

No One But You in My Heart

CHOREO: Bob & Kay "Ski's" Kurczewski, E-mail roundsbyskis@juno.com
 1402 South Cage # 75, Pharr, TX 78577
 (956) 781-8453

MUSIC RCA 47-7315 No One But (In My Heart) SPEED: 48 RPM
 by The Ames Brothers or to suit

PHASE: RAL V + 2 (Telespin to Semi & Rudolph Ronde & Slip)

RHYTHM: Two Step RELEASED: June 2004

FOOTWORK: Opposite throughout

SEQUENCE: **Intro, A, B, Amod, C, C, B, A(1-8), Ending**

INTRO

1-4 HOLD; STEP TOGETHER & HOLD; BACK TO A HINGE; RECOVER HOVER TO SEMI;

1,2,3 1 **[Hold]** Left Open Position Diagonal Line & Wall

1,2,3 2 **[Step Together & Hold]** step fwd L to CP, tch R to L, Hold; (*step fwd R to CP, tch R to L, hold;*)

1,2,3 3 **[Back to a Hinge]** back R commencing L fc turn, continuing turn side L leaving R foot extended lower on L to hinge line, hold; (*fwd L turning L fc, side & back R rising, place L slightly behind R transferring weight to L lowering & extending R foot fwd;*)

1,2,3 4 **[Recover Hover to Semi]** turn body ¼ R fc {no weight change}, recover & rise on R, fwd L to semi DC; (*recover on R to CP, side & back L rising & turning to semi DC, fwd R;*)

PART A

1-8 SLOW SIDE LOCK; TELESPIIN TO SEMI;; NATURAL WEAVE;; HAIRPIN; BACK TURNING WHISK; RIPPLE CHASSE;

1,2,3 1 **[Slow Side Lock]** thru R, side & fwd L to CP, cross R in back of L turning slightly L fc; (*thru L starting L fc turn; side & back R continuing turn to CP, cross L in front of R;*)

1,2,3& 1,2,3 2-3 **[Telespin to Semi]** fwd L commencing L fc turn{with R side stretch}, fwd & side R continuing turn {continue R side stretch}, side & back L with partial weight keeping L side fwd twd woman {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn{no sway}, continue turn side & fwd L to semi DLW; (*back R commencing L fc turn, bring L to R starting a heel turn & gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in twd the man step fwd L; fwd R commence L fc toe spin, continue toe spin close L, fwd R to semi position;*)

1,2,3 4-5 **[Natural Weave]** Fwd R commence to turn R fc, side L with L side stretch, back R to CBMP;

1,2,3 back L in CBMP, back R to CP, back L turning L face to end CBMP DLW; (*fwd R, fwd L allowing man to cross in front, fwd L to CBMP; fwd R outside partner, fwd L to CP, fwd R turning to face DRC ending in Bjo Position;*)

1,2,3 6 **[Hairpin]** fwd R commence to turn R, fwd L, fwd R outside partner in tight CBMP fc rev; (*back & slightly side L commence to turn R, back R well under body turning R fc, continue R turn swiveling R fc with strong right side stretch back L in tight CBMP on toes;*)

1,2,3 7 **[Back Turning Whisk]** back L commence to turn R with slight right side stretch, side R continuing R fc upper body turn with R side stretch, cross L behind R to tight semi position; (*fwd R commence R turn with slight L side stretch, staying well in man's R arm side L continuing R upper body turn with L side stretch, cross R behind L in tight semi position;*)

