

# MY ONLY ONE

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MUSIC: "No Hay Nadie Más" by Sebastián Yatra. Track 14 of "MANTRA". Available at Amazon.com (Song ID: 296456679) or other online sources. Music Preview: [https://youtu.be/sD9\\_I3oDOag?si=jUAmVng-aaTNRNff](https://youtu.be/sD9_I3oDOag?si=jUAmVng-aaTNRNff)

RHYTHM/PHASE: Rumba, Phase IV

TIME/SPEED: 3:18 @ 25 meas/min (42.8 RPM = -5%) or to comfort. As downloaded 3:12 @ 26.3 meas/min (45 RPM)

FOOTWORK: Described for M, W opposite or as noted

RELEASED: July, 2025

SEQUENCE: Intro, A, A, B, Interlude, A, Bmod, B(9-16), End

VERSION: 3 – A3-4 updated 12-Sep-25

## INTRO

### 1-4 WAIT ; ; FENCELINES 2X ; 2<sup>ND</sup> ONE LADY TURN LEFT TO FC WALL ;

1-2 BFLY WALL lead feet free wait ; ;

3 **{Fenceline 2X}** Lowering on R XLIF onto soft knee, rec R, sd L, - end BFLY WALL ;

**{2<sup>nd</sup> One Lady Trn Fc WALL}** Lowering on L XRIF onto soft knee, rec L releasing tr hands and bringing

4 jnd lds hands low betw ptrns to lead W LF trn, sd R, - (*W: Lowering on R XLIF onto soft knee, rec R comm LF trn, fwd L to RLOD cont LF trn to fc WALL, -*) end TANDEM WALL W in front of M ;

### 5-8 TWO TANDEM CUCARACHAS ; ; BOTH CHASE TURN ; MAN CHASE TURN ;

5-6 **{Cucarachas}** Sd L w partial wt, rec R, cl L to R, - ; Sd R w partial wt, rec L, cl R to L, - ;

7 **{Both Chase Trn}** Fwd L trn ½ RF, rec R twd COH, fwd L, - (*W: Fwd R trn ½ LF, rec L twd COH, fwd R, -*) end TANDEM COH M in front of W ;

8 **{M Chase Trn}** Fwd R trn ½ LF, rec L twd WALL, fwd R jn ld hands at waist level, - (*W: Rk fwd L, rec R, bk L, -*) end LOFP WALL ;

## PART A

### 1-4 ALEMANA ; ; TO A LARIAT ; TO BFLY ;

1 **{Alemana}** Fwd L, rec R, cl L to R raising jnd ld hands palm to palm, - (*W: Rk bk R, rec L, fwd R to M ptng L toe across R twd DLC, -*) ;

2 Bk R, sd & fwd L, cl R to L w R sway keeping jnd ld hands high and placing bk of R hand beh W's R hip, - (*W: Fwd L trng ½ RF under jnd ld hands brush R to L to fc DRW, fwd R DRW trng RF to fc COH, fwd L, -*) end approx SD BY SD POS M fc WALL W to M's R sd ld hands jnd high ;

3 **{Lariat}** In place L, R, L, - (*W: Circling RF around M Fwd R, fwd L, fwd R, -*) end momentary LOP both fcng WALL ;

4 In place R, L, R, - (*W: Cont circling around M fwd L, fwd R trng to fc M, sd L, -*) end BFLY WALL ;

### 5-8 THRU SERPIENTE ; ; REV UNDERARM TURN ; UNDERARM TURN ;

5 **{Thru Serpiente}** Maintaining BFLY POS Thru L to RLOD, sd R, XLIB, ronde R foot CW (*W: CCW*) ;

6 XRIB, sd L, XRIF, ronde L foot CW (*W: CCW*) end BFLY WALL ;

7 **{Rev Underarm Trn}** XLIF of R leading W to trn LF under jnd ld hands, rec R, sd L, - (*W: XRIF trng LF to fc approx LOD, rec L cont LF trn fc M, sd R, -*) end LOFP WALL ;

**{Underarm Trn}** XRIB of L leading W RF trn under jnd ld hands, rec L to fc ptrn, sd R lower jnd ld hands to waist level, - (*W: XLIF of R trng RF to fc approx RLOD, rec R to fc M, sd L, -*) end LOFP WALL ;

Note: on the 2<sup>nd</sup> & 3<sup>rd</sup> time through join right hands to end Handshake POS WALL

