I LOVED YOU, YOU LEFT ME 4

Choreograph: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp
Music : "I Loved You, You Left Me" Artist: Raselhits Download: Amazon
Rhythm : Rumba ph IV time 3:10 Speed: 40rpm
Footwork : Opposite, directions for man (lady as noted) Date: OCT 2026 Ver.1.0
Sequence : Intro - A - B - INT - A(1-16) - Bmod - End



Meas INTRO

1~ 8 V Bk to Bk M fc DC(W fc DW) Lead foot free for both Wait 2 meas;; Circle Away & Tog;(Bolero Bjo/Wall); Wheel 3; W Sync Roll Out(OP/Wall); X Lunge & Extend; W Sync Roll Bk(Bfly/Wall);

1- 2 V Bk to Bk M fc DC(W fc DW) lead foot free for both wait 2 meas;;
3- 4 {Circle Away & Tog} Circle LF fwd L,R,L twd COH(W twd Wall),-; Cont circle LF fwd R,L,R twd partner blend Bolero Bjo,-;
5 {Wheel 3} Bolero Bjo Wheel RF fwd L,R,L fc DC,-;
QQS (QQ&S) 6 {W Sync Roll Out} Cont RF wheel fwd R,L,R lead W RF roll (W fwd L comme roll RF, cont roll RF R/L,R) OP/Wall,-;
S— 7 {X Lunge & Extend} XLIF of R flex knee, extend arms,-,-;
QQS (QQ&S) 8 {W Sync Roll Bk} Rec R lead W LF roll, sd L, cl R(W rec R comme roll LF, sd & fwd L cont roll LF/R,L)Bfly/Wall,-;

Meas PART A

1~ 8 Basic;; New Yorker; Spot Trn; Break to OP Aida; Rk 3 Swivel Fc; Spot Trn(Bfly/Wall);

1- 2 {Basic} Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;
3 {New Yorker} LOP/RLOD ck thru L, rec R fc partner, sd L,-;
4 {Spot Trn} XRIF of L comme LF trn, cont LF trn rec L fc partner, sd R Bfly/Wall,-;
5 {Break to OP} Swivel LF on R bk L to OP fc LOD, rec R, fwd L,-;
6 {Aida} Fwd R comme RF trn, cont RF trn sd L, cont trn fc RLOD bk R,-;
7 {Rk 3 Swivel Fc} Rk fwd L, rec R, fwd L swivel LF on L Bfly/Wall,-;
8 {Spot Trn} XRIF of L comme LF trn, cont LF trn rec L fc partner, sd R Bfly/Wall,-;

9~20 OP Break; Whip fc COH; Crab Walks;; Rev Underarm Trn; Whip fc Wall; Shoulder to Shoulder Twice;; Chase;;; (Bfly/Wall);

9 {OP Break} Rk apt L trail hands straight up, rec R, sd L to Bfly,-;
10 {Whip} Bk R comme LF trn, rec fwd L cont LF trn fc COH, sd R(W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L) Bfly/COH,-;
11-12 {Crab Walks} XLIF of R, sd R, XLIF of R,-; Sd R, XLIF of R, sd R,-;
13 {Rev Underarm Trn} XLIF of R, rec R, sd L(W XRIF of L under joined lead hands comme LF trn, rec L cont LF trn to fc partner, sd R),-;
14 {Whip} Bk R comme LF trn, rec fwd L cont LF trn fc Wall, sd R(W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L) Bfly/Wall,-;
15-16 {Shoulder to Shoulder} Fwd L to W's left sd blend Scar, rec R to fc, sd L,-;
Fwd R to W's right sd blend Bjo, rec L to fc, sd R Bfly/Wall,-;
17-20 {Chase} Fwd L 1/2 RF trn fc COH, rec R, fwd L(W bk R, rec L, fwd R),-;
Fwd R 1/2 LF trn fc Wall, rec L, fwd R(W fwd L 1/2 RF trn fc Wall, rec R, fwd L),-;
Fwd L, rec R, bk L(W fwd R 1/2 LF trn fc COH, rec L, fwd R),-;
Bk R, rec L, fwd R(W fwd L, rec R, bk L)blend Bfly/Wall,-;

