

MY ONE AND ONLY LOVE

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Music: My One & Only Love by Dean Martin, CD: Pure Latin, available from Casa Musica download time 2:29

Rhythm: Rumba Phase IV+1 (sweetheart) Speed: 48 rpm

Footwork: Opposite unless indicated (W's footwork in parentheses) Difficulty: Above average

Timing: QQS unless otherwise indicated, reflects actual weight changes Released: 9/4/15; revised 7/21/16

Sequence: Intro AB A(mod) CA(9-16) End

Intro (4 meas)

1-4 Wait;; Bk Check – W Develope; Hockey Stk End – M Wk 2;

- 1-2 Shadow both fcg WALL with right foot free for both wait 2 meas;;
- 3 {Bk ck – W devel} Bk R (*W bk R, raising left foot up insd of rt knee, extend foot fwd, -*), - , - , - ;
- 4 {Hcky stk end – M in 2} Releasing hands & moving twd WALL fwd L, - , fwd R to lop (*W fwd L, fwd R trng 1/2 LF, sd & bk L to end fcg COH, -*), - ;

Part A (16 meas)

1-8 [LOP WALL] Alem;; Brk Bk To Opn; Aida; Hip Rk 3 To Fc; Spot Trn; Time Step Twice to Handshake;;

- 1-2 {Alemana} Fwd L, rec R, bk L lead W to trn RF under jnd lead hnds, - ; bk R, rec L, sd R (*W bk R, rec L, fwd R comm RF trn under jnd lead hnds; fwd L cont RF trn, fwd R comp RF trn to BFLY, fwd & sd, -*) - ;
- 3 Swvlg sharply on the R step bk L to opn LOD, rec R, fwd L, - ;
- 4-5 {Aida} Thru R trng RF, sd L cont trn, bk R to a bk-bk V pos,-; rk fwd L, rec R, fwd L trng LF to fc ptr, - ;
- 6 {Spot Trn} Thru R twd LOD trng LF (*W RF*), rec L cont turn to bfly, sd R, - ;
- 7-8 {Time step} XLIB, rec R, sd L, - ; XRIB, rec L, sd R to right handshake, - ;

9-16 [Rt Handshake WALL] Flirt;; Dbl Handhold Sweetheart 3 times to Fc;; Spot Trn to Bfly SCAR DRW; Fwd Ck – W Develope; Bk Fc Cl;

- 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 L straightening body, sd R passing bhd W to L vars pos (*W ck 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 rt handhold to trn W RF ½ to bfly fcg WALL, - ;
- 6 {Spot trn} Thru R twd LOD trng LF (*W RF*), rec L cont turn to bfly SCAR fcg DRW, sd R, - ;
- 7 {Fwd ck – W 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, sd L trng to bfly fcg WALL, cl R, - ;

Part B (8 meas)

1-8 [Bfly WALL] Opn Brk; Uarm Trn to Tamara; Wheel ½; Unwrap to Bfly WALL; Fnc LineTwice;; Cucar Twice;;

- 1 {Opn brk} Releasing trailing hands rk apt L, rec R, sd L, - ;
- 2 {Undarm trn to tamara} Raising jnd M's L hnd & W's R hnd & trng body sltly RF bk R, rec L to fc ptr, sd R joining right hand w/ W's left bhnd her bk in tamara pos fcg WALL (*W XLif under jnd lead hnds trng ½ RF, rec R cont trn to fc ptr, sd L to M's right sd fcg WALL placing her left hand bhnd bk & joining with M's right hand*), - ;
- 3 {Wheel} Wheel RF L, R, L to fc COH, - ;
- 4 {Unwrap to cp Wall} Cont wheeling fwd R leading W to trn RF under lead hnds, fwd L leading W to cont trn to cp WALL, sd R (*W bk L, sd & fwd R trng RF, sd & fwd L, -*), - ;
- 5-6 {Fnc line} Lunge thru L w/ bent knee, rec R, sd L, - ; Lunge thru R w/ bent knee, rec R, sd L, - ;
- 7-8 {Cucar} Rk sd L, rec R, cl L, - ; rk sd R, rec L, cl R, - ;

Part A Mod (8 meas)