## REPEAT PART A

## PART B

### 1-4 TRADE PLACES 2X ; ; OPEN BREAK TO ; AIDA ;

1 **{Trade Places 2X}** Rk apt L, rec fwd & across R to W's R sd (*W: rec L*), fwd L twd WALL leading W fwd past you and trng ½ RF releasing R hands, - end momentary Facing POS COH ;

2 Joining L hands rk apt R, rec L, fwd R twd COH leading W fwd slightly past you and trng ½ LF releasing L hands, - end momentary close Facing POS WALL ;

3 **{Open Break}** Joining ld hands rk apt L, rec R, sd L w optional arm sweep up, - end LOFP WALL ;

4 **{Aida}** Thru R, trng RF (*W: LF*) sd & bk L, cont RF trn bk R, - end BK TO BK V POS fcng RLOD ;

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## 5-8 SWITCH ROCK TO HALF OPEN LOD ; OPEN IN & OUT RUNS ; ; SPOT TURN :

- 5 {Switch Rk} Trng LF (W: RF) sd L to fc ptrn, rec R, sd & fwd L blend to Half Open POS LOD, - ;  
6 {Open In & Out Runs} Fwd R across W trng RF, sd & bk L cont RF trn, sd & fwd R to LOD, - (W: Sm fwd L, fwd R betw M's feet, fwd L trng 1/4 RF during the meas, -) end Left Half OP POS LOD ;  
7 Sm fwd L, fwd R betw W's feet, fwd L trng 1/4 RF during the meas, - (W: Fwd R across M trng RF, sd & bk L cont RF trn, sd & fwd R to LOD, -) end Half Open POS LOD ;  
8 {Spot Trn} XRIF of L trng LF (W: RF) to fc approx RLOD, rec L cont LF trn fc ptrn, sd R blending to loose CP, - end loose CP WALL ;

## 9-12 BASIC CROSS BODY ; ; REV UNDERARM TURN TO WRAPPED REV ; LADY ROLL ACROSS [BOTH FC REV] :

- 9 {Cross Body} Rk fwd L, rec R comm LF trn, sd L compl ¼ LF trn to fc LOD w ld hands low, - (W: Rk bk R, rec L, fwd R, -) end "L" POS M fc LOD ;  
10 Bk R comm LF trn leading W fwd, rec L cont LF trn to fc COH, sd R blending to BFLY, - (W: fwd L twd COH, fwd R past M trng ½ LF, sd L, -) end BFLY COH ;  
11 {Rev Underarm Trn to Wrapped} Keeping tr hands joined at waist level XLIF of R leading W to trn LF under jnd ld hands, rec R comm LF trn and bring jnd ld hands down in front of W, fwd L to RLOD, - (W: XRIF trng LF, rec L fc RLOD, fwd R to RLOD, -) end Wrapped POS RLOD ;  
12 {Lady Roll Across} Rk bk R releasing tr hands and leading W to step across you twd WALL, rec L, fwd R, - (W: Sd & fwd L twd WALL comm LF trn, fwd R twd WALL cont LF trn, sd & fwd L to RLOD, -) end Left Open POS RLOD ;

## 13-16 WALK 3 & FACE ; SIDE WALK 3 ; FENCELINES 2X ; 2<sup>ND</sup> ONE LADY TURN LEFT TO FC WALL ;

- 13 {Walk 3 & Fc} Fwd L, fwd R, fwd L, swivel LF on L (W: RF on R) to fc ptrn and blend to BFLY WALL ;  
14 {Sd Walk 3} Sd R, cl L to R, sd R, - end BFLY WALL ;  
15-16 Repeat meas 3-4 of Intro ; ; end Tandem WALL W in front of M ;

### INTERLUDE

## 1-4 TWO TANDEM CUCARACHAS ; ; BOTH CHASE TURN ; MAN CHASE TURN :

Repeat meas 5-8 of Intro ; ; ; end LOFP WALL lead hands jnd at waist level ;

### REPEAT PART A

#### PART Bmod

## 1-8 TRADE PLACES 2X ; ; OPEN BREAK TO ; AIDA ; SWITCH ROCK TO HALF OPEN LOD ; OPEN IN & OUT RUNS ; ; SPOT TURN :

Repeat meas 1-8 of Part B ; ; ; ; ; end loose CP WALL ;

