

## Can't Get Out of This Mood

**Released:** August 2017  
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**Music:** "Can't Get Out of This Mood," Studio Musicians. CD: *Big Band Female Singers, Vol. 1*. Track 1. Also available as .mp3 from Amazon & other digital sites.  
**Time:** 3:18  
**Footwork:** Opposite (*Woman's footwork opposite, except as noted in parentheses*)  
**Rhythm/Phase:** Foxtrot V  
**Degree of difficulty:** Average  
**Sequence:** INTRO – A – B – A – B Mod – C – D – A – B – END

### INTRODUCTION

**1-4 FACING WALL HANDS AT SIDE LD FT FREE WAIT ONE MEAS ; SWAY L & R ; ROLL 3 ; THRU PU DLC ;**

- 1 **M Fcg wall W fcg COH Wait ;**
- 2 **{Sway L & R}** Sd L w/ flexed knee, sway L, sd R w/ flexed knee, sway R ;
- 3 **{Roll 3}** Roll LF L, -, R, L to SCP ;
- 4 **{Thru PU}** Thru R, -, fwd & sd L Idg W to fold in frt to CP DLC, fwd R ;

**5-8 REVERSE TURN ; ; HOVER TELEMARCK ; THRU SIDE CROSS ;**

- 5-6 **{Rvs Trn}** Fwd L comm LF trn, -, sd R cont trn, bk L LOD to CP ; Bk R cont LF trn, -, sd & fwd L cont LF trn, sd & fwd R to BJO DLW ;
- 7 **{Hvr Tele}** Fwd L, -, fwd & sd R rise & trn 1/8 RF, fwd L (*W bk R, -, bk & sd L, rec R trng to SCP*) to SCP/DLW ;
- 8 **{Thru Sd X}** Thru R, -, sd L to fc, XRif to BJO DLW ;

### PART A

**1-4 WHISK ; OPEN NATURAL ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;**

- 1 **{Whisk}** Fwd L, -, fwd & sd R rise, XLib to SCP LOD ;
- 2 **{Op Nat}** Comm RF trn fwd R, -, sd L across LOD, cont RF trn bk R Idg prtr to stp outside to BJO ;
- 3 **{Bk Bk/Lk Bk}** Bk L, bk R/lk Lf, bk R ;
- 4 **{Hes Chg}** Comm RF upper body trn bk L, -, sd R cont RF trn stg to draw L to R & cont drawing L to R over the remainder of the measure, (*W comm RF upper body trn fwd R, -, sd L cont RF trn stg to draw R to L & cont drawing right to left over the remainder of the measure,*) -;

**5-8 TELEMARCK TO SCP ; HALF NATURAL ; CLOSED IMPETUS ; FEATHER FINISH ;**

- 5 **{Tele to SCP}** Fwd L comm LF trn, -, cont trng LF sd & fwd R around W, cont trng LF to 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*) to SCP/DLW ;
- 6 **{Half Nat}** Fwd R comm RF turn, -,sd & bk L cont turn, bk R to CP RLOD (*W bk L trng RF, -, cont trng RF on L heel cl R, fwd L*) ;
- 7 **{Cl Imp}** Comm RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W comg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn, brush R to L & fwd R btw M's ft*) to CP DLW;

- 8 {Fthr Fin} Bk R, -, sd & fwd L, fwd R Xing RifL at thighs (*W fwd L starting LF trn, -, cont trng sd & bk R, bk L*) to BJO DLC ;

#### PART B

##### 1-4 DIAMOND TURN ; ; ; ;

- 1 {Diam Trn} Fwd L trng LF DLC, -, sd R, bk L to BJO (*W Bk R trng LF, -, sd L, fwd R outsd ptr*) ;  
2 Trng LF bk R, -, sd L, fwd R outsd ptr (*W fwd L trng LF, -, sd R, bk L*) ;  
3 Fwd L trng LF DLR, -, sd R, bk L (*W bk R trng LF, -, sd L, fwd R outsd ptr*) ;  
4 Bk R cont LF trn, -, sd L, fwd R (*W fwd L trng LF, -, sd R, back L*) to CP DLC ;

##### 5-8 REVERSE WAVE 1/2 ; OUTSIDE CHECK ; OUTSIDE CHG TO SCP ; THRU SIDE CROSS ;

- 5 {Rev Wav 1/2} Fwd L comm LF body trn, -, sd R crossing LOP, bk L (*W bk R comm LF trn, -, cl L to R, fwd R*) ;  
6 {Outsd Chk} Bk R, -, sd & fwd L, ck fwd R to BJO ;  
7 {Outsd Chg to SCP} Bk L, -, bk R trng LF, sd & fwd L to SCP DLW (*W Fwd R, -, fwd L trng LF, sd & fwd R to SCP*) ;  
8 {Thru Sd X} Thru R, -, sd L to fc, XRif to BJO DLW ;

