

# My Aphrodisiac Is You

**Choreographers:** Bill and Beth Davenport, 3852 Alameda Place, San Diego, CA 92103  
Email: bdavnpt2005@gmail.com, Phone: 619-269-9724

**Music:** “My Aphrodisiac Is You (Slowfox 28)” by Dancelife Studio Orchestra  
<https://casa-musica.com/en/single-tracks/29438-my-aphrodisiac-is-you-slowfox-28.html>  
Also on Amazon as “My Afrodizzyak is Yoy (Slow Jive 27)” (Ballroom Orchestra & Singers)  
Cut from 0:00.000 to 0:08.000, and then Fade In from 0:00.000 to 0:04.100

**Video:** <https://www.youtube.com/watch?v=0qit0j2zRCU>

**Rhythm & Phase:** Foxtrot, Phase III+1 (Diamond Turn)      **Original Time:** 2:35 at 28 MPM

**Footwork:** Opposite (*except where noted*)      **Suggested Tempo:** 45 RPM

**Sequence:** Intro, A, B, A, B mod, Ending

**Released:** February 24, 2024      **Revised:** April 11, 2024

## Intro (4 measures)

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**1 – 4 Wait ; ; Step Together Touch ; Box Finish ;**

-- 1 – 2 {**Wait**} Wait in LOP facing DLW with lead hands joined, ld feet free ; ;

S-- 3 {**Step Together Touch**} Fwd L to CP w/slight RF rotation & stretch, -, -, - ;

SQQ 4 {**Box Finish**} Bk R comm LF trn, -, sd L, cl R to L to CP DLC ;

## Part A (16 measures)

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**1 – 4 Two Left Turns ; ; Hover ; Thru Chasse BJO ;**

SQQ SQQ 1 – 2 {**Two Left Turns**} Fwd L comm LF trn, -, sd & slightly bk R blending to CP cont LF trn, cl L to R ;  
Bk R comm LF trn, -, sd & slightly fwd L cont LF turn to fc wall, cl R to L ;

SQQ 3 {**Hover**} Fwd L, -, fwd R & slightly sd w/rise, sd & slightly fwd L to SCP LOD ;

SQ&Q 4 {**Thru Chasse BJO**} Thru R, -, fwd L/cl R, fwd L to BJO LOD ;

**5 – 8 Forward Forward/Lock Forward ; Maneuver ; Spin Turn ; Box Finish ;**

SQ&Q 5 {**Forward Forward/Lock Forward**} Fwd R, -, fwd L/lk R, fwd L ;

SQQ 6 {**Maneuver**} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;

SQQ 7 {**Spin Turn**} Bk L pivot 1/2 RF, -, fwd R w/hover action cont RF trn, bk L (*W fwd R pivot 1/2 RF, -, bk L cont RF trn brush R to L, fwd R*) to CP DLW ;

SQQ 8 {**Box Finish**} Bk R comm LF trn, -, sd L, cl R to L to CP DLC ;

**9 – 12 Two Left Turns ; ; Whisk ; Wing ;**

SQQ SQQ 9 – 10 {**Two Left Turns**} Fwd L comm LF trn, -, sd & slightly bk R blending to CP cont LF trn, cl L to R ;  
Bk R comm LF trn, -, sd & slightly fwd L cont LF turn to fc wall, cl R to L ;

SQQ 11 {**Whisk**} Fwd L, -, sd & slightly fwd R, XLIB w/RF upper body trn to SCP DLC ;

S-- 12 {**Wing**} Fwd R comm LF trn, -, draw L to R cont slight LF trn, - (*W fwd L comm curving around M, -, fwd R*)  
(SQQ) *cont curving around M, fwd L*) to SCAR DLC ;

**13 – 16 Turn Left & Right Chasse ; Back Back/Lock Back ; Impetus Semi ; Pickup ;**

SQ&Q 13 {**Turn L & R Chasse**} Fwd L trng LF blending to CP, -, sd R/cl L, sd R trng to BJO fcg RLOD ;

SQ&Q 14 {**Back Back/Lock Back**} Bk L, -, bk R/lk L in front of R, bk R in BJO ;

SQQ 15 {**Impetus Semi**} Bk L, -, cl R [heel trn] comm RF trn, comp RF trn fwd L to SCP DLC ;

SQQ 16 {**Pickup**} Fwd R, -, sd & slightly fwd L, cl R (*W thru L trng LF picking up, sd & slightly bk R, cl L*) to CP DLC ;

## Part B (16 measures)

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**1 – 4 Diamond Turn ; ; ;**

SQQ SQQ 1 – 4 {**Diamond Turn**} Staying in BJO throughout... Fwd L trng 1/4 LF, -, sd & bk R, bk L ; Bk R trng 1/4 LF, -,  
SQQ SQQ sd & fwd L, fwd R DRW ; Fwd L trng 1/4 LF, -, sd & bk R, bk L ; Bk R trng 1/4 LF, -, sd & fwd L, fwd L DLC ;