## 9-16 BASIC CROSS BODY ; ; REV UNDERARM TURN TO WRAPPED REV ; LADY ROLL ACROSS [BOTH FC REV] ; WALK 3 & FACE ; SIDE WALK 3 ; FENCELINES 2X ; CLOSING UP :

Repeat meas 9-15 of Part B ; ; ; ; ; end BFLY WALL ;

- 16 {Fenceline Closing up} Lowering on L XRIF onto soft knee, rec L, sd R blending to loose CP, - ;

### REPEAT PART B(9-16)

### ENDING

## 1-4 TWO TANDEM CUCARACHAS ; ; BOTH CHASE TURN ; MAN CHASE TURN - JOIN RIGHT HANDS :

Repeat meas 5-8 of Intro joining right hands at the end ; ; ; end Handshake POS WALL ;

## 5-8 TRADE PLACES 2X ; ; OPEN BREAK TO ; AIDA & SLOWLY RAISE THE ARMS :

Repeat meas 1-4 of Part B holding the Aida line and slowly sweeping trail arms down and then up and out as music fades ; ; ; end Aida line fcng RLOD ;

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## HEAD CUES

BFLY WALL Lead feet free

## INTRO

WAIT ; ; FENCELINES 2X ; 2<sup>ND</sup> ONE LADY TRN LEFT TO FC WALL ; TWO TANDEM CUCARACHAS ;  
; BOTH CHASE TURN ; MAN CHASE TURN [TO FACE] ;

## PART A

[LEAD HANDS LOW] ALEMANA ; ; TO A LARIAT ; END BFLY ; [TO REV] THRU SERPIENTE ; ; REV  
UNDERARM TRN ; UNDERARM TURN ;

## REPEAT PART A

[LEAD HANDS LOW] ALEMANA ; ; TO A LARIAT ; END BFLY ; [TO REV] THRU SERPIENTE ; ; REV  
UNDERARM TRN ; UNDERARM TURN - JOIN RT HANDS ;

## PART B

TRADE PLACES 2X ; ; [LEAD HANDS] OPEN BREAK ; AIDA ; SWITCH ROCK TO HALF OPEN LOD ;  
OPEN IN & OUT RUNS ; ; SPOT TURN ;

[CLOSE UP] BASIC CROSS BODY ; TO BFLY COH - KEEP BOTH HANDS ; REV UNDERARM TURN  
TO WRAPPED REV ; LADY ROLL ACROSS [BOTH FC REV] ; WALK 3 & FACE ; SIDE WALK 3 ;  
FENCELINES 2X ; 2<sup>ND</sup> ONE LADY TRN LEFT TO FC WALL ;

## INTERLUDE

TWO TANDEM CUCARACHAS ; ; BOTH CHASE TURN ; MAN CHASE TURN [TO FACE] ;

## REPEAT PART A

[LEAD HANDS LOW] ALEMANA ; ; TO A LARIAT ; END BFLY ; [TO REV] THRU SERPIENTE ; ; REV  
UNDERARM TRN ; UNDERARM TURN - JOIN RT HANDS ;

## PART Bmod

TRADE PLACES 2X ; ; [LEAD HANDS] OPEN BREAK ; AIDA ; SWITCH ROCK TO HALF OPEN LOD ;  
OPEN IN & OUT RUNS ; ; SPOT TURN ;

[CLOSE UP] BASIC CROSS BODY ; TO BFLY COH - KEEP BOTH HANDS ; REV UNDERARM TURN  
TO WRAPPED REV ; LADY ROLL ACROSS [BOTH FC REV] ; WALK 3 & FACE ; SIDE WALK 3 ;  
FENCELINES 2X ; CLOSING UP ;

## REPEAT PART B(9-16)

BASIC CROSS BODY ; TO BFLY COH - KEEP BOTH HANDS ; REV UNDERARM TURN TO  
WRAPPED REV ; LADY ROLL ACROSS [BOTH FC REV] ; WALK 3 & FACE ; SIDE WALK 3 ;  
FENCELINES 2X ; 2<sup>ND</sup> ONE LADY TRN LEFT TO FC WALL ;

## ENDING

TWO TANDEM CUCARACHAS ; ; BOTH CHASE TURN ; MAN CHASE TURN [TO FACE] - JOIN RIGHT  
HANDS ; TRADE PLACES 2X ; ; [LEAD HANDS] OPEN BREAK ; AIDA - SLOWLY RAISE THE ARMS ;