EXACTLY LIKE YOU FOXTROT

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Exactly Like You Track 1 CD: The Sinatra Project by Michael Feinstein
Foxtrot, Phase V+2 Released: 2/22/09 Download: Rhapsody
INTRO, A, A, B, C, INT, B MOD, END Speed: As on CD or slow for comfort

INTRO

1-4 WAIT; CROSS ARMS & LUNGE; BEHIND VINE 4; SLOW BEHIND,-; SD HOOK IN FRONT,-;

Wait -S 1-2 [Wait] Wait 1 meas fc ptr & wall lead ft free no hnds; [Cross Arms & Lunge] Cross both arms in front of chest as get ready to push off trailing ft,-, lunge sd L with sway to RLOD,,-;


5-8 UNWIND; HOVER; FEATHER; ZIG ZAG 2 & BK LILT 2;

- 5-6 [Unwind] Trn LF to slowly unwind to fc ptr; [Hover] Fwd L,,-;

SQQ 7-8 [Feather] Fwd R,,-, fwd L, fwd R to BJO DC (W fwd L,,-, trn LF to step sd & bk R, bk L in BJO); [Zig Zag Bk Lilt] Fwd L trn LF, sd R to fc DRC (W cl L), with lifting action bk L, bk R;

9-12 HESITATION CHG TRANS; MONKEY WALKS 4;; FEATHER TRANS;

SS 9-10 [Hesit Chg Trans] Bk L trn RF,,-, sd R start to trn W to skaters, draw L to R in skaters (W fwd R trn RF,,-, sd L trn RF ½, small sd R to end in skaters); [Monkey Walks 4] Both bring L ft fwd with small circle action twd COH & step sd & fwd with W’s L ft XIF of M’s R leg,,-, both bring R ft fwd with small circle action twd wall & step sd & fwd with M’s R ft XIF of W’s L leg,,-;

SS 11-12 [Fin Monkey Walks] Both bring L ft fwd with small circle action twd COH & step sd & fwd with W’s L ft XIF of M’s R leg,,-, both bring R ft fwd with small circle action twd wall & step sd & fwd with M’s R ft XIF of W’s L leg,,-,[Feath Trans] Hold as lead W fwd by lifting L arm,,-, fwd L, fwd R to BJO pos DC (W fwd L start LF trn,,-, sd & bk R, bk L to BJO);

PART A

1-4 OPEN REV; OPEN FIN; 3-STEP; NATURAL WEAVE 3;

SQQ 1-2 [Open Rev] Fwd L start LF trn,,-, sd R, bk L to BJO fc RLOD;

SQQ [Open Fin] Bk R start LF trn,,-, sd L cont LF trn, fwd R in BJO DW;

SQQ 3-4 [3-Step] Fwd L blend to CP,,-, fwd R heel lead, fwd L; [Nat Weave 3] Fwd R start RF trn,,-, sd L with L sd stretch under ¼ RF trn, R sd lead bk R DC prepare to lead W to BJO (W bk L
start RF trn,-, R ft cl to L heel trn, fwd L);

5-8 **BK LILT 2-,-, FIN WEAVE,,-,-, FWD,,-; RT LUNGE ROLL & SLIP; DBL REV:**

QQQQ 5-6 **{Bk Lilt 2 Fin Weave & Fwd}** Bk L, bk R in BJO with slight lilting action, with R sd streth bk L in CBMP, bk R start LF trn passing thru CP; with L sd stretch sd & fwd L prepare to step outside ptr trn $\frac{1}{4}$ btwn 5 & 6 body trns less, L sd stretch fwd R in CBMP outside ptr DW (W fwd R in BJO, fwd L start LF trn thru CP; sd R $\frac{1}{8}$ trn btwn 5 & 6, R sd stretch bk L $\frac{1}{8}$ trn btwn 6 & 7 body trns less), fwd L trn body RF,-;

QQ 7-8 **{Rt Lunge Roll & Slip}** Flex L knee move sd & slightly fwd onto R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make body trn RF,-, bk L cont RF body trn, slip bk R under body with LF body trn to fc DC; **{Dbl Rev}** Fwd L start LF trn,-, sd & fwd R arnd W spin on R & draw L to R,- (W bk R start LF trn,-, cl L to R for heel trn/ sd & slgt bk R cont LF trn, XLIF of R end CP);