1-8 [LOP WALL] Alemana;; Brk Bk To Opn LOD; Aida; Hip Rk 3 To Fc; Spot Trn Twice;; W Trn ½ to Tandem Wall – M Rk 2;

- 1-6 Repeat meas 1-6;,,,,;
- 7 Thru L twd RLOD trng RF (*W LF*), rec R cont turn to bfly WALL, sd R, - ;
- 8 {W Trn ½ – M rk 2 to tandem WALL} Sd R, - , rec L, - (*W fwd L trng RF ½, rec R, fwd L to tandem WALL, -*);

Part C

1-8 [Tandem WALL] [Rt foot] Cucar-X; Sd Wk 3 to Shadow; Underarm Roll to fc COH; Left Ft Fnc Line; Spot Trn 1/2 & Cross – Both Trn to Fc Wall; Shdw Sd Wk 3; Bk Ck – W Develope; Hockey Stk End – M in 2 to handshake WALL;

- 1-2 {Cucar-X} In tandem with same footwork sd R, rec L, XRIF, - ; {Sd wk 3} Moving twd LOD sd L, cl R, sd L to shdw DLW joining left hands, - ;
- 3 {Undrm 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 frnt of W, sd R, - ;
- 4 {Fnc line} Ck across L twd LOD soften knee extending rt arm, rec R trng LF, fwd L shdw fcg DRC, - ;
- 5 {Spot Trn 1/2 & Cross} Fwd R twd DRC raising both arms over head trn LF 1/2, rec L fc WALL in shdw, XRIF in shdw joining left hnds man's rght hnd to lady's waist fc WALL moving twd LOD, - ;
- 6 {Shdw sd wk} Both fcg WALL in shdw sd L, cl R, sd L, - ;
- 7 {Bk ck – W devel} Bk R (*W bk R, raising left foot up insd of rt knee, extend foot fwd, -*), - , - , - ;
- 8 {Hcky stk end – M in 2} Releasing hands & moving twd WALL fwd L, - , fwd R to handshake (*W fwd L, fwd R trng 1/2 LF, sd & bk L to end fcg COH, -*), - ;

Repeat Part A meas 9-16 end in cuddle position WALL

End (4 meas)

1-4 [Cuddle pos WALL] Hip Rks Twice;; Sd Cl Twice; Dip Bk to Slo Leg Crawl;

- 1-2 {Hip Rks} In cuddle pos rk sd L, rec R, rec L, - ; rk sd R, rec L, rec R, - ;
- 3 {Sd cl twice} Sd L, cl R, sd L, cl R;
- 4 {Dip bk to slo leg crawl} Bk L, - , slightly rotate upper body LF slowly (*W fwd R, - , rotate upper body LF raising rt foot and knee up along the M's rt leg,*), - ;

Quick Cues (Shad Wall, Rt Ft Free For Both):

- Intro Wait;; Bk Ck – W Devel; Hcky Stk End (Wall) – M Wk 2;
- A Alem;; Brk Bk To Opn; Aida; Hip Rk 3 To Fc; Spot Trn; Time Step Twice (Handshake);; Flirt;; Dbl Handhold Sweetheart 3x;; (Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl;
- B Opn Brk; U/Arm Trn To Tamara; Wheel 3; Unwind To Bfly/Wall; Fnc Line Twice;; Cucar Twice;;
- A(Mod) Alem;; Brk Bk To Opn; Aida; Hip Rk 3 To Fc; Spot Trn Twice;; W Trn 1/2 to Tandem Wall – M Rk 2;
- C (Rt Ft) Cucar-X; Sd Wk 3 to Shad; U/Arm Roll Rt (COH); Left Ft Fnc Line; Spot Trn 1/2 & Cross to Shad (Both Fc Wall); Shad Sd Wk 3 (Wall); Bk Ck – W Devel; Hcky Stk End (Wall) – M Wk 2 (Handshake);
- A(9-16) Flirt;; Dbl Handhold Sweetheart 3x;; (Fc); Spot Trn SCAR; Fwd Ck – Devel; Bk Fc Cl (Cuddle Pos);
- End Hip Rks Twice;; Sd Cl Twice; Dip Bk To Slo Leg Crawl;