

Keep Me Warm Foxtrot

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RECORD: I've Got Your Love to Keep Me Warm, Rod Stewart (multiple recordings)
RHYTHM: Foxtrot **PHASE:** III **DEGREE OF DIFFICULTY:** EZ
SPEED: 45 RPM 3:08 **FOOTWORK:** Opposite (noted)
SEQUENCE: INTRO, A, A, B, A, C, B, A (1-8), END

INTRO

1-8 Facing partner 4-6 feet apart Wait;; Walk together (4 slow);; Apart Point; Pick up and Touch (closed LOD); Dip and Recover; Dip and Recover;

1-2 Wait;;

3-8 Walk, -, Walk, -; Walk, -, Walk, -; Stp apt L, -, Pt R, -; Pick up to LOD R, -, Tch L, -; Dip bk L, -, Recover R, -; Dip bk L, -, Recover R, -;

PART A

1-8 Fwd Run 2; Fwd Run 2; Progressive Box;; 2 Left Turns (to the wall);; Vine 3; Through Face Close;

1-8 Fwd, -, Fwd, Fwd; Fwd, -, Fwd, Fwd; Fwd, -, Sd, Cl; Fwd, -, Sd, Cl; Fwd, -, Fwd Trn, Cl; Bk, -, Bk Trn, Cl; Sd, -, XIB, Sd; Thru Trn, -, Sd, Cl;

9-16 Box;;Reverse Box;; Hover; Through Hover (to banjo); Back Hover (to semi); Pickup Side Close (1st and 3rd times); Through Face Close (2nd time);

9-16 Fwd, -, Sd, Cl; Bk, -, Sd, Cl; Bk, -, Sd, Cl; Fwd, -, Sd, Cl; Fwd & Sd Rise, Sd & Fwd; Thru, -, Fwd Rise, Rec (to bjo); Bk, -, Sd & Bk Rise, Rec; Pickup, -, Sd, Cl (1st and 3rd times); Thru Trn, -, Sd, Cl (2nd time);

Repeat A

PART B

1-8 Whisk; Wing; Cross Hover (three times);; Manuver; 2 Right Turns (to face LOD);;

1-8 Fwd, -, Fwd & Sd Rise, XIB; Fwd, -, Draw, Tch (W Fwd, -, Fwd Trn, Fwd Trn;); XIF, -, Sd & Fwd Rise, Fwd & Sd; XIF, -, Sd & Fwd Rise, Fwd & Sd; XIF, -, Sd & Fwd Rise, Fwd & Sd; Fwd Trn, -, Sd, Cl; Bk Trn, -, Sd, Cl; Fwd Trn, -, Sd, Cl;

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Repeat A

PART C

1-16 **Interrupted Box;;; Forward Run 2; Manuver; Spin Turn (to face LOD); Back Box Half;**
Interrupted Box;;; Forward Run 2; Manuver; Overturned Spin Turn 2 (to face wall);
Back Box Half;

1-16 Fwd, - Sd, Cl; Bk, -, Sd, Cl; Fwd, - Sd, Cl; Bk, -, Sd, Cl; (W Interrupted Box – Bk, -, Sd, Cl; Fwd, -, Fwd Trn, Fwd Trn; Fwd Trn, -, Fwd Trn, Fwd Trn; Fwd, -, Sd, Cl;) Fwd, -, Fwd, Fwd; Fwd Trn, -, Sd, Cl; Bk Pvt, -, Fwd Rise, Sd & Bk; Bk, -, Sd, Cl; Fwd, - Sd, Cl; Bk, -, Sd, Cl; Fwd, - Sd, Cl; Bk, -, Sd, Cl; (W Interrupted Box – Bk, -, Sd, Cl; Fwd, -, Fwd Trn, Fwd Trn; Fwd Trn, -, Fwd Trn, Fwd Trn; Fwd, -, Sd, Cl;) Fwd, -, Fwd, Fwd; Fwd Trn, -, Sd, Cl; Bk Pvt (overturned to wall), -, Fwd Rise, Sd & Bk; Bk, -, Sd, Cl;

Repeat B

Repeat A 1-8

ENDING

1-12 **Left turning box;;; Hover (to semi); Manuver; Impetus; Through Face Close; Slow Twisty Vine 4;; Side draw close; Side corte;**

1-12 Sd, Cl, LF Trn 1/4, -; Sd, Cl, LF Trn 1/4, -; Sd, Cl, LF Trn 1/4, -; Sd, Cl, LF Trn 1/4, -; Fwd, -, Fwd & Sd Rise, Sd & Fwd (to semi); Fwd Trn, -, Sd, Cl; Bk, -, Cl Trn, Fwd (W Fwd, -, Sd & Fwd Trn, Fwd); Thru Trn, -, Sd, Cl; Sd, -, XIB, -; Sd, -, XIF, - (W Sd, - XIF, -; Sd, -, XIB, -); Sd, -, Draw, Cl; Sd, -, -, -;

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Sprosty
Phase 3
45 rpm (or slow for comfort)

Intro Facing partner 4-6 feet apart Wait;; Walk together (4 slow);; Apart Point; Pick up and Touch (closed LOD); Dip and Recover; Dip and Recover;

A Fwd Run 2 Twice;; Progressive Box;;
2 Left Turns (to the wall);; Vine 3; Through Face Close;
Box;; Reverse Box;;
Hover; Through Hover (to banjo); Back Hover (to semi); Pickup Side Close;

A Fwd Run 2 Twice[;; Progressive Box;;
2 Left Turns (to the wall);; Vine 3; Through Face Close;
Box;; Reverse Box;;
Hover; Through Hover (to banjo); Back Hover (to semi); Through Face Close;

B Whisk; Wing; Cross Hover (three times);;
Manuver; 2 Right Turns (to face LOD);;

A Fwd Run 2 Twice;; Progressive Box;;
2 Left Turns (to the wall);; Vine 3; Through Face Close;
Box;; Reverse Box;;
Hover; Through Hover (to banjo); Back Hover (to semi); Pickup Side Close;

C Interrupted Box;;;;
Forward Run 2; Manuver; Spin Turn (to face LOD); Back Half Box;
Interrupted Box;;;;
Forward Run 2; Manuver; Overturned Spin Turn 2 (to face wall); Back Half Box;

B Whisk; Wing; Cross Hover (three times);;
Manuver; 2 Right Turns (to face LOD);;

Amod Fwd Run 2 Twice;; Progressive Box;;
2 Left Turns (to the wall);; Vine 3; Through Face Close;

End Left turning box;;;;
Hover (to semi); Manuver; Impetus; Through Face Close;
Slow Twisty Vine 4;; Side draw close; Side corte;