ONE AND ONLY YOU

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Record: Mercury 57062 Only You (And You Alone) by Reba McEntire
Footwork: Opposite, Directions for Man except where noted.
Sequence: Intro-A-B-A-C-A-C(1-5)-Ending SPEED TO 47

MEAS

INTRO

1 - 2 WAIT; ROCK BK,RECOVER,WALK,2;
1-2 In CP/LOD wait 1 meas; Rk bk twd RLOD on L,rec R,walk LOD L,R;

PART A

1 - 4 RK,REC(Scar),FWD/CL,FWD; RK,REC(Bjo),FWD/CL,FWD; RK FWD,REC,BK,MANUV; PIVOT,2,3,4;
1-2 In CP/LOD rk sd L,rec R(to SCar),step fwd diag LOD/Wall on L/cl R,fwd L; Rk sd R,rec L(To Bjo),step fwd diag LOD/COH on R/cl L,fwd R;
3-4 In Bjo LOD/COH rk fwd L,rec R,step bk L begin to trn RF, manuv between W's ft on R; Pivot RF down LOD L,R,L,R to CP/LOD;

5 - 8 TWIST,2(to COH),SD/CL,TRN; TWIST,2,(to Wall),SD/CL,TRN(SCar); RK FWD,REC,SPIN LEFT,CL; BK,MANUV,PIVOT,2;
5-6 In CP/LOD step sd L,XRIB(WXLIF) to momentary SCar,blend to CP and step sd L/cl R,sd L trng LF slightly to CP LOD/COH; Step sd R,XLIB(WXRIF) to momentary Bjo,blend to CP and step sd R/cl L,sd R trng RF slightly ending SCar LOD/Wall;
7-8 In SCar rk fwd L,rec R starting to trn LF,step sd twd RLOD on L spinning LF to end Bjo LOD/Wall,cl R(W bk R,rec L starting to trn LF,step around M and spin LF on R,cl L); In Bjo LOD/Wall step bk L begin to trn RF,manuv between W's ft on R,pivot RF down LOD L,R to CP/LOD;

PART B

1 - 4 FWD,2,FWD/CL,FWD; FWD,2,FWD/CL,FWD; TELEMARK,2,3,(SCP)(Hover Fallaway)FWD; FWD/RISE,REC,BK,SLIP TO CP;
1-2 In CP/LOD step fwd L,R,fwd L/cl R,fwd L; Fwd R,L,fwd R/cl L,fwd R;
3-4 Fwd L twd LOD/COH trng LF,sd R cont LF(W heel trn),still trng sd and fwd L to end SCP LOD/Wall,step fwd R; Step fwd LOD/Wall in SCP on L and rise,rec R,step bk L in SCP,step bk twd RLOD on R(W trn LF on R and slip L between M's ft to CP/LOD);

5 - 8 SD,CL,FWD/CL,FWD; SD,CL,FWD/CL,FWD; (Hitch)FWD,CL,BK,CL; RK BK,REC, WALK,2;
5-6 In CP/LOD step sd L,cl R,fwd L/cl R,fwd L; Sd R,cl L,fwd R/cl L, fwd R;
7-8 Hitch fwd L,cl R,bk L,cl R; Dip bk L,rec R,walk LOD L,R;

PART C

1 - 4 (CP/Wall)SD,STEP/STEP,SD,STEP/STEP; RK BK(SCP),REC,WALK,2; SD,STEP/STEP,SD,STEP/STEP; RK BK(SCP),REC,WALK,2;
1-2 In CP/Wall step sd L,in place R/L, sd R,in place L/R; Rk bk (to SCP) on L,rec R,walk LOD L,R;
3-4 Repeat action of meas 1-2 of Part C;;

5 - RK FWD,REC(W Trn to Bjo)BK/CL,BK; RK BK,REC(W Trn to SCP)FWD/CL,FWD; FWD,MANUV,PIVOT,2(CP/LOD); RK BK,REC,WALK,2;
5-6 In SCP rk fwd L,rec R(W rk fwd R trng LF,rec L to Bjo),step bk L/cl R,bk L; In Bjo rk bk R,rec L(W rk fwd L trng RF, rec R to SCP),step fwd R/cl L,fwd R;
7-8 In SCP step fwd L,manuv on R to CP/RLOD,Pivot RF L,R to CP/LOD; Rk bk L,rec R,walk LOD L,R;

ENDING

On meas 6 of Part C last time thru slow down and RK BK,REC(W trn to SCP) on words "One-----and" - then resume speed and do FWD/CL,FWD(in SCP) on the word "on-ly." Blend to CP/Wall and on the word "You" step SD L,DRAW,DRAW,CL R; In CP/Wall VINE SD L,BEH R,SD L,IN FRONT R on the words "one and on-ly." In CP/Wall on word "You" LUNGE FWD L twd LOD and TWIST to fc RLOD.