FORREST GUMP

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Music: Parandi Sound CD 223, Daydreaming 6, Bassano Open,
Track 1, “Forrest Gump”, at 28 MPM
Footwork: Opposite, directions for man (lady as noted)
[suggested syncopations noted]
Phase & Rhythm: Phase V Waltz
Difficulty Level: Above Average
Sequence: Intro, A, A, Bridge, B, Ending  2007

MEASURES

1-4  WAIT 1; ROLL 3; SHADOW FENCE LINE RECOVER FORWARD; OPEN FINISH lady
syncopate;
1  [Wait 1 Meas]  Shadow both fc DLW trail feet free pointed sd arms slightly out;
2  [Roll 3]  Bmg arms in strt RF roll fwd R, L, sd & fwd R to shdw look DRW;
3  [Shadow Fence]  Fwd L xbody line DRW in shadow soften knee body erect extend
arms out from shldr, rec R LF body trn, fwd L DLC in shdw;
4  [Opn Fnsh 123 (1&23)]  Fwd R, slight trn LF fwd L, fwd R bjo DLC (fwd R/fwd L trn LF, -, sd &
bk R, bk L bjo);

PART A

1-8  OPEN REVERSE; BACK CHASSE to BANJO; CURVED FEATHER CHECK; BACK
PASSING CHANGE; HOVER CORTE; BACK WHISK; WEAVE to SEMI;
1  [Opn Rev ]  Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD;
2  [Bk Chasse to Bjo 12&3]  Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to bjo DLW;
3  [Curved Feather Ck]  Fwd R trn RF, fwd & sd L foot trn RF, strng body trn RF sml step fwd R
to bjo DLC cknk (bk L, bk R foot trn RF, strng body trn RF sml step bk L in bjo);
4  [Bk Pass Chng]  Bk L in bjo no trn, bk R backing DLC, bk L in bjo bkng DLC;
5  [Hover Corte]  Bk R trn LF, sd & fwd L trn LF hover action to bjo, rec bk R small step in bjo
bkng DRW;
6  [Bk Whisk]  Bk L slight body trn LF, sd & bk R slight body trn RF, XLIBR to semi DLC;
7-8  [Weave Seml]  Thru R, fwd L trn LF, bk R to bjo bkng LOD; bk L in bjo, bk R to cp trn LF, sd &
fwd L to semi DLC;

9-16  OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK; THRU SIDE LOCK; 2
DOUBLE REVERSES;; FORWARD REVERSE; ROLL RECOVER SLIP;
9  [Open nat]  Thru R in semi, trn RF sd L, trn RF bk R bjo bkng DLW;
10  [Outside Spin]  Strong trn RF bk & sd L toe in (Lady fwd R in bjo trn RF), fwd R DLW heel to
toe spin RF, sd & bk L CP fc ROLD;
11  [Right Turn Lock 1&23]  Trn RF bk R to bjo/lk LIFR (lk RIBL), sd & fwd R toe pnt DLC trn
RF, body trn RF sd & fwd L in semi DLC;
12  [Sd Lock]  Thru R, fwd & sd L trn LF, lk RIBL cp DLC (thru L, trn LF sd R, trn LF lk LIFR);
13  [Dble Rev 12&3]  Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLC (Bk R, trn LF on R
heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);
14  [Dble Rev 12&3]  Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R
heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);
15  [Fwd Right Lunge 12 -]  Fwd L, lwr fwd R DLW slight shape to rght lunge, extnd shape;
16  [Roll Rec Slip -23]  Chng shpe body trn rght opn lady’s head, rec bk L rise to high line hold
body shape both look LOD, trn LF bk R slip pvt cp DLC & lower;

Bridge

1-2  OPEN TELEMARK; SYNCOPATED VINE;
1  [Open Telemark]  Fwd L trn LF, fwd & sd R trn LF (Lady heel trn & cl L), trn LF sd & fwd L to
semi DLW;
PART B

1-8  NATURAL HOVER FALLAWAY; SYNCOPATED REVERSE TWIRL; OUTSIDE CHANGE;
MANEUVER; BACK TIPPLE CHASSE PIVOT; BACK PASSING CHANGE; BOX FINISH;
CHANGE of DIRECTION;

