

# THE ONE YOU LOVE

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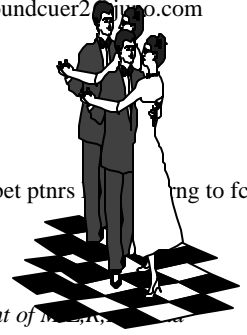
Record: Grenn 14302 (flip Ain't Cha Glad) / also Grenn (Al Russ Orchestra)

Footwork: Opposite, (except when W part in parentheses)

Sequence: Intro-A-B-A-B -End

Rhythm: Ph II+1 WZ {Spin Turn}

Recommended Speed: 45



**Intro: 1-4: [in BFLY] 1 meas wait ; Vin/Twrl 3 ; Thru Fc Cl ; One Cant ;**

1-4: [BFLY/Wall] wait ; Sd L, XRIBL, Clo L (W Sd & Fwd R trng ½ RF, Sd & Bk L trng ½ RF, Sd R); Fwd bet ptrns trng to fc ptrn, Clo R ; Sd L, draw R to L Cl R;

**A: 1-4: Wz Awy ; W Roll to LOP ; Thru Twnk L ; Thru Fc Cl ;**

1-4: Fwd L trng awy f/ ptrn, Sd R down LOD w/ slight bk to bk pos, Clo L to R; Stp in plc R,L,R (W LF trn in front of M, R, L) LOP/LOD ; Thru L bet ptrns and twds LOD, Sd R to fc ptrn, Clo L; Repeat meas 4 Intro ;

**5-8: L Trng Box ; ; ; [BFLY/COH]**

5-8: Fwd L w/ should lead comm LF trn , Sd R completing ¼ LF trn, Clo L; Bk R comm LF trn , Sd L completing ¼ LF trn , Clo R; Repeat meas 5-6 Part A ; ; [BFLY/COH]

**9-12: Wz Awy ; X Wrp [Wrp pos/LOD] ; Bk Up WZ ; Bk Draw Tch ;**

9-12: Fwd L twd RLOD & awy from ptrn Sd R , Cl L; Fwd R,L,R RF arnd W (W wrp LF) endg wrp pos LOD); Bk L,R,L twds RLOD; Bk R, draw L bk to R point L twds LOD {no weight chg} ;

**13-16: Fwd WZ ; Fwd Fc Cl ; Cant 2X ; ;**

13-16: Fwd L, Fwd R, Cl L; Fwd bet ptrns R, Sd L trng to fc ptrn, Clo R ; [CP/Wall] Sd L, draw R to L Cl R; Sd L, draw R to L Cl R ; [CP/Wall]

**B: 1-4: [CP/Wall] Fwd & Tch ; Bk Trn L ; 2 Fwd WZ ; ; [SDCR/LOD]**

1-4: Fwd L, Tch R; Bk R trng LF ¼, Tch L; [CP/LOD] Swd L, Fwd R, Cl L ; Fwd R, Fwd L, Cl R ; [SDCR/LOD]

**5-8: 3 Prog Twnk ; ; ; Twnk to Fc ; [BFLY/Wall]**

5-8: XLIFR (W XRIBL) prog down LOD, Sd R, Cl L trng to Bjo; XRIFL (W XLIBR) , Sd L, Cl R trng to SdcR; Repeat meas 13 Part A ; XRIFL (W XLIFR), Sd L trng to fc ptrn, Cl R ; [BFLY/Wall]

**9-12: Wz Awy ; Wrp ; Wz Fwd ; PU ; [CP/LOD]**

9-12: Repeat meas 1 Part A ; Retaining inside handhold at waist level stp in plc R,L,R (W LF trn L,R,L to fc same direction as M) w/ her L arm wrpd in front of waist and M's R arm beh waist. Free outside hnds jnd at chest level ; Repeat meas 13 Part A ; Fwd R, Tch L; (W Fwd L trng to fc M, tch R) [CP/LOD]

**13-16: Spn Trn ; ½ Bk Box ; 2 R Trns ; ; [BFLY/Wall 2d time CP/Wall]**

13-16: Bk & Sd L pivoting ½ RF trn to fc LOD, Fwd R w/ rise, rec L; Bk R, Sd L, Clo R; Bk L comm RF trn, Sd R cont trn, Cl L, Fwd R comm RF Trn, Sd L cont trn, Cl R-; [ BFLY or CP/ Wall]

**END: 1-2: Dip Bk, Twst & Kiss the One You Love ; ;**

1-2: Bk L twds COH, Twst upper bodies, Tch M's lips to W's lips ; ;