EMBRACEABLE YOU

Choreo: Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music: Columbia COCS-11736 CD Track 2
or available from choreographer on MP3 file or others
Rhythm: Foxtrot Phase V + 1 [Traveling Hover Cross] + 1 [Tipple Chasse Pivot]
Sequence: Intro - A - B - A - Bmod
Timing: SQQ unless noted by side of measure
Footwork: Opposite except where noted

INTRO

1 - 4 WAIT;; CL IMPETUS; FEATHER FIN;
1-2 {Wait} CP RLOD lead ft free wait 2 meas;
3 {Closed Impetus} Comm RF upper body trn bk L flex knee,-, cl R heel trn, cont trn bk & sd L
(W comm RF upper body trn fwd R between M’s feet flex knee,-, sd & fwd L cont trn
around M brush R to L, fwd & sd R between M’s feet) end CP DLW;
4 {Feather Finish} Bk R comm trn LF,-, sd & fwd L cont trn, fwd R in CBMP end Bjo DLC;

PART A

1 - 4 REV WAVE; CHK & WEAVE;; CURVING 3;
1 {Reverse Wave} Fwd L trn 1/4 LF,-, sd R (W cl L heel trn), bk L twd DLW end CP DRC;
2-3 {Check & Weave} Slip bk R with slight contra chk action,-, rec L trn LF, sd R lead W to
outsd ptr; with right sd stretch bk L in CBMP. bk R to momentary CP cont trn LF,
sd & fwd L cont trn with left sd stretch, fwd R in CBMP end Bjo DLW;
4 {Curving Three Step} Fwd L comm trn LF,-, fwd R well under body with right sd stretch
cont trn, with right sd stretch fwd L well under body cont trn end CP DRC;

5 - 8 BK CARVING 3; THREE STEP; TRAVELING HVR X;;
5 {Back Curving Three Step} Bk R comm trn LF,-, bk L well under body with left sd stretch
cont trn, with left sd stretch bk R well under body cont trn end CP DLW;
6 {Three Step} Fwd L with heel lead,-, fwd R on flat, rising on R fwd L on toe end CP DLW;
7-8 {Traveling Hover Cross} Fwd R comm trn RF with left sd stretch,-, sd L cont trn left sd
stretch, sd R twd DLW (W bk L comm trn RF,-, cl R heel trn, cont trn sd L)
with right sd stretch fwd L across R in CBMP, fwd & sd R blend to CP, fwd L blend to Bjo,
with left sd stretch fwd R outsd ptr in CBMP end Bjo DLC;

9 - 11 OPN TELE; OPN NAT; OUTSD CHG TO SCP;
9 {Open Telemark} Fwd L comm trn LF,-, sd R cont trn, sd & fwd L (W bk R comm trn LF,-,
cl L heel trn, sd & fwd R) end SCP DLW;
10 {Open Natural} Comm upper body trn RF thru R,-, sd L cont trn, lead W to step outsd ptr
bk R to CBMP (W thru L,-, fwd R between M’s feet, fwd L outsd ptr) end Bjo RLOD;
11 {Outside Change To SCP} Bk L,-, bk R trn LF, sd & fwd L (W sd & fwd R) end SCP DLW;
12 - 16 ZIG ZAG; THREE STEP; NAT TRN; HEEL PULL FEATHER END;

SOQQQ 12-13.5 [Zig Zag] Thru R comm trn RF, ld S L prepare to lead W to outsd ptr cont trn, XRB comm trn LF; with left sd stretch ld S L cont trn, fwd R in CBMP outsd ptr end Bjo DLW;

13.5-14.5 [Three Step] Repeat meas 6 Part A end CP DLW;

14.5-15.5 [Natural Turn One Half] Comm upper body trn RF fwd R, sd L cont trn to fc RLOD, bk R (W bk L, cl R heel trn, fwd L) end CP RLOD;

SOQQQ 15.5-16 [Heel Pull Feather Ending] Bk L comm trn RF, cont trn on L heel pull R then past L and slightly apart from L transfer wgt to R, flex knees, fwd L twd DLC, fwd R outsd ptr in CBMP (W fwd R comm trn RF; sd L cont trn, draw R to L flex knees, bk R, bk L in CBMP) end Bjo DLC;

PART B

1 - 4 MINI TELESPIN; CONTRA CHK & SWITCH; CURVED FEATHER CHK;

SOQQ& 1-2 [Mini Telespin] Fwd L comm trn LF, sd R cont trn, bk & sd L no wgt pressure insd edge of toe/trn body LF to lead W to CP comm spin LF; fwd L cont spin draw R to L under body, cl R flex knees, hold, (W bk R comm trn LF, cl L heel trn, fwd R/fwd L trn LF twd ptr; fwd R to CP head to left spin LF draw L to R under body, cl L flex knees, hold,)

QOS end CP DRC;

3 [Contra Check & Switch] Comm upper body trn LF flex knees with strong right sd lead chk fwd L twd DLC in CBMP, rec R comm strong trn RF leave L ft almost in pl, cont strong trn rec L with soft knees (W comm upper body trn LF flex knees with strong left sd lead bk R in CBMP look well left, rec L comm strong trn RF leave R ft almost in pl, cont strong trn rec R between M’s feet with soft knees) end CP DLW;

