

IF I'D ONLY LISENED TO MAMY AND DAD

Music: Leona Williams
<https://itunes.apple.com/greatest hits>
Track # 33 Time 2:30 Slow Down w/ -5%
Available from choreographer

Rhythm: Waltz Phase: IV +1 (Hinge)

Footwork: Opposite except where (Noted)

Release Date: April 18

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Sequence: INTRO AB AB BRIDGE AB(01-06) END



INTRO

01-04 CP DLC LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} CP DLC ld ft free wt 4 meas ; ; ; ;

05-08 DRAG HESITATION ; PIVOT 3 to SCP ; THRU CHASSE to BJO ; FORWARD FACE CLOSE ;

{Drag Hesitation} [SS] Fwd L trng ¼ LF, sd R cont trn, draw L to BJO DRC ; {Pivot 3 to SCP} Bk L pivot ½ RF, fwd R heel lead btwn W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; {Thru Chasse to BJO} [SQ&Q] Thru R, sd to fc ptr sd L/cl R, sd & fwd L (*W thru L, to fc ptr sd R/cl L, trng LF sd & bk R*) blending to BJO LOD ; {Fwd Fc Cl} Fwd R, sd & fwd L trng RF to fc ptr, cl R to CP DLW ;

PART A

01-04 WHISK ; THRU SYNCOPATED VINE ; WEAVE 6 to BJO ; ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {Thru Syncop Vine} [SQ&Q] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; {Weave 6 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ;

05-08 OP NATURAL ; BACK BACK/LOCK BACK ; SPIN TURN ; BOX FINISH ;

{OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet, fwd L*) to BJO DRC ; {Bk Bk/Lk Bk} (SQ&Q) Bk L, bk R/lk Lf, bk R to BJO ; {Spin Turn} Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; {Box Finish} Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

09-12 VIENNESE TURNS ; ; HOVER TELE ; CROSS PIVOT to SCAR ;

{Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; {Hover Tele} Fwd L, fwd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {Cross Pivot to SCAR} Fwd R in frnt of W begin RF trn, sd L cont trn, fwd R (*W fwd L sm stp, fwd R btwn M's ft heel to toe pvt ½ RF, contg trn sd & bk L*) to SCAR DLW ;

13-16 CROSS HOVERS BJO & SCAR ; ; CROSS HOVER to SCP ; CHAIR & SLIP ;

{Cross Hover to BJO & SCAR} XLif, sd R & fwd hvrg, rec L to BJO ; XRif, sd & fwd L sd hvrg, rec R to SCAR ; {Cross Hover to SCP} XLif, sd R & fwd hvrg, rec L (*W XRib, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Turn} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R to BJO DLC ;

05-08 DRAG HESITATION ; PIVOT 3 to SCP ; THRU CHASSE to BJO ; FORWARD FACE CLOSE ;

{Drag Hesitation} Repeat meas 5 Intro ; {Pivot 3 to SCP} Repeat meas 6 Intro ; {Thru Chasse to BJO} Repeat meas 7 Intro ; {Fwd Fc Cl} Repeat meas 8 Intro [2^{de} Time: to BFLY] ;

BRIDGE

01-02 TWIRL VINE ; THRU FACE CLOSE ;

{Twirl Vine} Raisg joined lead hnds Sd L, XRib, sd L (*W sd R start trng RF on ball of R under lead hnds, cont RF trn bk L to fc COH, sd R*) to SCP LOD ; **{Thru Fc Cl}** Thru R, sd L turn to fc, cl R to CP WALL ;

ENDING

01-02 THRU to HINGE & EXTEND ; ;

{Thru to Hinge} Thru R, sd L, lower into L knee & change to L sd stretch R leg extended (*W thru L, sd R, XLIB, lower into L knee with LF upper body rotation*) ; **{Extend}** W/upper body stretch lower trailing hnd to ptr's waist [lower ld hnd to ptr's shldr], extend free arms ;