**REPEAT A**

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**PART B**

1-4 **OPEN REV; REV TWIRL TRANS TO SKATERS; DIAMOND TRN;;**

QQQ 1-2 **{Open Rev}** Fwd L start LF trn,-, sd R, bk L to BJO fc RLOD;

QQQ **{Rev Twirl Trans to Skaters}** Bk R start LF trn,-, sd L cont LF trn raise lead hnds to start rev twirl, fwd R in skaters DW (W fwd L start LF trn,-, sd & bk R start LF twirl under lead hnds/ cl L cont twirl, fwd R end in skaters same ft work);

QQQ 3-4 **{Diamond Trn}** Fwd L trn LF,-, sd R, bk L in skaters DC; bk R trn LF,-, sd L, fwd R in skaters fc DRC;

5-8 **CONT DIAMOND TRN CHECKING;; OPEN WHALETAIL;;**

QQQ 5-6 **{Cont Diamond Trn Checking}** Fwd L trn LF,-, sd R, bk L in skaters DRW; bk R trn LF,-, sd L, fwd R checking DW;

QQQQ 7-8 **{Whaletail}** Same ft work XLIB of R body starts to trn RF, small step sd R complete $\frac{1}{4}$ RF body trn, fwd L with L shoulder lead, XRIB of L; sd L start LF body trn, cl R complete $\frac{1}{4}$ LF body trn, XLIB of R start RF body trn, sd R complete $\frac{1}{4}$ RF body trn;

9-12 **LADY ROLL SD BY SD; FRONT VINE 4; CONTINUOUS CROSS CHECKS IN 7;;**

QQQ 9-10 **{Lady Roll Out Sd by Sd}** Rk 3 sd L start the lady’s roll across,-, recov R, sd L feing wall in LOP (W sd & fwd L start LF roll,-, sd R cont roll, sd L to LOP); **{Front Vine 4}** XRIF of L, sd L, XRIB of L, sd L;

QQQQ 11-12 **{Cont Cross Checks in 7}** Sending the leg in front of body XRIF of L causing a stretch in L sd of body, recov L, sd R, sending the leg in front of the body XLIF of R causing a stretch in R sd of body; recov R, sd L, XRIF of body,-;
13-16 & FRONT LIMP UNWIND FC WALL; SD BY SD HOVER; MAN ROLL ACROSS; LADY RUN 4 TO SHADOW;

{& Front Limp Unwind} On the & ct sd L with a lilt/ XRIF of L like a front limp and solo unwind LF to end LOP fc wall; {Sd by Sd Hover} Fwd L,-, sd R with rising action, recov L trn slghtly twd LOD;

{Man Roll Across} Preparing to chg sds fwd R, fwd L start LF trn, sd R cont LF trn, sd L end in OP fc wall W on W’s L sd (W chk thru on the R, recov L, rk sd R, recov L to OP); {Lady Run 4 to Shadow} Chk thru on R, recov L, rk sd R, recov L keeping R sd bk to allow W to run up beside you in skaters pos (W run fwd 4 R, L, R, L to end skaters DW);

PART C

1-4 3 STEP KICKS & VINE 2;; 3 STEP KICKS & VINE 2;;
{3 Step Kicks & Vine 2} Both fwd R, kick L across R, fwd L, kick R across L; fwd R, kick L across R, vine twd COH sd L, XRIB of L;

{3 Step Kicks & Vine 2} Both fwd L, kick R across L, fwd R, kick L across R; fwd L, kick R across L, vine twd wall sd R, XLIB of R;

5-8 MONKEY WALK 4;; 2 SHADOW RIGHT TURNS;;
{Monkey Walk 4} In skaters pos both bring R ft fwd with small circle action twd wall & step sd & fwd with M’s R ft XIF of W’s L leg,-, both bring L ft fwd with small circle action twd COH & step sd & fwd wth W’s L ft XIF of M’s R leg,-; bring R ft fwd with small circle action twd wall & step sd & fwd wth M’s R ft XIF of W’s L leg,-, both bring L ft fwd wth small circle action twd COH & step sd & fwd wth W’s L ft XIF of M’s R leg,-;

