

# Creep

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Music: Creep by Karen Souza, 28 BPM

CD "Ballroom Miracles", Track 16, 2:56, speed as on CD

CD "Karen Souza Essentials", Track 2, change speed about +16%

MP3 available from <https://itunes.apple.com/>, change speed about +16%

## Phase VI Slow Foxtrot

### Intro – A – B – C – A – B – C – D – B – End

#### INTRO

- (1-4) Wait 2 meas in closed position DLW Lead feet free;;  
 Step forward, R Lunge; Roll, Recover, Slip DLC;

Measure Cue	Leader (M)	Follower (W)
1-2 Wait 2;;	Wait 2 meas in closed position M facing DLW, lead feet free;;	
3 Step fwd, R Lunge;	fwd L, -, lunge R to DLW,-;	bk R, -, lunge L to back DLW,-;
4 Roll, Recover, Slip;	roll body RF, -, rec L, slip bk R fc DLC;	roll body RF, -, rec R, slip fwd L to back DLC;

#### A

- (1-4) Open Reverse Turn; Hover Corté; Back Whisk; Feather;  
 (5-8) Reverse Wave;; Back Feather; Back Three Step;

1 Open Reverse Turn;	fwd L comm to turn LF, -, turning ¼ LF sd & slightly bk R, bk L CBMP;	bk R comm to turn LF, -, turning ¼ LF sd & slightly fwd L, fwd R CBMP;
	BJO M facing DRC	
2 Hover Corté;	bk R comm to turn LF, -, sd & fwd L turning LF rising to SCP, rec R cont turning LF CBMP;	fwd L comm to turn LF, -, fwd R turning LF to SCP brush L, fwd L cont turning LF CBMP;
	BJO M facing DLC	
3 Back Whisk;	bk L, -, turning RF sd R down DRW, XLibR;	fwd R, -, turning RF sd L down DRW, XRibL;
	SCP both facing DLC	
4 Feather;	fwd R, -, fwd L lead W to turn to CP prepare to step outside ptr, fwd R outside ptr CBMP;	fwd L, -, turning LF to CP sd & slightly bk R, bk L CBMP;
	BJO m facing LOD	
5-6 Reverse Wave;;	fwd L comm to turn LF, -, turn L sd R lead W's heel turn, back L; Bk R, -, bk L, bk R;	bk R comm to turn LF, -, bring L to R heel turn on R and cl L, fwd R; Fwd L, -, fwd R, fwd L;
	CP M facing RLOD	
7 Back Feather;	bk L, -, bk R lead W to prepare to step outside ptr, bk L;	fwd R, -, fwd L prepare to step outside ptr, fwd R outside ptr;
	BJO M facing RLOD	
8 Back Three Step;	bk R, -, bk L, bk R;	fwd L, -, fwd R, fwd L;
	CP M facing RLOD	

## B

(1-4) Open Impetus DLC; Promenade Weave;; Three Step;

(5-8) Natural Hover Cross into Top Spin;;; Change of Direction;

1 Open Impetus;	bk L, -, pull R to L heel turn RF on L sd R, cont turn fwd L;	fwd R, -, sd & fwd L down LOD brush R to L, sd & fwd R;
	SCP both facing DLC	
2-3 Promenade Weave;;	thru R CBMP, -, sd & fwd L comm to turn LF, turning LF sd & bk R preparing to lead partner outside; Bk L CBMP, bk R cont to turn LF, turning LF sd & fwd L preparing to step outside partner, fwd R outside partner CBMP BJO/DLW;	thru L CBMP, -, sd & bk R comm to turn LF, turning LF sd & fwd L; Fwd R outside partner CBMP, fwd L cont to turn LF, turning LF sd & bk R, bk L CBMP facing DRC;
	BJO M facing DLW	
4 Three Step;	fwd L, -, fwd R bring R side fwd and take heel lead, fwd L;	bk R, -, bk L, bk R;
	CP M facing LOD	
5-6 Natural Hover Cross;; 7 Top Spin;	fwd R comm to turn RF, -, turning RF sd L, cont RF turn sd R facing DLC stay on ball of foot; Fwd L outside ptr CBMP SCAR, rec R, sd L turning LF, fwd R outside ptr CBMP facing DRC/ spin 1/8 LF; Bk L CBMP comm to turn LF, turning LF bk R, cont turning LF sd & fwd L preparing to step outside partner, fwd R outside partner CBMP BJO/DLW;	bk L comm to turn RF, -, bring R to L heel turn RF on L cl R, cont RF turn sd L facing DRW stay on ball of foot; Bk R CBMP SCAR, rec L, sd R turning LF, bk L CBMP facing DLW/ spin 1/8 LF;  Fwd R comm to turn LF outside partner CBMP, turning LF fwd L, cont turning LF sd & bk R, bk L CBMP facing DRC;
	BJO M facing DLC	
8 Change of Direction;	fwd L comm to turn LF, -, turning ¼ LF sd R, draw L to R;	bk R comm to turn LF, -, turning ¼ LF sd L, draw R to L;
	CP m facing DLC	

## C

(1-4) Telespin SCP;; Lilt Pivot into Reverse Wave;;