**5 – 8 Turn L & R Chasse ; Back Twisty Vine 4 ; Impetus Semi ; Pickup SCAR ;**  
 SQ&Q 5 {Turn L & R Chasse} Fwd L trng LF blending to CP, -, sd R/cl L, sd R trng to BJO fcg RLOD ;  
 QQQQ 6 {Back Twisty Vine 4} XLIF (*W XRIF*), sd R, XLIF (*W XRIB*), sd R ;  
 SQQ 7 {Impetus Semi} Bk L, -, cl R [heel trn] comm RF trn, comp RF trn fwd L to SCP LOD ;  
 S-- 8 {Pickup SCAR} Fwd R, sd & slightly fwd L, cl R (*W thru L trng LF picking up, sd & slightly bk R, cl L*)  
 to SCAR LOD;

**9 – 12 Cross Hover, 3X ; ; ; Maneuver ;**  
 SQQ SQQ 9 – 11 {Cross Hover, 3X} XLIF, -, fwd & sd R w/slight rise comm LF trn, sd & slightly fwd L to BJO fcg LOD ;  
 SQQ XRIF, -, fwd & sd L w/slight rise comm RF trn, sd & slightly fwd R to SCAR fcg LOD ; XLIF, -, fwd & sd R  
 w/slight rise comm LF trn, sd & slightly fwd L to BJO fcg LOD ;  
 SQQ 12 {Maneuver} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn, cl R to L in CP RLOD ;

**13 – 16 Two Right Turns ; ; Hover ; Pickup ;**  
 SQQ SQQ 13 – 14 {Two Right Turns} Bk L comm RF trn, -, sd & slightly bk R cont RF trn, cl L to R ; Fwd R comm  
 RF trn, -, sd & slightly fwd L cont RF trn to fc wall, cl R to L ;  
 SQQ 15 {Hover} Fwd L, -, fwd R & slightly sd w/rise, sd & slightly fwd L to SCP LOD ;  
 SQQ 16 {Pickup} Thru R, -, sd & slightly fwd L, cl R (*W thru L trng LF picking up, -, sd & slightly bk R, cl L*) ;

### Part A (Repeat)

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**1 – 16 Two Left Turns ; ; ; Hover ; Thru Chasse BJO ; Forward Forward/Lock Forward ; Maneuver ;  
 Spin Turn ; Box Finish ; Two Left Turns ; ; Whisk ; Wing ; Turn Left & Right Chasse ;  
 Back Back/Lock Back ; Impetus Semi ; Pickup ;**  
 1 – 16 Repeat Part A measures 1 - 16

### Part B (Modified)

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**1 – 7 Diamond Turn ; ; ; ; Turn L & R Chasse ; Back Twisty Vine 4 ; Impetus Semi ;**  
 1 – 7 Repeat Part B measures 1 - 7  
**8 Pickup ;**  
 SQQ 8 {Pickup} Thru R, -, sd & slightly fwd L, cl R (*W thru L trng LF picking up, -, sd & slightly bk R, cl L*) to CP DLC ;

### Ending (8 measures)

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**1 – 8 Two Left Turns ; ; ; ; Hover ; Thru Chasse BJO ; Fwd Fwd/Lock Fwd ; Maneuver ; Spin Turn ;  
 Step Back, Side Corte ;**  
 1 – 7 Repeat Part A measures 1 - 7  
 SS 8 {Back, Side Corte} Bk R, -, sd L w/flexed knee turning to reverse SCP w/R foot pointed side, - ;

## Head Cues

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- Intro:** Wait ; ; Step Together Touch ; Box Finish ;
- Part A:** Two Left Turns ; ; Hover ; Thru Chasse BJO ; Forward Forward/Lock Forward ; Maneuver ; Spin Turn ; Box Finish ; Two Left Turns ; ; Whisk ; Wing ; Turn Left & Right Chasse ; Back Back/Lock Back ; Impetus Semi ; Pickup ;
- Part B:** Diamond Turn ; ; ; Turn Left & Right Chasse ; Back Twisty Vine 4 ; Impetus Semi ; Pickup SCAR ; Cross Hover, 3X ; ; ; Maneuver ; Two Right Turns ; ; Hover ; Pickup ;
- Part A:** Two Left Turns ; ; Hover ; Thru Chasse BJO ; Forward Forward/Lock Forward ; Maneuver ; Spin Turn ; Box Finish ; Two Left Turns ; ; Whisk ; Wing ; Turn Left & Right Chasse ; Back Back/Lock Back ; Impetus Semi ; Pickup ;
- Part B (mod):** Diamond Turn ; ; ; Turn Left & Right Chasse ; Back Twisty Vine 4 ; Impetus Semi ; Pickup ;
- Ending:** Two Left Turns ; ; Hover ; Thru Chasse BJO ; Forward Forward/Lock Forward ; Maneuver ; Spin Turn ; Step Back & Side Corte ;