

It is you I have loved

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Music: **It is you (I have loved) by Dana Clover**
CD: Soundtrack "Shrek", Dreamworks 450 305-2

Rhythm/Phase: Waltz Phase IV+2 (DbI Rev, Vien Tms)
Speed: 43 – 44 rbpm
Sequence: Intro - A - B - A - B - C - D - B – Ending
regular waltz timing, exceptions noted in []
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Intro

- 1-4 NO WAIT – BOTH ROLL X; X LUNGE & REC; BOTH ROLL X;
X LUNGE REC SD TO VARSOU;**
- 1 sd by sd pos fc LOD- trailhds jnd – trailf free – comm RF (LF) trn stp sd R(L),
cont RF (LF) trn stp L (R), cont trn stp sd R (L) to sd by sd pos - no hands –
man on the outs fc LOD;
- 2 XLIF (XRIF) with lunge action twd w/ (COH) extending right (left) arm, -, rec R (L) [1-3];
- 3-4 comm LF (RF) trn stp sd L (R), cont LF (RF) trn stp R (L), cont trn stp sd L (R)
to OP LOD; XRIF (XLIF) with lunge action twd COH (w/ ext r (l) arm, rec L (R), sd R (L) to varsou LOD;
- 5-8 FWD WZ; LADY X IN 3; MAN X IN 3; FWD WZ;**
- 5 varsou pos both hds jnd – fwd L, fwd R, fwd L;
- 6 small stps – rk bk R, rec L, cl R –leading W roll x in front to mans varsou-
(comm LF trn stp sd L, cont LF trn stp R, cont trn stp sd L)
- 7 comm LF trn stp sd L, cont LF trn stp R, cont trn stp sd to varsou
(rk bk L, rec R, cl L - leading M in front);
- 8 fwd R, fwd L, fwd R;
- 9-10 LADY ROLL OUT; PU SD CL;**
- 9 release left hds – fwd L, R, L let the lady roll out & chg hds to op LOD (sd & trn R RF, comm RF trn
stp L, sd R to op LOD);
- 10 fwd R, sd & fwd L, cl R –leading W in front to end CP/LOD-
(fwd L, fwd R trng ½ LF to fc M in CP/LOD, cl L);

Part A

- 1-4 2 FWD WZ;; 2 LEFT TRNS FC WL;;**
- 1-2 fwd L, fwd R, fwd L; fwd R, fwd L, fwd R;
- 3-4 fwd L trng 1/8 LF, sd R cont trn 3/8, cl L; bk R trng 1/8 LF, sd L cont trn 1/8 to fc w/ cl R;
- 5-8 WHISK; WEAVE 6 TO SCP;; THRU FC CL TO BFLY;**
- 5 fwd L, fwd & sd R commencing rise, XLIB of R cont to full rise end in tight SCP;
- 6 fwd R, fwd L trng LF, sd & bk R cont trn to CBJO RLOD (W fwd L, sd R trng LF, sd & fwd L);
- 7 bk L, bk R trn LF, sd & fwd L to SCP DLW (W fwd R, fwd L, fwd & sd R);
- 8 fwd R, fwd L trn to fc partner, cl R to BFLY (W thru L, sd R to fc ptr, cl L to BFLY);
- 9-12 WZ AWAY & TOG;; ROLL 3; THRU SD BEH;**
- 9-10 fwd L trng away from ptr, sd & fwd R to a slight bk to bk pos, cl L; fwd R trn RF, sd L, cl R to BFLY;
- 11-12 roll LF (Lady RF) down LOD L, R, L; thru R, sd L, XRIB;
- 13-16 ROLL 3; THRU FAN TCH; WHISK; WING;**
- 13-14 roll LF (Lady RF) down LOD L, R, L; thru R, arc L fwd, tch L;
- 15-16 repeat meas 5, Part A; fwd R, draw L, tch L trng BJO DLC
(W fwd L start LF trn, fwd R cont trn, fwd L cont trn);

- 17-20 **X HOVER TO BJO; X HOVER TO SCAR; X HOVER TO SEMI; PU SD – LADY LK;**
 17-18 XLIF, sd R rise, rec L to BJO; XRIF, sd L rise, rec R to SCAR;
 19-20 XLIF, sd R rise, rec L to semi; fwd R, in place L, R –leading W in front to end CP/LOD-
 (fwd L, fwd R trng ½ LF to fc M in CP/LOD, XLIF);