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- 1,2,3 8 **[Ripple Chasse]** thru R, side & slightly fwd L with L side stretch/continue L side stretch into R sway as you close R to L looking to R, side & fwd L losing sway blending to semi position; (*thru L, side & slightly fwd R with slight R side stretch/continue R side stretch into a L sway as you close L to R looking L, side & fwd R losing sway blending to semi position;*)
- 9-16** **SLOW SIDE LOCK; VIENNESE TURN 2X;; OPEN TELEMAR; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK; SLOW SIDE LOCK;**
- 1,2,3 9 **[Slow Side Lock]** thru R, side & fwd L to CP, cross R in back of L turning slightly L fc; (*thru L starting L fc turn; side & back R continuing turn to CP, cross L in front of R;*)
- 1,2,3 1,2,3 10-11 **[Viennese Turns]** fwd L commencing L fc turn, side R continuing L fc turn, cross L in front of R; back R continuing L fc turn, side R continuing turn, close R to L; (*back R commencing L fc turn, side L continuing turn, close R to L; fwd L continuing turn, side R continuing turn, cross L in front of R;*)
- 1,2,3 12 **[Open Telemark]** fwd L commencing to turn L, side R continue turn, side & slightly fwd L to end in tight semi position DLW; (*back R commencing to turn L bringing L beside R with no weight, turn L fc on R heel {heel turn} & change weight to L, step side & slightly fwd R to end in tight semi position;*)
- 1,2,3 13 **[Open Natural]** commence R fc upper body turn fwd R heel to toe, side L across line of dance, continue slight R fc upper body turn to lead partner to step outside back R to CBMP; (*fwd L, side R across line of dance, fwd L outside partner to end CBMP;*)
- 1,2,3 14 **[Outside Spin]** prepare to lead women outside partner commence body turn to right toeing in with R side lead back L in CBMP small step 3/8 turn to R, fwd R in CBMP heel to toe continue to turn R, back L to end in CP DRW; (*commence body turn to R with L side lead staying well in man's R arm R foot fwd in CBMP outside partner heel toe, L foot closes to R foot, continuing turn fwd R between man's feet to end in CP;*)
- 1&,2,3 15 **[Right Turning Lock]** back R backing line of dance with R side lead commence to turnright/cross L in front of R to fc ctr of hall, with slight L side stretch continue to turn upper body to R side & fwd R between women's feet continuing to turn R, fwd L to semi position; (*fwd L with L side lead commence to turn R/cross R in back of L, with slight side stretch fwd & side L staying well into man's right arm continue to turn R, fwd R to semi position;*)
- 1,2,3 16 **[Slow Side Lock]** thru R, side & fwd L to CP, cross R in back of L turning slightly L face; (*thru L starting L fc turn; side & back R continuing turn to CP, cross L in front of R;*)

PART B

- 1-8** **OPEN TELEMAR; ½ NATURAL; CLOSED IMPETUS; BOX FINISH; REVERSE FALLAWAY & SLIP; (TO A) CLOSED TELEMAR; ½ NATURAL; OPEN IMPETUS;**
- 1,2,3 1 **[Open Telemark]** fwd L commencing to turn L, side R continue turn, side & slightly fwd L to end in tight semi position DLW; (*back R commencing to turn L bringing L beside R with no weight, turn L fc on R heel {heel turn} & change weight to L, step side & slightly fwd R to end in tight semi-closed position;*)
- 1,2,3 2 **[Half Natural]** commence R fc upper body turn fwd R heel to toe, side L across line of dance, back R ending in CP; (*fwd L, close R to L, fwd L into man;*)
- 1,2,3 3 **[Closed Impetus]** commence R fc upper body turn back L, close R {heel turn} continue turn, side & back L to CP facing LOD; (*commence R fc upper body turn fwd R between man's feet heel to toe pivoting ½ R fc, side & fwd L continue turn around man brush R to L, fwd R between man's feet to CP;*)
- 1,2,3 4 **[Box Finish]** back R turning L fc, side L, close R; (*fwd L turning L fc, side R, close L;*)

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| 1,2&,3 | 5 | [Reverse Fallaway & Slip] fwd L commence to turn L, back R with L side lead in fallaway position/L foot back well under body, turning L fc slip R past L toeing in with small step fallaway position/back R in CBMP well under body back on R with L foot extended ending facing LOD; (<i>back R, back L with L side lead in fallaway position 5/8 turn L on 3, continue L turn slip L past R fwd L in CBMP into CP fc RLOD;</i>) |
| 1,2,3 | 6 | [Closed Telemark] fwd L commencing to turn L, side R continue turn, side & slightly fwd L to end in bjo position DLW; (<i>back R commencing to turn L fc bringing L beside R with no weight, turn Lfc on R heel{heel turn} & change weight to L, step side & slightly fwd R to end in banjo position;</i>) |
| 1,2,3 | 7 | [Half Natural] commence R fc upper body turn fwd R heel to toe, side L across line of dance, back R ending in CP; (<i>fwd L, close R to L, fwd L into man;</i>) |
| 1,2,3 | 8 | [Open Impetus] back L turning R fc, close R {heel turn} continue turn, fwd L to semi position DLC; (<i>commencing R fc upper body turn fwd R, between man's feet heel to toe pivoting 1/2 R fc, side & fwd L continue turn around man brush R to L, fwd R;</i>) |

PART A MOD

1-8 SLOW SIDE LOCK; TELESPIN TO SEMI;; NATURAL WEAVE;; HAIRPIN; BACK TURNING WHISK; PICK-UP;

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| | 1 – 7 | Same as Part A, measures 1-7 |
| 1,2,3 | 8 | [Pick Up] fwd R, side L, close R to L; (fwd L, side R in front of man, close L to R;) |

