

ONLY YOU FOXTROT

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CHOREO: Gert-Jan & Susie Rotscheid
ADDRESS: Bachlaan 59, 3706 BW Zeist, The Netherlands
PHONE: +31 30-6925962 **E-MAIL:** rotscheid@tiscali.nl **WEBSITE:** www.rotscheid.nl
(or rotscheid@gmail.com)
MUSIC: "Only You", CasaMusica, CD: Oldies for Dancing, Tanzorchester Klaus Hallen, sung by Peter Bauchwitz **OR** <https://www.youtube.com/watch?v=nHyNqON5nKg>
PREVIEW: <https://casa-musica.com/en/single-tracks/21754-only-you-slowfox-29.html>
RHYTHM: foxtrot **TIME @ MPM:** 2:30 @ 29 download speed
(suggested speed: 42 rpm or +/- 4.5%)
PHASE (+): IVb+2 (check & weave – double reverse)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO, A, A (MOD), B, A (MOD), END**

MEAS.

INTRODUCTION

1-4 **CP/DLW LEAD FOOT FREE – WAIT;; HOVER DLC; FEATHER DLC;**

1,2 in CP/DLW lead ft free wait two measures;;
3 fwd L,-, sd & fwd R, fwd L to SCP/DLC;
4 thru R comm LF trn, -, sd & fwd L, fwd R outside ptr end BJO/DLC (W thru L,-, trng LF fwd & sd R, bk L to BJO);

PART A

1-4 **REVERSE WAVE 3; CHECK & WEAVE;; 3-STEP;**

1 fwd L comm LF trn, -, sd R cont trn (W cl L to R for heel trn), bk L end CP/DRC;
2,3 bk R w/checking motion, -, rec L, sd & bk R twd DLC; bk L ptr outside, bk R in CP, trng LF sd & fwd L twd DLW, fwd R outside ptr end BJO/DLW (W fwd R, fwd L commence LF trn, cont trn sd & bk R, bk L) to BJO/DLW;
4 fwd L heel lead blending to CP,-, fwd R heel lead rising to toe, fwd L;

5-8 **1/2 NATURAL; OPEN IMPETUS; PROM WEAVE;;**

5 comm RF upper body trn fwd R,-, sd L across LOD, bk R (W back L,-, W cl R to L for heel trn, fwd L) end CP/RLD;
6 bk L comm RF trn,-, cl R to L for a heel turn, cont trn RF sd & fwd L (W fwd R,-, sd & fwd L trn RF brush R to L, trn RF sd & fwd R) to SCP/DLC;
7,8 thru R DLC, -, fwd L DLC trng LF, sd & bk R (W thru L,-, sd & slightly bk R trng LF & blending to CP, sd & fwd L) to BJO/RLD; bk L ptr outside, bk R in CP, trng LF sd & fwd L twd DLW, fwd R outside ptr end BJO/DLW (W fwd R, fwd L commence LF trn, cont trn sd & bk R, bk L) to BJO/DLW;

9-12 **CHANGE OF DIRECTION; DOUBLE REV SPIN DLC; REV TURN;;**

9 fwd L DW, -, fwd R trng LF, draw L to R no weight end CP/DLC;
10 fwd L comm LF turn,-, sd R 3/8 LF turn, spin LF touch L to R to end CP/DLC (W bk R comm LF turn,-, cl L to R for a heel trn/sd & fwd R cont LF turn, XLIF of R) to end CP/DLC;
11, 12 fwd L comm LF trn, -, sd R cont trn (W cl L to R for heel trn), bk L to CP/RLD; bk R cont LF trn, -, sd & fwd L DLW, fwd R to end BJO/DLW;

13-16 **3-STEP; 1/2 NATURAL; CLOSED IMPETUS; FEATHER FINISH;**

13 fwd L heel lead blending to CP,-, fwd R heel lead rising to toe, fwd L;
14 comm RF upper body trn fwd R,-, sd L across LOD, bk R (W back L,-, W cl R to L

- for heel trn, fwd L) end CP/RLOD;
 15 bk L commence RF trn, -, cl R to L for a heel turn, cont trn RF sd & bk L CP/DLW
 (W fwd R,-, sd & fwd L trn RF brush R to L, trn RF sd & fwd R to CP);
 16 bk R comm LF trn, -, sd & fwd L, fwd R outside ptr end BJO/DLC;

PART A mod

- 1-10** **REVERSE WAVE 3; CHECK & WEAVE;; 3-STEP;**
1/2 NATURAL; OPEN IMPETUS; PROM WEAVE;;
CHANGE OF DIRECTION; DOUBLE REV DLC;
 repeat meas 1-10 Part A

11-16 **REV WAVE;; BK FEATHER; OUTSIDE CHECK; WEAVE END; HOVER**
TELEMARK LOD;

- 11,12 fwd L comm LF trn, -, sd R cont trn (W cl L to R for heel trn), bk L end CP/DRC;
 curving slightly LF bk R (W heel lead), -, bk L (W heel lead), bk R to CP/RLOD;
 13 bk L,-, bk R right sd lead, bk L BJO;
 14 bk R trng slightly LF,-, cont slight LF trn sd & fwd L, fwd R outsd ptr to end
 BJO/DRW;
 15 bk L ptr outside, bk R in CP, trng LF sd & fwd L twd DLW, fwd R outside ptr end
 BJO/DLW;
 16 fwd L,-, fwd & sd R rise trn slightly RF, fwd L to SCP/LOD;

