**ANYTHING GOES FOXTROT**

Choreography: Julie & Tony McDonald PO Box 4069 Weston ACT 2611 Email: mcdonlt2339@bigpond.com  
Music: CD – Songs for Swingin’ Lovers – Capital Records – Track #14 by Frank Sinatra  
Speed: As on CD  
Rhythm & Phase: Foxtrot Phase V  
Footwork: Described for M – W opposite (or as noted)  
Timing: Indicates weight changes  
Sequence: Intro A B C B (Mod) A (1-8 Mod) Ending  
Released: August 2012

**INTRODUCTION**

1-4  **LOP FCG DRW WAIT 2;; TOG TOUCH TO CP; FEATHER FINISH;**

1-2  Man face partner and DRW lead hands joined lead feet free – wait 2 measures;;

SQQ  3  Fwd L blending to CP DRW., touch R to L, shape turning upper body RF;

SQQ  4  Back R comm LF turn., side L cont LF turn, fwd R to BJO DLW;

**PART A**

1-4  **THREE STEP; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;**

SQQ  1  L heel lead blending to CP., fwd R heel lead . fwd L in CP DLW;

SQQ  2  Fwd R between W’s feet comm RF turn., fwd & around W L (W Heel Turn), Back R LOD in CP;

SQQ  3  Back L comm RF turn., cl R to L heel turn face LOD, side & back L to CP DLW;

SQQ  4  Back R comm LF turn., side L cont LF turn, fwd R to BJO DLC;

5-8  **REVERSE TURNS;; WHISK; WING TO SCAR;**

SQQ  5-6  Fwd L blend to CP comm LF turn., cont LF turn side & back R (W Heel Turn), Back L in CP RLOD;

SQQ  7  Back R comm LF turn., cont LF turn side L, fwd R to BJO DLW;

SQQ  8  Fwd L., side & fwd R, XLIB of R to SCP DLC;

*(SQQ)*

9-12  **TELEMARK SCP; NAT HOVER FALLAWAY; SLIP PIVOT BJO; OPEN NATURAL;**

SQQ  9  Fwd L comm LF trun., cont LF turn side & fwd R (W Heel Turn), cont LF turn side & fwd L to SCP DLW;

SQQ  10  Thru R comm RF turn, cont RF turn fwd L w/hoovering action in SCP, rec R to SCP DRW;

SQQ  11  Back L, back R turning LF leading W to slip to CP, side & fwd L to BJO DLW (Back R, turning LF fwd L slip to CP, side & back R to BJO);

SQQ  12  Fwd R comm RF turn., fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M’s feet, side & fwd L) to BJO DRC;

13-16  **OUTSIDE SPIN; FEATHER FINISH; HOVER; FEATHER;**

SQQ  13  Turning RF back L small step toe in., side & fwd R DLC around W spin RF on toe, cont. RF turn side & back L (Fwd R turning RF outside M., spinning on toe close L to R, side & fwd R) end CP DRW;

SQQ  14  Back R comm LF turn., side L cont LF turn, fwd R to BJO DLW;

SQQ  15  Fwd L., side & fwd R w/hoovering action (side L brushing), recover L to SCP DLC;

SQQ  16  Thru R., Fwd L, Fwd R DLC/BJO (W Thru L Turn LF Twd Ptr., Side & Back R To BJO, Back L);

**PART B**

1-4  **DIAMOND TURN THREE QUARTERS;; BACK HOVER SCAR/DLW;**

SQQ  1-3  Fwd L comm LF turn., cont LF turn side R, side & back L to BJO DRC;

SQQ  4  Back R comm LF turn., cont LF turn side L, side & fwd R to BJO DRW;

SQQ  5  Fwd L comm LF turn., cont LF turn side R, side & back L to BJO DLW;

SQQ  6  Back R, back L w/hoovering action leading W to SCAR, recover R to SCAR DLW;

5-8  **CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; OPEN NATURAL;**

SQQ  5  Fwd L in SCP,., fwd & side R rising blend to CP, recover L BJO DLC;

SQQ  6  Fwd R in BJO,., fwd & side L rising blend to CP, recover R SCP DLW;

SQQ  7  Fwd L in SCP,., fwd & side R rising blend to CP, fwd L SCP LOD;

SQQ  8  Fwd R comm RF turn., fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M’s feet, side & fwd L) to Contra BJO DRC;

9-12  **OPEN IMPETUS; IN AND OUT RUNS;; SLOW SIDE & LOCK;**

SQQ  9  Back L DLW comm RF turn., cl R to L heel turn, side & fwd L (fwd R outside ptr comm RF turn, fwd & side L cont RF turn, side & fwd R) to SCP LOD;

