FIBRE DE VERRE

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Cd: Attraction, Track 13 Artist: Paris Combo Available from Amazon
Rhythm: Fox trot 3/4 e RAL Phase V + 1 [Cont Hover X]
Footwork: Opposite unless noted (Woman’s Footwork in parentheses) Difficulty Level – Moderate
Timing: Standard RAL Fox trot unless noted. Time @ 45 RPM: 3:37 Adjust Speed For Comfort
Sequence: Intro-A-Brg-B-Brg-B-Brg-C-Brg-B(mod)-D-End Released: May 1, 2015

Meas
INTRODUCTION
1 - 4 OP FCNG LOD WAIT 2;; CIRCLE SNAP 4 TO CP/DLW;;
1 - 4 OP Fong LOD lead ft first trail hands joined head down wait 2 meas;; Raise Head commence RF circle away from
ptr fwd L, - f wd R, - Cont RF circle bk twd ptr fwd L, - fwd R, - to CP/DLW;

PART A
1 - 4 DIAMOND TRN;;;
1 [Diamond Trn] Moving DLW Fwd L trg LF on the diagonal, -, continuing LF trn sd R, bk L with the ptr outside
the man in BJO; staying in BJO & trg LF stp bk R, -, sd L, fwd R outside ptr in BJO (Bk R trg LF on the
diagonal, -, continuing LF trg sd L, fwd R outside ptr, - f wd L, sd R, bk L); Fwd L trg LF on the diagonal,
-, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trg LF stp bk R, -, sd L, fwd
R outside ptr in BJO (Bk R trg LF on the diagonal, -, continuing LF trn sd L, fwd R outside ptr; fwd L trg LF, -
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5 - 8 HOVER TELE; NAT WEAVE;; CHG OF DIREC;
5 [Hover Tele] Fwd L, -, diag sd & f wd R rising slightly [hovering] w/body trg 1/8 RF, f wd L small step on toes to
SCP (Bk R, -), diag sd & bk L w/hoovering action and body trg 1/8 RF, f wd R small step on toes to SCP;
6 - 7 [Nat Weave] Fwd R comm to trg RF, -, sd L with left sd stretch [under 1/4 RF trn betwn steps 1 & 2], with rt sd lead
bk R DLC preparing to lead W outsd ptr [slight RF trn betwn steps 2 & 3]; with rt sd stretch bk L in BJO, bk R
comm LF trn passing thru CP, with left sd stretch sd & f wd L preparing to step outsd ptr trg 1/4 LF betwn steps 5
& 6 body trn less, with left sd stretch f wd R in BJO outsdt ptr DLW (Bk L comm to trg RF, - rt foot closes to L
heel trn with rt sd stretch trg 1/4 RF betwn steps 1 & 2, with left sd lead f wd L preparing to step outsd ptr; with left
sd stretch f wd R in BJO outsdt ptr, f wd L comm to trg LF passing thru CP, with rt sd stretch sd R trg LF 1/8 betwn
steps 5 & 6, with rt sd stretch bk L trg LF 1/8 betwn steps 6 & 7 body trn less DLW);
8 [Chg of Direc] Fwd L DLW, -, f wd R DLW rt shldr leading trg LF starting to draw L to R, finish drawing L to R
(Bk R, DLW, -), bk L DLW lt shldr leading trg LF starting to draw R to L, finish drawing R to L;) DLC;

9 - 12 OP TELE; CONT HOVER X;;, FWD LK;
9 [Op Tele] Fwd L comm LF trn, -, sd R cont trn, sd & f wd L (W bk R comm LF trn, -, cl L to R for heel trn, sd &
fwd R) to SCP/DLW;
10 - 11 [Cont Hover X] (from SCP)
RWD L comm RF trn [no way], -, cont RF trn sd L DLW feng DRW [with lift sd stretch], with a strong RF trn on L small stp R DLW feng DRW [continue with lift sd stretch]; f wd L across R to
CBMP [blending to rt sd stretch], cl R to L [continue rt sd stretch], bk L in CBMP [continue rt sd stretch], bk R to
CP [no way], sd & f wd L with a lift sd lead [with lift sd stretch], f wd R in BJO [with lift sd stretch], (Fwd L, -
,

13 - 16 REV WAVE;; OP IMP; STP THRU CP/WALL,
13 - 14 [Rev Wave] Fwd L starting LF body trn 3/8, -, sd R line of progression, bk L diagonally (Bk R starting LF body
trn 3/8, -, cl L to R [heel turn], f wd R diagonally;), Bk R, -, bk L, bk R curving LF (Fwd L, -, f wd R, fwd L curving
LF) to CP/RLCD;
15 [Op Imp] comm RF upper body trn bk L, -, cl R to L [heel turn] cont 3/8 RF trn, complete trn f wd L in tight
SCP/DLC (comm RF upper body trn f wd R betwn M's feet heel to toe pivoting 1/2 RF, - , sd & f wd L cont arnd
M brush R to L, complete trn f wd R);
16 [Stp Thru] Stp thru R blending to CP/WALL, -;

