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 e-mail : d-doi@tcp-ip.or.jp
Rhythm : Foxtrot Phase V + 1 [Traveling Hover Cross] + 1 [Tipple Chasse Pivot]
Sequence : Intro - A - B - A - Bmod
Speed : 29 RPM
Timing : SQQ unless noted by side of measure
Difficulty : Average
Footwork : Opposite except where noted
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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
      outsde 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 cont 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 outsde 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 outsde ptr
      bk R to CBMP (W thru L, - fwd R between M’s feet, fwd L outsde 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:;;**

SQQQ

12-13.5  {Zig Zag} Thru R comm trn RF,-, sd L prepare to lead W to outsdt ptr cont trn, XRIB comm trn LF; with left sd stretch sd L cont trn, fwd R in CBMP outsdt 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,

SOQQ

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 outsdt 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 TELLESPIN:;; CONTRA CHK & SWITCH: CURVED FEATHER CHK:**

SQQ&QOS

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,-) 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 outsdt 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:**

SQQQ&QQS

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

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 paralel 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)

9 - 12  REV FALLAWAY TO BJO: BK TO VIEN X; DBL REV; TRN L & R CHASSE:

{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;

{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;

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

{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;

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

{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;

{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;

{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;

{Back Double Lilt}  TIPPLE CHASSE PVT; SPIN TRN: FEATHER FIN;

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

15 - 16  SPIN OVRTRN: QK BK TO CHAIR;

{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;

{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,−;