pivot 1/8 LF to fc LOD CP(W
 thru L follow M's leg to chair,-,rec R in fallaway,rise on R & trn
 LF stepping fwd L between M's feet in CP);

9-12 THREE STEP; FTHR; OPEN TEL; FWD WALL,-,PIVOT RF,2;
 9 (Three Step)Fwd L LOD heel,-,fwd R heel toe,fwd L toe heel(W bk R,-,
 SQQ L,R all toe heel);
 10 (Fthr)Fwd R LOD heel toe left side leading,-,fwd L toe,fwd R in
 SQQ contra bjo toe heel(W bk L with right side leading,-,bk R,bk L
 in contra bjo all toe heel);
 11 (Open Tel)Fwd L heel LOD blending to CP & comm LF trn,-,sd R LOD
 4 AL SQQ cont LF trn,sd & fwd wall tight SCP(W bk R comm LF trn,-,heel trn
 on R cl L to R,sd & fwd wall tight SCP head right);
 12 (Fwd & Pivot RF)Thru R twd wall tight SCP,-,sd L blend CP & pivot
 SQQ RF to fc LOD with R foot held fwd, fwd R heel between W's feet cont
 pivot(W thru L twd wall,-,fwd R between M's feet pivot RF to fc
 RLOD,sd & bk L cont RF pivot);

13-16 CONT PIVOT,BK SCP,FALLAWAY,-; SLIP PIVOT & REV WAVE 3; CHECK
 & WEAWE;;

13 (Fin Pivot to Fallaway)Sd L pivot to fc DRW,bk R DLC in SCP, bk L
 QQS DLC well under body in fallaway,-(W fwd R between M's feet,bk L
 DLC in SCP,bk R well under body DLC SCP in fallaway,-);
 14 (Slip Pivot & Rev Wave 3)Trng body to left & blending CP slip R
 QQQQ bk small step & pivot LF to fc LOD in CP left foot held fwd,fwd
 L comm LF curve,sd & bk R fc COH,bk L DLW in CP(W swivel LF on R
 to CP leaving L foot fwd & step fwd L pivoting LF to fc RLOD,
 bk R comm LF trn,heel trn on R cl L to R,fwd R DLW in CP);
 15-16 (Bk Check & Weave)Trng slightly LF chk bk DLW on R X thighs &
 SQQ keep heel off floor,-,(W fwd L check as in Rev Contra Chk,-,)rec
 QQQQ L DRC comm LF trn,sd & bk R DLC with right side leading; bk L DLC
 in contra bjo,bk R trng LF,sd & fwd L DLW with left side lead,fwd
 R DLW X thighs in contra bjo;

PART B

1- 4 THREE STEP; CURVED FTHR CHK; FALLAWAY WHISK; FTHR;
 1 (Three Step)Fwd L heel DLW blend CP,-,fwd R heel toe curve LF to
 SQQ fc LOD,fwd L toe heel(W bk R,-,L,R all toe heel);
 2 (Curved Fthr Chk)Fwd R heel toe comm RF trn,-,fwd L toe trn RF
 SQQ preparing to step outside W left shoulder leading,fwd R toe DRW X
 thighs in contra bjo check(W bk L toe heel comm RF trn,-,bk R toe
 trng RF right shoulder leading,bk L DRW X thighs in contra bjo
 chk);
 3 (Fallaway Whisk)Rec L LOD comm RF trn,-,sd R DLW cont trn,L XIB R
 SQQ end tight SCP fcg COH(W rec R outside M comm RF trn,-,sd L DLW
 cont trn,trn RF on ball of L to SCP & R XIB L);
 4 (Fthr)Thru R X thighs COH in SCP,-,blending to CP sd & fwd L DLC
 SQQ left side leading,fwd R DLC X thighs in contra bjo(W thru L X
 thighs COH in SCP,-,sd & bk R trng LF with right side lead, bk L
 DLC X thighs in contra bjo right side leading);

5- 8 CLOSED TEL; NAT TRN; PIVOT 4; TRAVELLING CONTRA CHK;
 5 (Closed Tel)Fwd L DLC heel toe blending CP comm LF trn,-,sd R toe
 SQQ DLC,trn LF on ball of R & step sd L DLW contra bjo(W bk R trn LF
 toe heel,-,cont trn on R heel cl L to R,cont trn on L toe step sd
 & bk R DLW in contra bjo);
 6 (Nat Trn)Fwd R DLW outside W comm RF trn heel toe,-,sd L DLW,
 SQQ swivel on L to fc RLOD & bk R LOD CP toe heel(W bk L DLW toe heel
 comm RF trn,-,cont RF trn on L heel cl R to L rising, fwd L LOD CP);