SQQ  10-11  Fwd R comm RF turn., fwd & side L (W fwd R between M’s feet) cont RF turn, back R to BJO RLOD; back L turn RF,., side & fwd R (W side & fwd L around M) between W’s feet cont turn, fwd L to SCP;

SQQ  12  Thru R., side L turning LF pick up W CP LOD, XRB L face DLC;
13-16 DOUBLE REVERSE; REVERSE WAVE;; DOUBLE BACK LILT;
Fwd L comm LF turn, fwd & side R cont LF turn, touch L to R, hold (back R comm LF heel turn, cl L to R, cont LF turn side & slightly back R, XLIF of R) to CP DLW;
Fwd L blending to CP comm LF turn., fwd & side R cont LF turn (cl heel turn), back L twd DLW; Back R DLW turning LF., back L LOD, back R to CP RLOD;
Lower back L, cl R to L on toes, lower back L, cl R to L on toes;

PART C
1-4 BACK FEATHER; FEATHER FINISH; HOVER TELEMARK; OPEN NATURAL;
Back L, back R blending to BJO, back L;
Back R comm LF turn., side L cont LF turn, fwd R to BJO DLW;
Fwd L, Side & Fwd R, Turn RF To SCP Fwd L DLW;
Fwd R comm RF turn., fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M’s feet, side & fwd R) to BJO DRC;

5-8 OUTSIDE SPIN & TWIST SCP;; NAT TURN HALF; HEEL PULL;
Turn body RF toe in back L small step., side & fwd R DLC around W spin RF on toe, side & back L to CP DRC (turn body RF fwd R outside M., spinning on toe close L to R, side & fwd R); XLIB L w/partial wt, unwind RF changing wt to R, cont RF turn side & fwd L (around M fwd L; fwd R, fwd L turning RF, side & fwd R) end SCP LOD;
Thru R comm RF turn., cont RF turn side & back L (fwd R between M’s feet), back R LOD in CP;
Back L pulling heel to L., turning RF side & fwd R DLC, hold;

9-12 THREE FALLAWAYS;; FEATHER FINISH;
Fwd L comm LF turn., cont LF turn side R with R side stretch, XLIB of R to SCP with R side stretch (back R turning LF., side L, XLIB of L) to SCP DRW;
Back R turning LF to CP DRW., cont LF turn side & back L with L side stretch, cross R well behind L (turning LF fwd L slipping to CP., cont LF turn side and back R to RSCP, cross L well behind R) to RSCP;
Turning LF fwd L to CP DLC., cont LF turn side R with R side stretch, cross L in back of R to SCP with R side stretch (back R turning LF., side L, XLIB of L) to SCP DRW;
Back R comm LF turn., cont side L comm LF turn, fwd R to BJO DLW;

13-16 HOVER TELEMARK; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;
Fwd L comm LF turn., side L & Fwd R, Turn RF To SCP Fwd R DLW;
Thru R comm RF turn., cont RF turn side & back L (fwd R between M’s feet), back R LOD in CP;
Back L comm RF turn., cl R to L heel turn face LOD, side & back L to CP DLW;
Back R., side L to face LOD, fwd R to BJO DLC;

PART B (Mod)
1-8 DIAMOND TURN THREE QTRS;; BACK HOVER SCAR/DLW;
X HVR BJO; X HVR SCAR; X HVR SCP; OPEN NATURAL;
OPEN IMPETUS; IN AND OUT RUNS;; SLOW SIDE & LOCK;
DOUBLE REVERSE; REVERSE WAVE 3; CHECK & WEAVE;;
1-13 Repeat Part B 1-13;
Fwd L comm LF turn., fwd & side R cont LF turn (W heel turn), back L twd DLW in CP;
Back R Checking., fwd L turning LF DRW, side & back R to BJO; Back L in BJO, Back R Comm LF turn, Side L Cont LF turn, fwd R to BJO DLW;

PART A (1-8 Mod)
1-4 THREE STEP; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;
REVERSE TURNS;; HOVER BFLY; SYNC VINE;
7 Fwd L, side & fwd R w/hovering action (side L brushing), recover L SCP DLC blending to BFLY;
Thru R., side L, XLIB L’side L;

ENDING
THRU QUICK SERPIENTE;; QUICK VINE 5;; & SIDE CORTE,;
1-2 Thru R, side L, XLIB R, flair L CCW; XLIB R, side L, thru L, flair R CCW;
Thru R, side L, XLIB L, side L; thru R, hold, side L stretching L side raising lead hands lowering trail hands looking to RLOD;