

You Always Hurt The One You Love



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Music: Artist: Al Martino CD: Spotlight on Al Martino Track #8 CDP 7243 8 32562 8
or download from music websites (Amazon, iTunes and others)

Suggested Speed: Increase speed from the original (25MPM, 2:54) to 29MPM, 2:30

Footwork: Opposite, directions for man (lady as noted) Note: Timing indicates weight changes only

Rhythm & Phase: Foxtrot V+1 (Traveling Hover Cross) Basic Rhythm: SQQ otherwise noted

Sequence: **Intro A B A B End** Released: December, 2018

Meas

INTRO

1-4 WAIT; W ROLL OUT TO OP; CROSS CHECK & EXTEND; W ROLL BK TRANS TO BJO;

- 1 Wait 1 meas in Bolero-BJO Pos fcg LOD lead ft free pointed fwd (W backward);
- SS 2 **{W Roll Out to OP}** Bk L leading W roll RF, -, trng RF to fc WALL sd R, - joining trail hnds
(W SQQ) (W fwd R comm rolling RF, -, cont rolling RF sd & bk L, cont rolling RF to fc WALL sd R) end
OP/WALL;
- S-- 3 **{Cross Check & Extend}** Flexing knees XLIF swinging L-hnd CW up above head &
across body, -, straightening knees cont swinging L-hnd down & out to sd looking R, -;
- SQQ 4 **{W Roll Bk Trans to Bjo}** Rec R leading W roll LF, -, sd & fwd L, assuming BJO fwd R
(W SQ&Q) (W rec R comm rolling LF, -, cont rolling LF sd & fwd L/cont rolling sd & bk R, bk
L ptr outside) end BJO/DLW;

PART A

1-8 THREE STEP; NAT WEAVE;; TOP SPIN TWICE;; REV WAVE;; BK FEATHER;

- 1 **{Three Step}** BJO/DLW (music slightly retards & start with the vocal "Always") assuming CP
fwd L, -, fwd R w/ slight R-shoulder lead, fwd L end CP/DLW;
- SQQ 2-3 **{Nat Weave}** Fwd R comm trng RF, -, cont trng RF sd & fwd L, cont trng RF on L sd & bk R
QQQQ (W bk L comm trng RF, -, cont trng RF on L-heel cl R, cont trng
RF fwd L w/ L-shoulder lead); Bk L ptr outside, bk R in line, trng LF on R sd & fwd L twd
DLW, fwd R outside ptr w/ checking motion (W fwd R outside ptr, fwd L in line, trng LF on L
sd & bk R, bk L ptr outside w/ checking motion) end BJO/DLW;
- QQQQ 4-5 **{Top Spin Twice}** Spinning LF 1/4 on R-toe bk L, bk R, slightly trng LF sd & fwd L, fwd R
QQQQ (W bk R outside ptr w/ checking motion) end BJO/DRC; Spinning LF on R-toe bk L, bk R, slightly trng
LF sd & fwd L, fwd R outside ptr end BLO/DLW;
- 6-7 **{Rev Wave}** Fwd L comm trng LF, -, cont trng LF sd & bk R, cont trng LF bk L twd DLW
(W bk R comm trng LF, -, cont trng LF on R-heel cl L to R, fwd R) end CP/DRC; Bk R
curving LF 1/8 to fc RLOD, -, bk L w/ slight L-shoulder lead, bk R end CP/RLOD;
- 8 **{Bk Feather}** Bk L, -, bk R w/ R-shoulder lead, bk L ptr outside end BJO/RLOD;

9-16 BK THREE STEP; BK TRNG WHISK; FEATHER; BOUNCE FALLAWAY TO BJO; WEAVE ENDING 4; THREE STEP; TRAVELING HOVER CROSS;;

- 9 **{Bk Three Step}** BJO/RLOD bk R assuming CP, -, bk L w/ slight L-shoulder lead, bk R end
CP/RLOD;
- 10 **{Bk Trng Whisk}** Bk L comm trng RF, -, cont trng RF sd & bk R, XLIB under body (W fwd R
comm trng RF, -, cont trng RF sd & fwd L around M, cont trng RF XRIB) end SCP/DLC;
- 11 **{Feather}** Thru R, -, fwd L leading W trn LF, fwd R outside ptr (W thru L, -, trng LF sd & bk
R, bk L ptr outside) end BJO/DLC;
- S&S& 12 **{Bounce Fallaway to Bjo}** Fwd L trng LF w/ slight bounce, -/sd R, XLIB w/ slight bounce,
-/sd & bk R (W bk R trng LF w/ slight bounce, -/sd L, XRIB, swiveling LF sd & fwd L) end
BJO/DRW;
- QQQQ 13 **{Weave Ending 4}** Bk L ptr outside, bk R in line, trng LF on R sd & fwd L twd DLW, fwd R
outside ptr (W fwd R outside ptr, fwd L in line, trng LF on L sd & bk R, bk L ptr outside) end
BJO/DLW;
- 14 **{Three Step}** Assuming CP fwd L, -, fwd R w/ slight R-shoulder lead, fwd L end CP/DLW;
- SQQ 15-16 **{Traveling Hover Cross}** Fwd R comm trng RF, -, sd L cont strong trn RF, sd R twd DLW
QQQQ (W bk L comm trng RF, -, cont trng RF on L-heel cl R, sd L); Fwd L across body in SCAR,
fwd & sd R blending to CP, sd & fwd L, fwd R outside ptr (W bk R across body in SCAR, bk
& sd L, bk & sd R, bk L ptr outside) end BJO/DLC;