1  [Hvr Fallaway] Fwd R in semi, fwd L rise trn 1/4 RF, rec bk R in fallaway bkng DLC;
2  [Rev Twirl 1&23] Bk L lose hold raise lead hnd, bk R trn lady LF under jnd hnds/cl L, bk R
in bjo bkng DLC (bk R lose hold com LF trn, fwd L twrl LF/R, fwd L to bjo);
3  [Outside Change Bjo] Bk L in bjo, bk R to cp trn LF, sd & fwd L to bjo DLW;
4  [Man] Fwd R in bjo, trn RF sd & fwd L, trn RF cl R cp RLOD;
5  [Tipple Chasse Ptv 12&3] Trn RF bk L cp DCR slight shape to rght, sd R/cl L trn RF, fwd R
DLW pvt RF;
6  [Bk Pass Chng] Sd & slight fwd L DLW trng body RF to bjo slight lift shape, bk R in bjo, bk L
in bjo bkng DLC;
7  [Box Finish] Bk R bkng DLC blnd cp trn LF, sd & fwd L trn LF, cl R cp DLW;
8  [Chng Dir] Fwd L, fwd & sd r inside edge to flat trn LF, draw L toward R CP DC,-;

9-16  MINI TELESPIN:: SLOW CONTRA CHECK; RECOVER HI-LINE SLIP; WHISK dlc; QUICK
OPEN REVERSE; BACK SIDE LOCK; DOUBLE REVERSE;

9-10  [Mini Telespin 123&12-] Fwd L trn LF, sd & fwd R trn LF, pnt L bk & sd fc DRW mod cp;
lead lady fwd trans wght to L/spin LF on L, sd R cp DCR, hold (bk R, cl L trn on R, sd &
fwd R mod cp; fwd L heel lead armd man spin LF/sd R spin LF, sml stp sd L cp fc DLW, 
hold);
11  [Slow Contra Ck 1-] Soften knee body trn LF fwd L X body line, slowly trn body slight LF
strong stretch up of body look over lady,- (soften knee bk R X body line but keep R heel off
floor head to rght, extnd body & trn head well left stretch up rght sd of body,-);
12  [Rec Hilile Slip] Rec R, sd L slight body trn RF rise (both look RLOD), trn LF slip pvt action
bk R sft knee cp fc RLOD;
13  [Whisk] Fwd L RLOD trn LF, sd & fwd R body trn RF, XLIBR blnd to semi DLC;
14  [Quick Open Rev 12&3] fwd R in semi, slight trn LF fwd L cp/trn LF sd & bk R to bjo bkng
DLC, bk L in bjo bkng DLC;
15  [Bk Sd Lock] Bk R slight trn LF, sd & fwd L toe points DLC, trn LF lk RIBL (LIFR) cp DLC;
16  [Dble Rev 12&3] Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R
heel transfer weight to L/fwd & sd R trn LF, trn LF XIFR);

END

1-7  CHANGE of DIRECTION; HOVER TELEMARK; SYNCOPATED VINE; lady ROLL man
TRANSITION; FENCE RECOVER POINT; SYNCOPATED VINE; CHECK with arms;

1  [Chng Dir] Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R CP DC,-;
2  [Hover Telemark] Fwd L, fwd & sd R trn RF, fwd & sd L to semi LOD;
3  [Sync Vine 1&23] Fwd R/slight trn RF sd L, XIRBL, trn LF sd & fwd L semi LOD;
4  [Lady Roll Man Trans 1&- (1&2 -)] Ck thru R strt lady rollout LF retain lead hnds,/cl L, pnt
R RLOD lft opn fc DLW mvng LOD,- (fwd L strt LF roll/sd & fwd R trn LF, sd L LOD to lft opn
fc DLW mvng LOD, -);
5  [Fence Rec Pnt 1& - - ] Fwd R xbody line LOD soften knee body erect extend arms
out from shldrs/rec R slght LF body trn, pnt R bk RLOD look DLW, -;
6  [Sync Vine 1&23] Fwd R/slight trn RF sd L, XIRBL, trn LF sd & fwd L fc DLW release hnd;
5  [Ck w/Arms 1--] Fwd R XIFL LOD body erect extend both arms in arch over head
arms soft shpe to right, hold;

Sequence: Intro, A, A, Bridge, B, End