

YOU ALWAYS HURT THE ONE YOU LOVE

Choreo: Larry & Susan Sperry, 40 Roundup Drive, Billings, MT 59102 released 4/1/2011 version 1.0
E-mail sperryscue@earthlink.net Website: www.larrysperry.com
Music: You Always Hurt The One You Love by Ace Cannon, Trk #6 of Album "Classics" 2:34 (Amazon mp3)
Footwork: Opposite unless noted (Woman's special footwork in Parentheses)
Rhythm: Foxtrot Phase: 4 Degree of Difficulty: Average
Sequence: Intro A B A B end

INTRODUCTION

1-4 CP WALL WAIT 2 MEAS;; WHISK; CHAIR & SLIP;

1-4 CP wall wait;; Fwd L,-, fwd & sd R rise, XLIB; Lunge thru R,-, rec L, slip R bk bhnd L trning 1/8 LF;

PART A

1-4 REVERSE WAVE;; BACK FEATHER; FEATHER FINISH;

1 Fwd L comm LF body trn,-, sd R (W cl L [heel turn]), bk L cp fcg drc;

2 Bk R,-, bk L comm LF curve, bk R curve LF to fc rlod;

3-4 Bk L,-, bk R w/ Rt shld ld, bk L to CBJO; Bk R trng LF,-, sd & fwd L, fwd R outsd ptr to bjo dlw;

5-8 THREE STEP; HALF NATURAL TURN; CLOSED IMPETUS; FEATHER FINISH;

5 Fwd L heel lead blend CP,-, fwd R heel to toe, fwd L ending cp lod;

6 Comm RF trn fwd R -, sd L across lod, bk R (W comm RF trn bk L,-, cl R [heel trn], fwd L) end cp rlod;

7 Comm RF upper body trn bk L,-, cl R to L [heel trn] cont turn, sd & bk L to cp dlw;

8 Bk R trng LF,-, sd & fwd L, fwd R outsd ptr to bjo dlc;

9-12 OPEN REVERSE TURN; OUTSIDE CHECK; QUICK WEAVE ENDING; HOVER TELEMAR;

9 Fwd L trng LF ¼, -, cont trn sd R, bk L in contra bjo (W bk R trng LF, -, cont trn sd L, fwd R);

10 Bk R trng LF, -, sd & fwd L, chk fwd R outside partner to contra bjo;

11 Bk L dlc, bk R trng LF & trng W to CP, sd & fwd L, fwd R to bjo dlw;

12 Fwd L,-,diag sd & fwd R hovering w/body trn 1/8 RF, fwd L small stp on toes to semi dlw;

13-16 OPEN NATURAL TURN; IMPETUS SEMI; PROMENADE WEAVE;;

13 Comm RF trn fwd R,-, sd L across lod, bk R to bjo fcg rlod;

14 Comm RF trn bk L,-, cl R to L [heel trn] cont trn, fwd L to tight semi;

15-16 Fwd R,-, fwd L comm LF trn to cp, sd & bk R to Bjo to fc drw; Bk L dlc, bk R trng LF & trng W to cp, sd & fwd L, fwd R to bjo dlw

PART B

1-4 HOVER; SLOW SIDE LOCK; DIAMOND TURN HALF;;

1-2 Fwd L, sd & fwd R rise, rec L semi dlc; fwd R, -, sd & fwd L (W sd & bk R trng LF) to cp, xrib (W xlif);

3-4 Fwd L trng LF on diag,-, cont LF trn sd R, bk L to bjo; In bjo bk R trng LF,-, sd L, fwd R bjo drw;

5-8 QUICK DIAMOND 4; DIP & RECOVER; REVERSE TURNS;;

5-6 Fwd L on the diagonal comm LF turn, continue LF trn sd R, bk L, bk R to cp lod; Bk L,-, rec R,-;

7 Fwd L trning LF,-, sd R cont trn (W cl L [heel trn]), bk L fc rlod;

8 Bk R cont LF trn, sd & fwd L, fwd R to contra bjo dlw;

9-12 THREE STEP; FEATHER; TELEMAR BANJO; CLOSED WING;

9-10 Repeat meas 5 Part A; slight LF rotation fwd L, -, R, L contra bjo dlc;

11 Fwd L outsd ptr,-, fwd & sd R arnd woman trng LF, fwd & sd L to end tight bjo dlw (W bk R comm LF heel trn on rt heel bring L beside R no wgt,-, cont LF trn on R heel & chg wgt to L, bk & sd R);

12 Fwd R, -, with LF upper body trn leading W to scar drw L to R, tch L; (W bk L, -, sd R, fwd L to scar);

13-16 TURN LEFT & RIGHT CHASSE;BACK FEATHER; FEATHER FINISH; CHANGE DIRECTION;

13-14 Fwd L comm LF upper body turn, -, sd R cont turn LF/cl L, sd R end bjo rlod; Repeat meas 3 Part A; as 4 Part A; Fwd L to cp dlw,-, fwd R trng LF w/Rt shld ld, draw L to R end cp dlc;

END

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FORWARD, RIGHT LUNGE;

1 Fwd L to cp dlw, -, Soften L knee sd & fwd R, -;