Meas PART B

1~ 8 Basic to Wrap; Unwrap to Fan; Hockey Stick;; Alemana;; Lariat 3 Swivel Fc; Fence Line w/Arm(Bfly/COH)

1 {Basic to Wrap} Fwd L, rec R lead W LF trn under lead hands, cl L(W bk R, rec L comme trn LF under lead hands, cont trn LF cl R)Wrapped/Wall,-;
2 {Unwrap to Fan} Bk R lead W LF trn, rec L, sd R(W sd & fwd L twd LOD comme trn LF, cont trn LF sd R, cont trn bk L fc LOD),-;
3- 4 {Hockey Stick} Fwd L, rec R, cl L(W cl R, fwd L, fwd R),-; Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn under lead hand fc partner, bk L)end LOP-FC/RDW,-;
5- 6 {Alemana} Fwd L, rec R, cl L lead W to trn RF(W bk R, rec L, sd R comme RF swivel),-;
Bk R, rec L, cl R(W cont RF trn under lead hands fwd L, cont RF trn fwd R, sd & fwd L),-;

7 {Lariat 3 Swivel Fc} Sd L, rec R, small step sd L swivel LF on L fc COH(W circle man CW with joined lead hands fwd R, L, R swivel RF on R fc Wall) LOP-FC/COH,-;
8 {Fence Line w/Arm} Ck XRIF of L trail hands arm circle CCW(W CW), rec L, sd R,-;

9~16 Thru Serpiente;; Fence Line; Spot Trn; Chase w/Underarm Pass fc Wall;; Spot & Time; Time & Spot(Bfly/Wall);

9-10 {Thru Serpiente} Thru L, sd R, XLIB of R, fan CW R on L; XRIB of L, sd L, thru R, fan CW L on R;
11 {Fence Line} Ck XLIF of R, rec R, sd L,-;
12 {Spot Trn} XRIF of L comme LF trn, cont LF trn rec L fc partner, sd R Bfly/Wall,-;
13-14 {Chase w/Underarm Pass} Lead hands joined fwd L 1/2 RF trn, rec R fc Wall, fwd L(W bk R, rec L, fwd R),-; Still lead hands joined bk R, rec L, sd R(W fwd L raise joined lead hands, fwd R 1/2 LF trn under lead hands fc partner & COH, sd L),-;
15 {Spot & Time} XLIF of R comme RF trn, cont RF trn rec R, sd L(W XRIB of L, rec L, sd R)-;
16 {Time & Spot} XRIB of L, rec L, sd R(W XLIF of R comme RF trn, cont RF trn rec R, sd L) Blend Bfly/Wall,-;

Meas INTERLUDE

1~8 New Yorker to OP; Prog Walk 3; Circle Away & Tog;(Bolero Bjo/Wall); Wheel 3; W Sync Roll Out(OP/Wall); X Lunge & Extend; W Sync Roll Bk(Bfly/Wall);

1 {New Yorker to OP} LOP/LOD ck thru L, rec R fc partner, sd & fwd L to OP,-;
2 {Prog Walk 3} Fwd R, L, R,-;
3- 8 Repeat meas 3-8 of Introduction;;;;;;

Meas PART Bmod

1~8 Basic to Wrap; Unwrap to Fan; Hockey Stick;; Alemana;; Lariat 3 Swivel Fc; Fence Line w/Arm(Bfly/COH)

9~16 Thru Serpiente;; Fence Line; Spot Trn; Chase w/Underarm Pass fc Wall;; New Yorker to OP; Prog Walk 3;

1-14 Repeat meas 1-14 of Part B;;;;;;;;;;;;;;
15-16 Repeat meas 1-2 of Interlude;;

Meas ENDING

1~5 Circle Away & Tog;(Bolero Bjo/Wall); Wheel 3; W Sync Roll Out(OP/Wall); X Lunge & Extend;

1- 5 Repeat meas 3-7 of Interlude;;;;;