DON'T FORGET TO REMEMBER

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Music: Don't Forget To Remember  Artist: The Bee Gees  Album: Number Ones, Track # 6
Available as a single download from www.amazon.com

Time/Speed: Time @ RPM: 3:27 @ 45 [20 MPM] as downloaded - speed up or slow down to suit
Suggested speed: 3:10 @ 48.8 [+8%][22 MPM]

Footwork: Opposite unless indicated (Woman's footwork in parentheses)

Rhythm/Phase: Bolero  Phase 3+1 [Hip Rocks]

Degree of Difficulty: EASY

Sequence: INTRO  A  B  A  B  END

MEAS:

INTRODUCTION

1-4 CUDDLE POSITION  MAN FACING WALL  LEAD FEET FREE  WAIT 2 MEAS ; ;  HIP LIFT TWICE ; ;
1-2 Wait ;  Wait ;
3 {HIP LIFT} Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower hip (W Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower hip);
4 {HIP LIFT} Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower hip (W Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower hip);

PART A

1-4 BASIC ; ;  UNDERARM TURN TO BFLY ;  SHOULDER TO SHOULDER ;
1 {BAS} Sd L w/ body rise, -, bk R w/ slipping action, fwd L (W Sd R w/ body rise, -, fwd L w/ slipping action, bk R);
2 Sd R w/ body rise, -, fwd L w/ slipping action, bk R (W Sd L w/ body rise, -, bk R w/ slipping action, fwd L);
3 {UNDRM TRN TO BFLY} Sd L w/ body rise, -, XRib of L lowering, fwd L to BFLY (W Sd R w/ body rise commence RF trn under jnd lead hnds, -, XLif lowering & cont trng 1/2 RF, fwd R complete RF trn to fc ptr in BFLY);
4 {SHLDR-SHLDR} Sd R w/ body rise, -, XLif to BFLY SCAR lowering, bk R trng to fc ptr (W Sd L w/ body rise, -, XRIB BFLY SCAR lowering, fwd L to fc ptr);
5-8 SPOT TURN TO BFLY ;  OPEN BREAK TO CP ;  HIP ROCK 3 TWICE ; ;
5 {SPT TRN TO BFLY} Sd L w/ body rise commence LF body trn, -, XRif lowering & cont 1/2 LF trn on R, fwd L comp 1/4 trn to fc ptr (W Sd R w/ body rise commence RF body trn, -, XLif lowering & cont 1/2 RF trn on L, fwd R comp 1/4 trn to fc ptr);
6 {OP BRK TO CP} Sd & fwd R w/ body rise to LOP FCG, -, bk L lowering, fwd R to CP WALL (W Sd & bk L w/ body rise to LOP FCG, -, bk R lowering, fwd L to CP COH);
7 {HIP RK 3} Rk sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll (W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll);
8 {HIP RK 3} Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll (W Rk sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll);
9-12 1/2 BASIC ; ;  BREAK BACK TO OP LOD ;  BOLERO WALK 3 ;  ROLL LADY ACROSS TO LOP LOD ;
9 {1/2 BAS} Sd L w/ body rise, -, bk R w/ slipping action, fwd L (W Sd R w/ body rise, -, fwd L w/ slipping action, bk R);
10 {BRK BK TO OP LOD} Sd R w/ body rise, trn LF to OP LOD, bk L w/ slipping action, fwd R (W Sd L w/ body rise, trn RF to OP LOD, bk R w/ slipping action, fwd L);
11 {BL WLK 3} Fwd L w/ body rise, -, fwd R, fwd L (W Fwd R w/ body rise, -, fwd L, fwd R);
12 {ROLL LADY ACRS TO LOP LOD} Slight fwd R w/ body rise, release R hnd as W commences a LF trn, fwd L lowering, fwd R ending in LOP fcg LOD (W Fwd & sd L acrs LOD w/ body rise, commence trng LF, sd & fwd R cont LF trn, sd & fwd L comp LF trn to fc LOD);
13-16 BOLERO WALK 6 ; ;  ROLL LADY ACROSS TO OP LOD ;  BOLERO WALK 3 TO BFLY ;
13 {BL WLK 6} Fwd L w/ body rise, -, fwd R, fwd L (W Fwd R w/ body rise, -, fwd L, fwd R);
14 Fwd R w/ body rise, -, fwd L, fwd R (W Fwd L w/ body rise, -, fwd R, fwd L);
15 {ROLL LADY ACRS OP LOD} Slight fwd L w/ body rise, release L hnd as W commences a RF trn, fwd R lowering, fwd L ending in OP fcg LOD (W Fwd & sd R acrs LOD w/ body rise, commence trng RF, sd & fwd L cont RF trn, sd & fwd R comp LF trn to OP LOD);}
16  \{BL WLK 3 TO BFLY\} Fwd R w/ body rise, -, fwd L, fwd R trng to BFLY WALL \(W\) Fwd L w/ body rise, -, fwd R, fwd L trng to BFLY COH;