{2 Shadow Rt Trns} Strong fwd R start RF trn,-, sd L M stronger step to stay to L sd of W, bk R fc RLOD; bk L cont LF trn,-, sd R smaller step than W to keep W on R sd, fwd L DC;

9-12 FEATHER TRANS (LADY IN 4); REV WAVE CHECK & WEAVE;;;
{Feath Trans} Fwd R,-, fwd L, fwd R to BJO DC (W fwd R, fwd L trn LF, sd & bk R, bk L to BJO); {Rev Wave 3} Fwd L start LF body trn,-, sd R fc DRC, bk L (W bk R start LF trn,-, cl L to R heel trn, fwd R in CP);

{Chk & Weave} Slip R foot bk under body with slght contra check action,-, fwd L start LF trn, sd R 1/8 of a LF trn with R sd lead; bk L in CBMP cont LF trn 1/8, bk R to momentary CP cont LF trn, sd & fwd L with L sd stretch trn 1/4 LF body trns less, fwd R in CBMP DW;

13-16 HOVER TELEMARK; OPEN NAT URAL; BK Shimmy Walks; IMPETUS TO SEMI;
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13-14 {Hover Telemark} Fwd L, diag & fwd R rising with body trn 1/8 RF, fwd L to SCP DW; {Open Nat} Start RF upper body trn fwd R, sd L across LOD, cont RF upper body trn to lead ptr to step outside bk R BJO fc RLOD (W fwd L, fwd R, fwd L);

15-16 {Bk Shimmy Walks} In BJO fcing RLOD bring lead hnds down to waist level do 4 contra bk walks bk L with R sd bk, bk R with L sd bk, bk L with R sd bk, bk R with L sd bk the join lead arms will feel like they are swinging with the contra body walks but don’t move past hips (W fwd R with L sd fwd bring head in to look at M L, fwd L with R sd fwd, fwd R with L sd fwd, fwd L R sd fwd); {Imp to Semi} Start RF trn bk L, cl R to L heel trn, fwd L to SCP DC (W begin to cl head fwd R in BJO, cl L arnd the M brush R to lead arms up to SCP, step fwd R in SCP);

INTERLUDE

1-2 FEATHER; DBL REV;

1-2 {Feath} Fwd R, fwd L, fwd R to BJO DC (W fwd L start LF trn, sd & bk R, bk L); {Dbl Rev} Fwd L start LF trn, sd & fwd R arnd W spin on R & draw L to R, (W bk R start LF trn, cl L to R for heel trn, sd & slgt bk R cont LF trn, XLIF of R end CP);

REPEAT MEAS 1-15 OF PART B

16 FRONT VINE 4;

16 {Front Vine 4} XRIF of L, sd L, XRB of L, sd L;

ENDING

1-4 (SWITCHING GRAPE VINE) LADY ACROSS; FRONT VINE 4; MAN ACROSS; FRONT VINE 4;

1-2 {Switching Grape Vine Lady Across} Chk thru on R, recov L, rk sd R, recov L (W preparing to chg sdks fwd R, fwd L start LF trn, sd R cont LF trn, sd L end in LOP fc wall W on M’s L sd); {Front Vine 4} XRIF of L, sd L, XRB of L, sd L;

3-4 {Man Roll Across} Preparing to chg sdks fwd R, fwd L start LF trn, sd R cont LF trn, sd L end in OP fc wall W on W’s L sd (W chk thru on the R, recov L, rk sd R, recov L to OP); {Front Vine 4} XRIF of L, sd L, XRB of L, sd L;

5-6 CONTINUOUS CROSS CHECKS WITH LUNGE & ARMS;

5-6 {Cont Cross Chks Lunge & Arm} In OP sending the leg in front of body XRIF of L causing a stretch in L sd of body, recov L, sd R, sending the leg in front of the body XLIF of R causing a stretch in R sd of body; recov R, sd L bring free arms IF of body, lunge thru like a chair with bk poise swing L arm CW down out & up (W swing the R arm CW down out & up);