PART B

1-5 **THRU, SD, BEHIND; ROLL 3; THRU VINE 4 TO SCP; IN & OUT RUNS;;**

- 1 blending to LOD thru R, -, sd L, XRiB [both XiB];
 2 letting go of joined hands roll LF down LOD L, -, R, L;
 3 blending to Scp thru R, sd L, XRiB (both XiB), sd L;
 4,5 thru R comm RF trn-, sd & bk L to CP/RLOD, bk R (W fwd L-, R,L) to BJO/RLOD;
 bk L trn RF-, sd & fwd R cont RF trn, fwd L (fwd R outsd ptr comm RF trn-, fwd &
 sd L cont RF trn, sd & fwd R) to SCP/LOD;

6-8 **OPEN NAT'L; (BACK)TWISTY VINE 4 TO BJO; DBL OUTSIDE SWIVEL;**

- 6 fwd R comm trng RF, -, cont trng RF sd & bk L, bk R ptr outside w/ R-shoulder
 lead (W fwd L, -, slightly trng RF fwd R, fwd L outside ptr w/ L-shoulder lead) end
 BJO/DRC;
 7 bk L, sd R, XiF (W XiB), sd R end BJO/RLOD;
 8 bk L, let R ft slide slightly bk, fwd R, let L ft slide slightly fwd
 (W fwd R swivel RF, -, fwd L swivel LF, -) to BJO/RLOD;

9-12 **OPEN IMPETUS; SLOW SIDE LOCK; OPEN REV TURN; BK 3-STEP;**

- 9 bk L comm RF trn,-, cl R to L for a heel turn, cont trn RF sd & fwd L (W fwd R,-,
 sd & fwd L trn RF brush R to L, trn RF sd & fwd R) to SCP/DLC;
 10 thru R,-, trng LF sd L, lk RiB of L end CP/DLC;
 11 fwd L,-, trng LF sd & bk R, bk L BJO/RLOD;
 12 bk R,-, bk L, bk R (W fwd L heel lead,-, fwd R heel lead, fwd L) end CP/RLOD;

- 13-16** **BACK FEATHER; FEATHER FINISH DLW; HOVER DLC; FEATHER DLC;**
 13 bk L, -, bk R right sd lead, bk L BJO;
 14 bk R comm LF trn, -, sd & fwd L, fwd R outside ptr end BJO/DLC;
 15 fwd L,-, sd & fwd R, fwd L to SCP/DLC;
 16 thru R comm LF trn, -, sd & fwd L, fwd R outside ptr end BJO/DLC (W thru L,-, trng LF fwd & sd R, bk L to BJO);

PART A (mod)

- 1-16** **REVERSE WAVE 3; CHECK & WEAWE;; 3-STEP;**
1/2 NATURAL; OPEN IMPETUS; PROM WEAWE;;
CHANGE OF DIRECTION; DOUBLE REV DLC; REV WAVE;;
BK FEATHER; OUTSIDE CHECK; WEAWE END; HOVER TELEMAR LOD
 repeat meas 1-16 Part A (mod)

END

- 1-4** **THRU, SIDE, BEHIND; ROLL 3; FEATHER DLW;**
FWD TO RIGHT LUNGE;
 1 thru R, -, sd L, XRiB [both XiB] to end fcg ptr no hnds jnd;
 2 roll LF down LOD L, -, R, L;
 3 blending to SCP thru R comm LF trn, -, sd & fwd L, fwd R outside ptr end BJO/DLW (W thru L,-, trng LF fwd & sd R, bk L to BJO);
 4 fwd L,-, lower & step sd & fwd R with flexed knee shape to right lunge,-;

ONLY YOU FOXTROT ph. IV+2 (check & weave, double rev)

INTRO:

CP/LW, lead foot free – wait;; hover LC; feather LC;

PART A:

rev wave 3; check & weave;; 3-step; 1/2 natural; open impetus; promenade weave;; change of direction; double rev LC; rev turn;; 3-step; 1/2 natural; closed imp; feather finish;

PART A: (mod)

rev wave 3; check & weave;; 3-step; 1/2 natural; open impetus; promenade weave;; change of dir; double rev LC; rev wave;; back feather; outside check; weave ending; hover telemark LOD;

PART B:

thru, side, behind; roll 3; thru vine 4 to Scp; in & out runs;; open natural; (back) twisty vine 4 Bjo; double outside swivel; open impetus; slow side lock (LC); open rev turn; back 3-step; back feather; feather finish LW; hover LC; feather LC;

PART A: (mod)

rev wave 3; check & weave;; 3-step; 1/2 natural; open impetus; promenade weave;; change of dir; double rev LC; rev wave;; back feather; outside check; weave ending; hover telemark LOD;

END:

thru, side, behind; roll 3; feather LW; fwd to right lunge & hold;