PART B

- 1-4 **DBL REV SPIN -TWICE- TO FC WL;; WHISK: CHASSE TO BJO;**
 1-2 fwd L commencing to trn LF, sd R cont trn, spin LF on the ball of R foot bringing L foot under body
 beside R no weight chg to LOD (bk R commencing to trn LF, L foot closes to R heel trn cont. trn, sd & bk
 R cont trn/XLIF of R end fcg RLOD [123&]); repeat meas 1, Part B end fc W;
 3 repeat meas 5, Part A;
 4 thru R, sd & fwd L/cl R, fwd L to BJO DLW [12&3];
- 5-8 **FWD FWD LK FWD; MANUV; SPIN TRN; ½ BOX BK;**
 5 fwd R, fwd L/XRIB, fwd L [12&3];
 6 fwd R, sd L trn RF to fc RLOD in CP, cl R (W bk L, sd R trng RF, cl L);
 7 bk L pvt ½ RF, fwd R trng risg, rec bk L fcg DLW (W fwd R pvt ½ RF, bk L/brsh R, fwd R);
 8 bk R, sd L, cl R to CP DLC;
- 9-12 **OPEN TELEMAR; NAT HOVER FALLAWY; OUTSD CHG TO SEMI;**
PU SD CL(3rd time Part B, meas 12: THRU FC CL TO BFLY);
 9-10 fwd L trn LF, sd R around W cont trn, fwd L to DLW SCP (W bk R, cl L cont LF heel trn,
 fwd R); fwd R trng body RF, fwd L risg on toe to SCP/DLW ckg, rec R to SCP/DRW;
 11 bk L, bk & trn 1/4 LF R, fwd & sd L to SCP LOD;
 12 repeat meas 10, INTRO (3rd time repeat meas 8, Part A);

PART C

- 1-4 **DIAMOND TRN;;;:**
 1-2 fwd L to BJO DLC, sd R trng LF, bk L to BJO DRC; bk R trng LF, sd L cont trn, fwd R to BJO DRW;
 3-4 fwd L trng LF, sd R cont trn, bk L to BJO DLW; bk R trng LF, sd L cont trn, fwd R to BJO DLC;
- 5-8 **TRN LEFT CHASSE TO BJO; BK BK LK BK; IMPETUS TO SEMI; PU TO SCAR;**
 5-6 fwd L trn LF, sd R/cl L, bk R trn LF BJO/DRC [12&3]; bk L, bk R/XLIF, bk R [12&3];
 7 bk L trng RF, cl R to L heel trng RF, sd & fwd L to semi
 (W fwd R beside M, sd & fwd L arnd M trng RF brush R to L, cont RF trn twd LOD fwd R to semi);
 8 fwd R, sd & fwd L, cl R –leading W in front to end SCAR/LOD-
 (fwd L, fwd R trng ½ LF to fc M in SCAR/LOD, cl L);
- 9-12 **THREE PROG TWINKLES;;; STP FWD & PT SD;**
 9-10 XLIF, sd R trng LF, cl L to BJO DLC; XRIF, sd L trng RF, cl R to SCAR DLW;
 11-12 XLIF, sd R trng LF, cl L to BJO DLC; fwd R, pt sd L, - [12-];
- 13-16 **THREE BK PROG TWINKLES TO SCAR;;; BOX FINISH;**
 13-14 BJO DLC XLIB, sd R trng RF, cl L to SCAR DLW; XRIB, sd L trng LF, cl R to BJO DLC;
 15-16 BJO DLC XLIB, sd R trng RF, cl L to SCAR DLW; XRIB, sd L, cl R to L to CP DLC;

PART D

- 1-4 **VIEN TRNS;; OPEN TELEMAR; START IN & OUT RUNS;**
 1 fwd L trn LF, sd R, XLIF trng ½ (W bk R trn LF, sd L, cl R);
 2 bk R trn LF, sd L, cl R trng ½ (W fwd L trn LF, sd R, XLIF);
 3 repeat meas 9, Part B;
 4 thru R trn RF, sd & bk L in front of W to bjo, bk R (W thru L, fwd R between M's ft, fwd L);
- 5-8 **FINISH IN & OUT RUNS TO BFLY; THRU SD BEH; ROLL 3; PU SD CL;**
 5 bk L trn RF, fwd R between W's ft, fwd L to SCP;
 6-8 repeat meas 12, Part A; repeat meas 11, Part A; repeat meas 10, INTRO;
- 9-12 **DIAMOND TRN;;;:**
 9-12 repeat meas 1-4, Part C
- 13-16 **CLOSED TELEMAR; MANUV; SPIN TRN; OPEN FINISH;**
 13-14 fwd L start LF trn, fwd & sd R, cont trn LF bring L to R to BJO/DW
 (W bk R, bring L to R no wgt trng LF on R heel trans wgt to L, bk & sd R); repeat meas 6, Part B
 15-16 repeat meas 7, Part B; bk R trng LF, sd & fwd L, fwd R outsd partner to BJO DLW;
- 17-18 **2 SLOW OUTSIDE SWIVELS TO PU;;**
 17 bk L to CBMP drawing R to L (fwd R swiveling RF), - - [1-];
 18 maintain CBMP fwd R checking DLW (fwd L swiveling LF to CP/DRC), - - [1-];
 (Listen to the music! The swivels are very slow.)

ENDING

- 1-4 **WALTZ AWY; BOTH ROLL X; X LUNGE & REC; BOTH ROLL X;**
 1 fwd L trng awy from ptr, sd & fwd R to a slight bk to bk pos, cl L;
 2-4 repeat meas 1-3, INTRO;;
- 5-8 **X LUNGE REC SD TO VARSOU; FWD WZ; LADY X IN 3; STP FWD & SWIVEL TO FC PT;**
 5-7 repeat meas 4-6, INTRO;;
 8 in one smooth movement fwd L (R), swivel LF (RF) fo fc partner & pt sd R (L)
 rt arms up & out/left hds jnd, - [12-]; and :-)