

I LOVE MY FOXTROT

Music: Gunter Noris
Cd: Quickstep & Foxtrot
<https://www.amazon.co.uk/Quickstep-Foxtrot-GUNTER-NORIS-GALA/dp/B00B6GZ2FA>
Track # 7 Time 2:41 Slow Down w/ -5% to Time 2:48
Available from choreographer

Rhythm: Two Step Phase: III

Footwork : Opposite except where (Noted)

Release Date : Sept 25

Choreo: Jos Dierickx Beverlosestwg 14/B2 3583 Paal Belgium

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Sequence : INTRO(1-11) AB INTRO(4-12) AB(1-16) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; CIRCLE BOX ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Circle Box} [Raisg ld hnds] Sd L, cl R, fwd L (W CW trn under jnd ld hnds fwd R, L, R), -; Sd R, cl L, bk R (W RF cont CW trn undr jnd ld hnds fwd L, R, L) to BFLY WALL, -;

PART A

01-04 FACE to FACE ; BACK to BACK ON AROUND ; BACK HITCH 3 ; SCISSOR THRU to FACE ;

{Fc to Fc} Sd L, cl R, sd & fwd L trng LF 3/8 to V-BK-TO-BK, -; {Back to Back On Around} Sd R, cl L, sd R trng LF to L-OP RLOD, -; {Bk Hitch 3} Bk L, cl R, fwd L (W bk R, cl L, fwd R), -; {Scissor Thru to Fc} Sd R twd RLOD, cl L, thru R twd LOD blend to CP WALL, -;

05-08 LEFT TURNING BOX HALF ; ; QUICK VINE 4 ; SLOW PIVOT 2 to WALL ;

{Left Trng Box 1/2} Sd L, cl R, fwd L trn ¼ LF to CP LOD, -; Sd R, cl L, bk R trn ¼ LF to CP COH, -; {Qk Vine 4} [QQQQ To Rlod] Sd L, XRib (W XLib), sd L, XRif trng RF startg to fold ifo W (W XLif) ; {Slow Pivot 2} Bk L LOD pvtg ½ RF (W fwd R betwn M's ft), -, fwd R betwn W's ft pvtg ½ RF to CP COH ;

09-12 LEFT TURNING BOX HALF ; ; HALF A BOX ; SCISSOR THRU to BJO ;

Left Trng Box 1/2} Repeat meas 5,6 Part A to CP RLOD & WALL ; ; {1/2 Box} Sd L, cl R, fwd L, -; {Scissor Thru to BJO} Sd R, cl L, XRif to BJO, -;

13-16 BJO WHEEL 6 to LOD CHECKING ; ; WHALETAIL ; ;

{BJO Wheel 6 to LOD} CW fwd L, R, L, -; R, L, R to BJO LOD Checkg, -; {Whaletail} [QQQQ;QQQQ] XLib, sd R trng RF, fwd L w/ lft shldr ldg, lk Rib to BJO DLW ; Sd L comm LF bdy trn, cl R compg ¼ LF bdy trn, XLif, sd R w/ 1/8 RF bdy trn to BJO LOD ;

17-20 PROGRESSIVE SCISSORS SCAR & BJO CHECKING ; ; FISHTAIL ; WALK & FACE ;

{Progressive Scissors SCAR & BJO Checkg} Sd L, cl R, XLif to SCAR DLW, -; Trng to fc LOD sd R, cl L, XRif to BJO DLC Checkg ; {Fishtail} [QQQQ] XLib, sd R trng RF, fwd L w/ lft shldr ldg, lk Rib to BJO DLW ; {Walk & Fc} [SS] Fwd L, -, fwd R trng RF to CP WALL, -;

PART B

01-04 STROLLING VINE ; ; ; ;

{Strolling Vine} [SS] Sd L, -, XRib, -; Sd L, cl R, sd L trng ½ LF to CP COH, -; [SS] Sd R, -, XLib, -; Sd R, cl L, sd R trng ½ RF to CP WALL, -;

05-08 SLOW OP VINE 4 ; ; 2 TURNING TWO'S ; ;

{Slow OP Vine 4} [S,S;S,S] [Relsg trl hnds] Sd L, -, [relsg trl hnds] XRib (W XLib) trng to LOP RLOD, -; Trng to fc Sd & fwd L, -, XRif (W XLif) to CP WALL, -; {2 Trng Two's} Repeat meas 7,8 Part A ; ;

09-12 VINE 3 & TCH ; WRAP IN 3 & TCH ; UNWRAP in 3 & TCH ; CHANGE SIDES in 3 & TCH ;

{Vine 3 & Tch} Sd L, XRib (W XLib), sd L ckg, tch ; {Wrap in 3 & Tch} [Raisg jnd ld hnds] Sd R, XLib trng ¼ LF, sd & bk R, tch (W trng ¾ LF undr jnd ld arms L, R, L, tch) to WRAP LOD ; {W Unwrap in 3 & Tch} [Relsg ld hnd] Sip L, R, L, tch (W unwraps CW R, L, R, tch) to OP LOD ; {Chng Places} [Raisg trl hnds] Circ RF ½ arnd W fwd R, L, R, tch (W trn ½ LF under raised hnds L, R, L, tch) to BFLY COH, -;

Page 2: I Love My Foxtrot

13-16 CONTINUE CHANGE SIDES to WALL ; ; TWIRL/VINE 2 ; SIDE & THRU ;

{Cont Chng Sides to WALL} Cont trng CW fwd L raisg trl hnds, R, L to LOD (*W cont trng LF under trl hnds fwd R, L, R to Lod*), - ; Contg CW trn fwd R, L, R (*W contg LF trn fwd L, R, L*) to BFLY WALL, -; **{Twirl Vine 2}** [relg trl hnds & raisg jnd ld hnds] Sd L, - , XRib (*W twirl RF under ld hnds R, -, L*) to CP WALL, -; **{Sd & Thru to CP [2^{de} Time: to BFLY}** [S,S] Sd L, -, thru R trng to fc & CP WALL [2^{de} Time: to BFLY], -;

ENDING

01-03 BREAKAWAY TWICE ; ; APART & POINT to PARTNER & EXTEND ARMS ;

{Breakaway x 2} Sd L, bk R trn RF to LOP, rec L trn LF to fcg ptr, -; Sd R, bk L trn LF to OP, rec R trn RF to fcg ptr, -; **{Apt & Pt twd Ptr}** [SS] Apt L, -, pt R twd ptr & raisg ld hnds up & out, -;