PART B

- 1-8 **TELEMARK TO SCP; OPEN NAT; OUTSIDE SPIN; R-LUNGE & EXTEND; REC TO HINGE; TRNG HOVER M TRANS TO SCP; FEATHER; DBL REV SPIN;**
- 1 {Telemark to SCP} BJO/DLC fwd L comm trng LF, -, cont trng LF sd & fwd R around W, cont trng LF to SCP fc DLW sd & fwd L (W bk R comm trng LF, -, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP/DLW;
- 2 {Open Nat} Thru R comm trng RF, -, cont trng RF sd & bk L, bk R w/ R-shoulder lead ptr outside (W thru L, -, comm trng body RF fwd R, cont trng RF fwd L outside ptr w/ L-shoulder lead) end BJO/DRC
- 3 {Outside Spin} Bk L ptr outside comm trng RF, -, cont trng RF fwd R outside ptr, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, -, cont trng RF cl L to R, fwd R btwn M's ft) end CP/DRC;
- S-- 4 {R-Lunge & Extend} Flexing L-knee sd & fwd R twd DLC, -, flexing R-knee sway upper body to R looking R, - (W flexing R-knee sd & bk L, -, flexing L-knee sway upper body L looking well left, -);
- S-- 5 {Rec to Hinge} Rec L leading W trn LF, -, flex L-knee rotating upper body LF looking at ptr, - (W sd R, -/swiveling LF on R XLIB, flexing L-knee extend R twd DLC looking well left, -);
- S-Q 6 {Trng Hover M Trans to SCP} Sd R comm trng RF leading W fwd, -, cont trng RF on R, (W SQQ) assuming SCP sd & fwd L (W thru R comm trng RF, -, cont trng RF around M, cont trng RF to SCP sd & fwd R) end SCP/DLC;
- 7 {Feather} Thru R, -, fwd L leading W trn LF, fwd R outside ptr (W thru L, -, trng LF sd & bk R, bk L ptr outside) end BJO/DLC;
- SQ- 8 {Dbl Rev Spin} Fwd L comm trng LF, -, cont trng LF sd & fwd R around W, spinning LF on (W SQ&Q) R tch L (W bk R comm trng LF, -, cont trng LF on R-heel cl L/sd & fwd R around M, cont trng LF on R XLIF) end CP/DLW;
- 9-16 **WHISK; WING; TELEMARK TO SCP; FWD HOVER TO BOLERO-BJO; SYNC WHEEL; W ROLL OUT TO OP; CROSS CHECK & EXTEND; W ROLL BK TRANS TO BJO;**
- 9 {Whisk} CP/DLW fwd L, -, sd & fwd R, leading W trn RF XLIB (W bk R, -, sd & bk L, slightly trng RF XRIB) end SCP/DLC;
- S-- 10 {Wing} Thru R, -, rotate upper body LF, cont rotate upper body LF (W thru L, -, sd & fwd R (W SQQ) around M rotating upper body LF, cont rotating upper body LF fwd L outside ptr) end SCAR/DLC;
- 11 {Telemark to SCP} Fwd L comm trng LF, -, cont trng LF sd & fwd R around W, cont trng LF to SCP fc DLW sd & fwd L (W bk R comm trng LF, -, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP/DLW;
- 12 {Fwd Hover to Bolero-Bjo} Thru R, -, fwd L leading W trn LF, rec R (W thru L, -, fwd R trng LF to fc M, rec L) end BOLERO-BJO/DLW
- SQ&Q 13 {Sync Wheel} Bk L checking comm wheel RF, -, fwd R/fwd L, fwd R checking (W fwd R comm wheel RF, -, fwd L/fwd R, fwd L) end BOLERO-BJO/LOD;
- 14-16 Repeat Meas 2-4 of INTRO;;;

END

- 1-3 **CHG OF DIRECTION; TELEMARK TO SCP; W SLOW SWIVEL TO WRAP & OPPOSITION PT;**
- SS 1 {Chg of Direction} BJO/DLW fwd L comm trng LF 1/4, -, cont trng LF on L to fc DLC sd R, draw L to R end CP/DLC;
- 2 {Telemark to SCP} Fwd L comm trng LF, -, cont trng LF sd & fwd R around W, cont trng LF to SCP fc DLW sd & fwd L (W bk R comm trng LF, -, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP/LOD;
- 3 {W Slow Swivel to Wrap & Opposition Pt} Raise jnd lead hnds to lead W swivel LF, -, lower jnd lead hnds to wrap W, slight flexing L-knee sway L pt R sd twd RLOD (W comm swiveling LF on R under jnd lead hnds, -, cont swiveling LF on R to be wrapped, slightly flexing R-knee sway L pt L sd twd LOD) end WRAPPED Pos fcg WALL w/ sway to L trail ft pointed sd;