PART C

1-8 DOUBLE REVERSE FULL; DOUBLE REVERSE 3/4; FWD, RIGHT LUNGE & HOLD; HOLD, ROLL, AND SLIP; MINI-TELESPIN; CONTRA CHECK, RECOVER, SWITCH; RUDOLPH RONDE & SLIP;

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|--------------|-----|--|
| 1,2,3 | 1 | [Double Reverse (Full)] fwd L commence to turn L, side R turning L fc, spin L face on ball of R bringing L under body beside R fc LOD; (<i>back R commence to turn L, L foot closes to R heel turn turning 1/2 /side and slightly back R continuing left turn, cross L in front of R;</i>) |
| 1,2,3 | 2 | [Double Reverse (Wall)] fwd L commence to turn L, side R turning L face, spin L fc on ball of R bringing L under body beside R to fc Wall; (<i>back R commence to turn L, L foot closes to R heel turn turning 1/2 /side and slightly back R continuing L turn, cross L in front of R;</i>) |
| 1,2,3 | 3 | [Fwd, Right Lunge & Hold] slow fwd L, slow side & fwd R, hold; (<i>slow back R, slow side & back L, hold;</i>) |
| 1,2,3 | 4 | [Hold, Roll, & Slip] hold, roll upper body R fc rec back on L, turning L fc place R toe behind L taking weight; (<i>hold, roll upper body L fc rec fwd on R, fwd L to taking weight outside man's R foot;</i>) |
| 1,2,3& 1,2,3 | 5-6 | [Mini Telespin] fwd L commence to turn L, side R 3/8 turn, back & side L no weight but with light with light pressure keeping L side into woman/turn body L no weight to lead woman to CP commencing spin; fwd L continue spin L fc on L drawing R to L under body, close R flexing knees, hold,-; (<i>back R commence to turn L, L foot closes to R heel turning 1/2, fwd R keeping R side in twds man/fwd L turning L fc twd partner; fwd R to CP head to L, spinning L, drawing L to R under body, close L flexing knees, hold,-;</i>) |
| 1,2,3 | 7 | [Contra Check, Recover, Switch] commence upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP, recover R commence R fc turn leaving L foot in place, continue R fc turn back L; (<i>commence upper body turn to the L flexing knees with strong L side lead back R in CBMP looking well to L, recover L commence R fc turn, continue R fc turn fwd R between man's feet;</i>) |

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- 1,2,3 8 **[Rudolph Ronde & Slip]** fwd R between woman's feet leading woman to semi position, back L with slight crossing action behind R, back R leading women to CP keeping L foot extended; (*back L turning R face to semi position allowing R leg to ronde clockwise crossing R leg behind L leg at end of ronde, back R starting a L fc pivot on ball of R foot, fwd L continuing L fc turn stepping into man placing L foot near man's R foot;*)

PART B

- 1-8 OPEN TELEMARK; ½ NATURAL; CLOSED IMPETUS; BOX FINISH; REVERSE FALLAWAY & SLIP; CLOSED TELEMARK; ½ NATURAL; OPEN IMPETUS;**
 1-8 Repeat Measures 1-8

PART A

- 1-8 SLOW SIDE LOCK; TELESPIN TO SEMI;; NATURAL WEAVE;; HAIRPIN; BACK TURNING WHISK; RIPPLE CHASSE;**
 1-8 Repeat Measures 1 to 8

ENDING

- 1-9 THRU TWIST VINE 6 TO SEMI;; THRU TO A PROMENADE SWAY; CHANGE OF SWAY; DRAW CLOSE; CONTRA CHECK; EXTEND;**
- 1,2,3 1-2 **[Thru Twist Vine 6 to Semi]** thru R, side L, cross R in back of L; side L, cross R in front of L, side L to semi LOD; (*thru L, fwd R, fwd L; side R, cross L in back of R, side R to semi;*)
- 1,2,3 3 **[Thru to a Promenade Sway]** thru R, side & fwd L stretching L side of body slightly upward to look over joined lead hands, relax L knee; (*thru L, side & fwd R turning to semi stretching R side of body slightly upward to look over joined lead hands, relax R knee;*)
- 1,2,3 4 **[Change of Sway]** slowly rotate the upper body slightly to the R changing to L side stretch {no weight change}; (*slowly rotate the upper body slightly to the L changing to R side stretch {no weight change};*)
- 1,2,3 5 **[Draw Close]** slowly draw R to L,-, Close; (*slowly draw L to R,-, close;*)
- 1,2,3 6 **[Contra Check]** commencing upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP; (*hold, commence upper body turn to the L flexing knees with strong L side lead back R in CBMP;*)
- 1,2,3 7 **[Extend]** place lady's R hand on L shoulder, extend L hand up & out as music fades,-; (place R hand on man's L shoulder, extend L hand up & out as music fades,-;)