4 [Curved Feather Check] Fwd R comm trn RF, with left sd stretch cont trn fwd L, fwd R outsd ptr in CBMP chkg (W bk L, staying well in M’s R arm with right sd stretch cont trn sd & bk R, cont upper body trn bk L in CBMP chkg) end Bjo DRW;

5 - 8 OUTSD SWVL LILT PVT; QK HINGE; HVR EXIT TO SCP; CHAIR & SLIP;

SOQQ& 5 [Outside Swivel Lilt Pivot] Bk L leave R ft fwd lead W to swivel RF to SCP RLOD, thru R with liling action body trn LF pick W up, fwd L then lower pivot LF (W fwd R swivel RF, thru L with liling action trn LF to fc ptr, bk R then lower pivot LF) end CP DRW;

QQ&S 6 [Quick Hinge] Bk R trn LF to fc Wall, sd & slightly fwd L comm left sd stretch/cont left sd stretch lead W to cross her L bhd her R keeping her left sd in to ptr, relax L knee to sway light look at ptr, (W fwd L trn LF, sd R with right sd stretch swivel LF on R/XLIB keep left sd of body in to ptr, relax L knee head well left with shoulders almost parallel to ptr with no wgt on R,);

7 [Hover Exit To SCP] Take partial wgt to R with body rotation RF lead W to step fwd, take full wgt to R with hovering action blend to SCP, sd & fwd L (W rec fwd R comm trn RF, sd & fwd L cont trn with hovering action, sd & fwd R) end SCP LOD;

8 [Chair & Slip] Chk thru R with lunge action, rec L no rise, slip bk R (W chk thru L with lunge action, rec R no rise, swivel LF on R fwd L) end CP DLC;

“Embraceable You” (Continued)
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9 - 12 REV FALLAWAY TO BJO: BK TO VIEN X: DBL REV: TRN L & R CHASSE;

QQQ 9 {Reverse Fallaway To Bjo} Fwd L trn LF with right sd stretch, sd R cont stretch, XLIB in CBMP with right shoulder lead, bk R lead W to trn LF to Bjo (W bk R trn LF, sd L, XRIB, trn LF fwd L outsd ptr in CBMP) end Bjo RLOD;

QQQ 10 {Back To Viennese Cross} Bk L well under body in CBMP comm trn LF, bk R cont trn, sd L, cont trn cl R (W fwd R outsd ptr in CBMP comm trn LF, fwd L cont trn, sd R, cont trn lk LIF) end CP DLC;

11 {Double Reverse Spin} Fwd L comm trn LF,-, sd R, spin LF on ball of R bring L beside R no wgt with flex knees

(SOQ&) (W bk R comm trn LF,-, cl L heel trn, sd & slightly bk R cont trn/lk LIF) end CP DLC,

SQ&Q 12 {Turn Left & Right Chasse} Fwd L comm trn LF,-, sd R/cl L, sd R cont trn end Bjo DRC;

13 - 16 BK DBL LILT; TIPPLE CHASSE PVT; SPIN TRN; FEATHER FIN;

QQQ 13 {Back Double Lilt} In Bjo bk L in CBMP, cl R rising on toe but keeping knees bent, again,,

SQ&Q 14 {Tipple Chasse Pivot} Comm upper body trn RF bk L,-, cont trn sd R with left sd stretch/cl L, cont trn sd & fwd R twd LOD Pivot 1/2 RF end CP RLOD;

15 {Spin Turn} Comm upper body trn RF bk L pivot 1/2 RF,-, fwd R between W’s feet cont trn leave L leg bk & sd, rec sd & bk L (W fwd R between M’s feet pivot 1/2 RF,-, bk L cont trn brush R to L, sd & fwd R) end CP DLW;

16 {Feather Finish} Repeat meas 4 Intro;

REPEAT PART A

PART B mod

1 - 14 MINI TELESPIN:: CONTRA CHK & SWITCH:: CURVED FEATHER CHK:
OUTSD SWVL LILT PVT; QK HINGE; HVR EXIT TO SCP; CHAIR & SLIP;
REV FALLAWAY TO BJO; BK TO VIEN X; DBL REV; TRN L & R CHASSE;
BK DBL LILT; TIPPLE CHASSE PVT;

1-14 Repeat meas 1 thru 14 Part B;;;;;;;;

15 - 16 SPIN OVRTRN; QK BK TO CHAIR:

15 {Spin Over Turn} Comm upper body trn RF bk L pivot 1/2 RF,-, fwd R between W’s feet cont trn 3/8 RF leave L leg bk & sd, rec sd & bk L (W fwd R between M’s feet pivot 1/2 RF,-, bk L cont trn brush R to L, sd & fwd R) end CP DRW;

QQS 16 {Quick Back To Chair} Bk R blend to SCP LOD, sd & fwd L (W sd & fwd R), cross lunge thru R with bent knee look LOD,-;
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<td>BACK CURVING 3</td>
<td>CONTRA CHECK &amp; SWITCH</td>
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<td>&lt;HEEL PULL FEATHER END</td>
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(CP RLOD LEAD FOOT FREE)