#### REPEAT PART A

- 1-4 WHISK ; OPEN NATURAL ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;  
5-8 TELEMARK TO SCP ; HALF NATURAL ; CLOSED IMPETUS ; FEATHER FINISH ;

#### PART B MODIFIED

##### 1-4 DIAMOND TURN ; ; ; ;

##### 5-7 REVERSE WAVE 1/2 ; OUTSIDE CHECK ; QUICK OUTSIDE CHANGE 4 TO BJO DLW ;

- 7 {Qk Outsd Chg 4 to BJO} Bk L, bk R trng LF, sd & fwd L, fwd R outsd ptr (*W fwd R, fwd L, sd & fwd R trng 1/4 LF, bk L*) to BJO DLW ;

#### PART C

##### 1-4 WHISK ; SYNCOPATED WHISK ; RUNNING OPEN NATURAL ; BACK 3-STEP ;

- 1 {Wsk} Fwd L to CP, -, fwd & sd R rise, XLib to tight SCP LOD ;  
2 {Sync Wsk} Thru R, -, trng L hip twd ptrn cls L to CP DLW/sd R w/ R sd stretch, XLib to SCP LOD ;  
3 {Rng Op Nat} Thru R comm RF trn, -, cont trn sd & bk L/bk R w/ R sd ld, bk L (*W thru L, -, fwd R/fwd L, fwd R*) to BJO DRC ;  
4 {Bk 3-Step} Bk R, -, bk L, bk R to CP RLOD ;

##### 5-8 BACK FEATHER ; BACK CHASSE BJO ; NATURAL HOVER CROSS ; ;

- 5 {Bk Fthr} Bk L, -, bk R w/ R shldr lead, bk L to BJO (*W Fwd R, -, fwd L w/ L shldr lead, fwd R to BJO*) ;  
6 {Bk Chasse BJO} Bk R slght body trn LF, -, fwd & sd L/cl R, sd & fwd L to BJO DLW ;  
7 {Nat Hvr Crs} Fwd R trng RF, -, sd & fwd L around W cont trng RF, cont trng RF sd R twd DLW (*W bk L comm RF turn, -,cl R to L [heel trn] cont RF trn, sd & bk L*) ;  
8 Fwd L LOD chkg in SCAR, rec R CP LOD, fwd & sd L DLC, fwd R endg BJO DLC (*W bk R in SCAR, rec L, sd & bk R, bk L to BJO*) ;

##### 9-12 DIAMOND TURN 3/4 ; ; ; ; BACK HOVER ;

- 9 {Diam Trn 3/4} Fwd L trng LF on the diag, -, sd R, bk L w/ ptr outsd M in BJO (*W Bk R trng LF on the diag, -, sd L, fwd R outsd ptr*) ;  
10 Staying in BJO and trng LF bk R, -, sd L, fwd R outsd ptr in BJO (*W fwd L trng LF, -, sd R, bk L*) ;

- 11 Fwd L trng L face on the diag, -, sd R, bk L w/ ptr outsd M in BJO (*W bk R trng LF, -, sd L, fwd R outsd ptr*) ;  
 12 {**Bk Hvr**} Bk R, -, sd & bk L w/ slight rise, rec R to DLW;

**13-16 HOVER TELEMARCK ; OPEN NATURAL ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;**

- 13 {**Hvr Tele**} Fwd L, -, fwd & sd R rise & trn 1/8 RF, fwd L (*W bk R, -, bk & sd L, rec R trng to SCP*) to SCP/DLW ;  
 14 {**Op Nat**} Comm RF trn fwd R, -, sd L across LOD, cont RF trn bk R ldg prtr to stp outside to BJO ;  
 15 {**Bk Bk/Lk Bk**} Bk L, bk R/lk Lf, bk R ;  
 16 {**Hes Chg**} Bk L trng RF, -, sd & fwd R, -, drw L to R no wgt chg (*W fwd R, -, fwd & sd L, -, drw R to L*) to CP DLC ;

**17-18 REVERSE TURN ; ;**

- 17-18 {**Rvs Trn**} Fwd L comm LF trn, -, sd R cont trn, bk L LOD to CP ; bk R cont LF trn, -, sd & fwd L cont LF trn, sd & fwd R to BJO DLW ;