(5-8) Running Spin; Throwaway Oversway; Hover Exit; Feather DLC;

1-2 Telespin SCP;;	fwd L comm to turn LF, -, turn LF sd R lead W's heel turn, back & slightly sd L to SCAR transfer weight late/spin LF on L; Cont spin, cont LF turn sd R, cont LF turn sd L to SCP facing DLW,-;	bk R comm to turn LF, -, bring L to R heel turn on R and close L, turning LF sd & fwd R SCAR/ cont LF turn fwd L; cont LF turn fwd & sd R, cont LF turn sd L, cont LF turn sd R to SCP facing DLW,-;
	SCP both facing DLW	
3-4 Lilt Pivot into Reverse Wave;;	fwd R CBMP rising heel to toe, leading W to fold to CP/ sd & fwd L turning slightly LF, turn L sd R lead W's heel turn, bk L; Bk R, -, bk L, bk R;	fwd L CBMP rising heel to toe, folding to CP/ sd & bk R turning slightly LF, bring L to R heel turn on R close L, fwd R; Fwd L, -, fwd R bring R side fwd and take heel lead, fwd L;
	CP M facing RLOD	
5 Running Spin;	bk L pivoting RF, -, fwd R twd LOD cont RF pivot/ sd & bk L twd DLW, bk R;	fwd R twd LOD pivoting RF, -, bk L twd LOD cont RF pivot/ sd & fwd R, fwd L;
	CP M facing DRW	
6 Throwaway Oversway;	Bk & sd L turning LF, -, cont body turn LF extend R back,-;	Fwd & sd R turning LF, -, cont body turn LF extend L back,-;
7 Hover Exit;	turning body RF, -, sd R rising, sd L to SCP;	turning body RF, -, sd L rising brush R to L, sd R to SCP;
	SCP both facing DLC	
8 Feather;	fwd R CBMP, -, sd L leading W to CP and prepare to step outside ptr, fwd R CBMP outside ptr;	fwd L CBMP, -, turning LF sd R CP, bk L CBMP;
	BJO M facing DLC	

## D

(1-4) Reverse Turn ½; Check & Weave;; Change of Direction;

(5-8) Curving Three Step; Back Curving Three Step; Three Step; Natural Turn ½;

<b>1</b> Reverse Turn ½;	fwd L comm to turn LF, -, turn LF sd R lead W's heel turn, bk L;	bk R comm to turn LF, -, bring L to R heel turn on R and close L, fwd R;
	CP M facing RLOD	
<b>2-3</b> Check & Weave;;	check bk R, -, rec L, sd R comm to turn LF; Bk L CBMP, bk R cont to turn LF, turning LF sd & fwd L preparing to step outside ptr, fwd R outside ptr CBMP BJO/DLW;	check fwd L, -, rec R, sd L comm to turn LF; Fwd R outside ptr CBMP, fwd L cont to turn LF, turning LF sd & bk R, bk L CBMP facing DRC;
	BJO M facing DLW	
<b>4</b> Change of Direction;	fwd L comm to turn LF, -, turning ¼ LF sd R, draw L to R;	bk R comm to turn LF, -, turning ¼ LF sd L, draw R to L;
	CP m facing DLC	
<b>5</b> Curving Three Step;	fwd L curving LF, -, fwd R curving LF, fwd L curving LF;	bk R curving LF, -, bk L curving LF, bk R curving LF;
	CP M facing RLOD	
<b>6</b> Back Curving Three Step;	bk R curving LF, -, bk L curving LF, bk R curving LF;	fwd L curving LF, -, fwd R curving LF, fwd L curving LF;
	CP m facing DLW	
<b>7</b> Three Step;	fwd L, -, fwd R bring R side fwd and take heel lead, fwd L;	bk R, -, bk L, bk R;
<b>8</b> Natural Turn ½;	fwd R comm to turn RF, -, turning RF sd L, bk R facing RLOD;	bk L comm to turn RF, -, bring R to L heel turn RF on L close R, fwd L;
	CP M facing RLOD	

## END

(1-4) Telespin SCP;; Lilt Pivot into Reverse Wave;;

(5-8) Running Spin; Throwaway Oversway; Extend; Rise to Samefoot Lunge Line;

(9-12) Change of Sway; Recover Side, W Roll Out to Side-by-Side;

X-Check W Look, Recover W Look Away; W Walk Away;

<b>1-6</b>	→ C.1-C.6	
<b>7</b> Extend;	extend the line	
<b>8</b> Rise to Samefoot Lunge Line;	turning body RF rec R, -, swiveling W to prep position, lower on R and extend L;	turning body RF rec L, close R, swivel RF, lower on R and extend L;
	Samefoot Lunge Line both facing DLC	
<b>9</b> Change of Sway;	change sway	
<b>10</b> Recover Side;	sd L, -, lead W to roll out sd R, sd L;	fwd L, -, turning LF sd R, cont LF turn sd L;
	Side-by-Side, lead hands joint both facing DLW	
<b>11</b> X-Check, Recover;	X-check R, -, rec L,- release hand hold;	X-check R look at ptr, -, rec L look DLW,- release hand hold;
<b>12</b> W Walk away;	fold arms;	fwd R, -, fwd L,-;