**PART B**

1-4  
**NEW YORKER TWICE ; ; FENCE LINE ; LUNGE BREAK TO BFLY ;**

1  \{NY\} Sd L w/ body rise, -, fwd R w/ slipping action lowering & commence LF trn to side by side position, bk L commence RF trn to fc ptr \(W\) Sd R w/ body rise, -, fwd L w/ slipping action lowering & commence RF trn to side by side position, bk R commence LF trn to fc ptr;

2  \{NY\} Sd R w/ body rise, -, fwd L w/ slipping action lowering & commence RF trn to side by side position, bk R commence LF trn to fc ptr \(W\) Sd L w/ body rise, -, fwd R w/ slipping action lowering & commence LF trn to side by side position, bk L commence RF trn to fc ptr;

3  \{FNC LINE\} Sd L w/ body rise, -, X lun thru R w/ bent knee looking to L, bk R \(W\) Sd R w/ body rise, -, X lun thru L w/ bent knee looking to R, bk L;

4  \{LUN BRK TO BFLY\} Sd & fwd R w/ body rise to LOP FCG, -, commence slight RF body trn lowering on R leading W bk extend L to sd & bk, commence slight LF body trn rising on R to rec \(W\) Sd & bk L w/ body rise to LOP FCG, -, bk R w/ contra ck like action, fwd L;

5-8  
**SHOULDER TO SHOULDER TWICE ; ; FENCE LINE WITH ARM SWEEP TWICE ; ;**

5  \{SHLDR-SHLDR\} Sd L w/ body rise, -, Xrif to BFLY BJO lowering, bk R trng to fc ptr \(W\) Sd R w/ body rise, -, XLif BFLY BJO lowering, fwd R to fc ptr;

6  \{SHLDR-SHLDR\} Sd R w/ body rise, -, XLif to BFLY SCAR lowering, bk R trng to fc ptr \(W\) Sd L w/ body rise, -, XRib BFLY SCAR lowering, fwd L to fc ptr;

7  \{FNC LINE W/ ARM SWEEP\} Sd L w/ body rise commence raising R arm up & over to L, cont arm sweep to L, X lun thru R w/ bent knee looking to L commence moving R arm bk to R, bk R endg in BFLY \(W\) Sd R w/ body rise commence raising L arm up & over to R, cont arm sweep to R, X lun thru L w/ bent knee looking to R commence moving L arm bk to L, bk L endg in BFLY;

8  \{FNC LINE W/ ARM SWEEP\} Sd R w/ body rise commence raising L arm up & over to R, cont arm sweep to R, X lun thru L w/ bent knee looking to R commence moving L arm bk to L, bk L endg in BFLY \(W\) Sd L w/ body rise commence raising R arm up & over to L, cont arm sweep to L, X lun thru R w/ bent knee looking to L commence moving R arm bk to R, bk R endg in BFLY;

9-12  
**1/2 BASIC ; LUNGE BREAK ; SPOT TURN TO CP ; HIP LIFT ;**

9  \{1/2 BAS\} Same as Part A meas 9;

10  \{LUN BRK\} Same as Part B meas 4;

11  \{SPT TRN TO CP\} Same as Part A meas 5 except end in CP;

12  \{HIP LIFT\} Same as Introduction meas 4;

13-16  
**UNDERARM TURN ; REVERSE UNDERARM TURN LADY WRAP TO LOD ; BOLERO WALK 3 ; THRU FACE CLOSE TO CUDDLE POSITION ;**

13  \{UNDRM TRN\} Same As Part A meas 3;

14  \{REV UNDRM TRN LADY WRP TO LOD\} Sd R w/ body rise, -, XLif R lowering, bk L leading W to trn LF to WRPD POS LOD \(W\) Sd L w/ body rise, commence LF trn under jnd lead hnds, Xrif lowering & cont trn 1/2 LF, fwd L cont LF trn to WRPD POS LOD;

15  \{BL WLK 3\} Same as Part A meas 11 except done in wrapped position;

16  \{THRU FC CL TO CUDDLE POS\} Thru R w/ body rise, fwd L trng to fc ptr & lowering, cl R to end in CUDDLE POS WALL \(W\) Thru L w/ body rise, fwd R trng to fc ptr & lowering, cl L to end in CUDDLE POS COH;

**REPEAT PART A**

**REPEAT PART B**

**END**

1-2  
**DIP BACK WITH A LEG CRAWL ; EMBRACE ;**

1  \{DIP BK W/ LEG CRAWL\} Bk L w/ bent knee keep R leg straight, stretch L sd up & bk leading W to a leg crawl, -, - \(W\) Fwd R w/ bent knee, commence raising L leg up M's R leg, -, -;

2  \{EMBRACE\} Bring both arms down to enfold ptr & lower head to tch her head, hold, -, - \(W\) Slide both arms around ptr's neck & lower head to his shoulder, hold, -, -;