**PART D**

**1-4 THREE STEP ; NATURAL WEAVE ; ; WHISK TO HALF OPEN ;**

- 1 {**3 Stp**} Fwd L to LOD, -, fwd R, fwd L ;  
 2-3 {**Nat Wev**} Fwd R outsd ptr comm trng RF, -, cont trng RF sd & fwd L, sd & bk R twd DLC w/ R shldr ld (*W fwd L comm trng RF, -, fwd R, fwd L outsd ptr w/ L shldr ld*) ; Bk L outsd ptr, bk R LOD, trng LF on R sd & fwd L twd DLW, fwd R outsd ptr (*W fwd R outsd ptr, fwd L LOD, trng LF on L sd & bk R, bk L outside ptr*) end BJO/DLW ;  
 4 {**Wsk to 1/2 Op**} Fwd L, -, fwd & sd R rise, XLib rel ld hnds to 1/2 op pos ;

**5-8 OPEN IN & OUT RUNS ; ; THRU SEMI CHASSE ; SLOW SIDE LOCK ;**

- 5-6 {**Op In & Out Runs**} Trn RF thru R across W, -, sd & bk L trn RF slight sway right (*W fwd R*), sd & fwd R to 1/2 opn LOD ; Fwd L body trn R (*W fwd R trn RF across man*) , -, sd & fwd R cont body trn RF (*W sd & bk trn RF*), sd & fwd L to blnd semi LOD ;  
 7 {**Thru Chasse SCP**} Thru R, -, sd & fwd L/cl R, fwd L ;  
 8 {**Slo Sd Lk**} Thru R, -, sd & fwd L to CP, XRib trng slightly LF (*W Thru L comm LF trn, -, sd & bk R cont LF trn to CP, XLib*) to DLC ;

**9-12 DIAMOND TURN 1/2 ; ; QK DIAMOND 4 ; DIP RECOVER TO DLC ;**

- 9-10 {**Diam Trn 1/2**} Blndg to BJO fwd L trng LF on the diag, -, cont LF trn sd R, bk L w/ ptr outsd M in BJO (*W Bk R trng LF on the diag, -, sd L, fwd R outsd ptr*) ; Staying in BJO and trng LF bk R, -, sd L, fwd R outsd ptr in BJO (*W fwd L trng LF, -, sd R, bk L*) to DRW ;  
 11 {**Qk Diam 4**} Fwd L trng LF on the diag, cont LF trn sd R, bk L, bk R to DLC ;  
 12 {**Dip Rec**} Bl L, -, rec R, -;

**13-17 HALF REVERSE TURN ; HOVER CORTE ; BACK WHISK ; THRU SEMI CHASSE ; THRU SIDE CROSS ;**

- 13 {**1/2 Rev Trn**} Fwd L comm LF bdy trn, -, sd R cont LF trn, bk L to CP RLOD (*W bk R comm LF trn, -, cl L to R [heel trn] cont LF trn, fwd R*) ;  
 14 {**Hvr Corte**} Bk R trn LF, sd & fwd L trn LF hover action to BJO, rec bk R small step in BJO bkng DRW ;  
 15 {**Bk Wsk**} Bk L, -, bk & sd R, XLib to SCP LOD ;  
 16 {**Thru Semi Chasse**} Thru R, fwd L/cl R, fwd L ;  
 17 {**Thru Sd X**} Thru R, -, sd L to fc, XRif to BJO DLW ;

**REPEAT PART A**

- 1-4 WHISK ; OPEN NATURAL ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;  
5-8 TELEMARK TO SCP ; HALF NATURAL; CLOSED IMPETUS ; FEATHER FINISH ;

**REPEAT PART B**

- 1-4 DIAMOND TURN ; ; ; ;  
5-8 REVERSE WAVE 1/2 ; OUTSIDE CHECK ; OUTSIDE CHG TO SCP ; THRU SIDE  
CROSS ;

**ENDING [4]**

**1-4 TWIRL VINE 3 ; THRU VINE 8 ; ; THRU SEMI CHASSE ; TILT RLOD**

- 1 {Twrl Vn 3} Sd L, -, XRib, sd L (*W sd & fwd R trn 1/2 RF under ld hnds, -, sd & bk L trn  
1/2 RF, sd R*) ;  
2-3 {Thru Vn 8} Thru R, sd L, XRib (*W XLib*), sd L ; thru R, sd L, XRib (*W XLib*), sd L ;  
4 {Thru Semi Chasse} Thru R, sd L/cl R, sd L ; tilt RLOD on last note

Sample and purchase at Amazon:

[https://www.amazon.com/dp/B00ASUHGMC/ref=dm\\_ws\\_tlw\\_trk1](https://www.amazon.com/dp/B00ASUHGMC/ref=dm_ws_tlw_trk1)

Song on YouTube: <https://www.youtube.com/watch?v=gs6hz95Z6O8>