

No One But You (In My Heart)

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Music: **RCA 47-7315 No One But You (In My Heart) by The Ames Brothers** Release: June 2004

Rhythm: Waltz Phase: V + 2 (Telespin to Semi & Rudolph Ronde & Slip)

Speed: 48 rpm or to suit

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 **[Hold]** Left Open Position Diagonal Line & Wall
- 2 1,2,3 **[Step Together & Hold]** step fwd L to CP, tch R to L, Hold; (*step fwd R to CP, tch R to L, hold;*)
- 3 1,2,3 **[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;*)
- 4 1,2,3 **[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; Telespin to Semi;; Natural Weave;; Hairpin; Back Turning Whisk; Ripple Chasse;**

- 1 1,2,3 **[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;*)
- 2-3 1,2,3& **[Telespin to Semi]** fwd L commencing L fc turn {with R side stretch}, fwd & side R
1,2,3 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;*)
- 4-5 1,2,3 **[Natural Weave]** Fwd R commence to turn R fc, side L with L side stretch, back R to
1,2,3 CBMP; 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 fc DRC ending in Bjo Position;*)
- 6 1,2,3 **[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;*)
- 7 1,2,3 **[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 fc turn with slight L side stretch, staying well in man's R arm side L continuing R fc upper body turn with L side stretch, cross R behind L in tight semi position;*)
- 8 1,2,3 **[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;)

Part A (Cont)

9-16 Slow Side Lock; Viennese Turn 2x; Open Telemark; Open Natural; Outside Spin; Right Turning Lock; Slow Side Lock;

- 9 1,2,3 **[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;)*
- 10-11 1,2,3 **[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;)*
- 12 1,2,3 **[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;)*
- 13 1,2,3 **[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;)*
- 14 1,2,3 **[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;)*
- 15 1&2,3 **[Right Turning Lock]** back R backing line of dance with R side lead commence to turn R/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;)*
- 16 1,2,3 **[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;)*

Part B

1-8 Open Telemark; ½ Natural; Closed Impetus; Box Finish; Reverse Fallaway & Slip; (to a) Closed Telemark; ½ Natural; Open Impetus;

- 1 1,2,3 **[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;)*
- 2 1,2,3 **[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;)*
- 3 1,2,3 **[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 1/2 R fc, side & fwd L continue turn around man brush R to L, fwd R between man's feet to CP;*)

4 1,2,3 **[Box Finish]** back R turning L fc, side L, close R; (*fwd L turning L fc, side R, close L;*)

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Part B (Cont)

5 1,2&3 **[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; (*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;*)

6 1,2,3 **[Closed Telemark]** fwd L commencing to turn L, side R continue turn, side & slightly fwd L to end in bjo position DLW; (*back R commencing to turn L fc 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 banjo position;*)

7 1,2,3 **[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;*)

8 1,2,3 **[Open Impetus]** back L turning R fc, close R {heel turn} continue turn, fwd L to semi position DLC; (*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;*)

Part A Mod

1-8 Slow Side Lock; Telespin to Semi;; Natural Weave;; Hairpin; Back Turning Whisk; Pick-Up;

1-7 Same as Part A, measures 1-7

8 1,2,3 **[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;

1 1,2,3 **[Double Reverse (Full)]** fwd L commence to turn L, side R turning L fc, spin L fc on ball of R bringing L under body beside R fc LOD; (*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;*)

2 1,2,3 **[Double Reverse (Wall)]** fwd L commence to turn L, side R turning L fc, spin L fc on ball of R bringing L under body beside R to fc wall; (*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;*)

3 1,2,3 **[Fwd, Right Lunge & Hold]** slow fwd L, slow side & fwd R, hold; (*slow back R, slow side & back L, hold;*)

4 1,2&3 **[Hold, Roll, & Slip]** hold, roll upper body R fc/rec back on L, turning L fc place R toe behind L taking weight; (*hold, roll upper body L fc/rec fwd on R, fwd L to taking weight outside man's R foot;*)

5-6 1,2,3& **[Mini Telespin]** fwd L commence to turn L, side R 3/8 turn, back & side L no weight but 1,2,3

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,-; *(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,-;)*

Part C (Cont)

- 7 1,2,3 **[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; *(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;)*
- 8 1,2,3 **[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 fc 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; 1/2 Natural; Closed Impetus; Box Finish; Reverse Fallaway & Slip; Closed Telemark; 1/2 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; Slow Contra Check; Extend;
- 1-2 1,2,3 **[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;)*
- 3 1,2,3 **[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;)*
- 4 1,2,3 **[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};)*
- 5 1,2,3 **[Draw Close]** slowly draw R to L,-, Close; *(slowly draw L to R,-, close;)*
- 6 1,2,3 **[Slow Contra Check]** commencing upper body turn to the L flexing knees with a strong R

side lead, check fwd L in CBMP,-; (*commence upper body turn to the L flexing knees with strong L side lead, back R in CBMP,-;*)

7 1,2,3 **[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,-;)