BRG
1 - 4 SLOW TWIST VINE 8
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Weiss

9 - 14 CHASSE L & R TO ½ OP/LOD; MOOCH;;;;;
9 [Chasse L & R to ½ OP] Sd L/cl R, sD L, sD R/cl L, sD R to ½ OP/LOD;
10 - 14 [Mooch] Rk bk L, rec R, fisk L fwr from knee slightly off floor, cl R, rk bk L, rec R, trng RF 1/2 sd L/cl R, sD L, rk bk L, rec L, fisk R fwr from knee slightly off floor, cl R, fisk L fwr from knee slightly off floor, cl L; rk bk R, rec L, trng LF 1/2 sd R/cl L, sD R;

15-15.5 RK, REC, SD, CL WX;;
15-15.5 [Rk, Rec, Sd, Cl 2x] Rk bk L, rec R to fn ptr, sD L, cl R; Sd L, cl R to CP/WALL;

REPEAT BRG

PART B (Mod)

1 - 4 HOVER; START PROM WEAVE; BK LIFT 4; WEAVE END;
1 [Hover] Repeat Mes 1, Part B;
2 [Start Prom Weave] Repeat Mes 2, Part B;
3 [BK Ligt 4] Repeat Mes 3, Part B;
4 [Weave End] Repeat Mes 4, Part B;

5 - 8 HOVER TELE; IN & OUT RUNS;; SLOW SD LK;
5 [Hover Tele] Repeat Mes 5, Part B;
6 - 7 [In & Out Runs] Repeat Mes 6 & 7, Part B;
8 [Slow SD Lk] Thru R, -, sD & fwr L to CP, XRib of L trng slightly LF (Thru L starting LF trn, -, sd & bk R continuing LF trn to CP, XLIF of R) to CP/DLC;

PART D

1 - 4 REV TRN ½; CK & WEAVE;; CHG OF DIR;
1 [Rev Trn 1/2] Fwr L starting LF body trn, -, sD R continuing trn, bk L LOD to CP (Bk R starting LF trn, -, close L to R (heel trn) continuing trn, fwr R to CP);
2 - 3 [CK & Weave] Slip R bk under body w/slight contra ck action, -, fwr L comm LF trn, sD R [1/8 LF trn betw steps 1 & 2 of the weave] w/r fwr L starter slt & slight rt st trn stretch preparing to lead W outside ptr; w/r st trn stretch bk L in BJO cont 1/8 LF trn betw steps 2 & 3 of the weave, bk R to a momentary CP cont to trn LF, sD L & fwr L w/ lift sd stretch [1/4 LF trn betw steps 4 & 5 of the weave body trn less], w/ lift sd stretch fwr R in BJO outside ptr (Slip L fwr under body w/slight contra check action, -, bk R comm LF trn, sD L [1/4 LF trn betw steps 1 & 2 of the weave] w/ lift sd lead and slight lift sd stretch preparing to step outside ptr; w/ lift sd stretch fwr R in BJO outside ptr, fwr L to a momentary CP cont to trn LF, sD & bk R w/ rt sd trn stretch [1/8 LF trn betw steps 4 & 5 of the weave], w/r rt trn stretch bk L in BJO [1/8 LF trn betw steps 5 & 6 of the weave body trn less]);
4 [Chg of Direc] Fwr L Dlw, -, fwr R Dlw rt shldr leading trng LF starting to draw L to R, finish drawing L to R (Bk R Dlw, -, bk L Dlw rt shldr leading trng LF starting to draw L to R, finish drawing R to L,) to Dlc;

5 - 8 OP TELE; NAT HOVER X;; DBL REV SPIN;
5 [Op Tele] Repeat Mes 9, Part A;
6 - 7 [Nat Hover X] Fwr L Dlw comm RF trn, -, sD L with lift sd stretch [1/4 RF trn betw steps 1 & 2], cont RF trn sd R [1/2 LF trn betw steps 2 & 3 body trn less fng Dlc], w/r rt st trn stretch fwr L outside ptr in CBMP on toe, rec R with slight lift sd lead, sD & fwr L, with lift sd stretch fwr R in BJO on toe (fwr L commence RF trn, -, fwr R cont RF trn, cont RF trn sd L [3/8 RF trn betw steps 2 & 3] to CP; w/r lift sd stretch bk R in CBMP on toe, rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO);
8 [Dbl Rev] Fwr L comm to trn LF, -, sD R [3/8 LF trn betw steps 1 & 2], spin 1/2 LF betw steps 2 & 3 on ball of R bringing L under body beside R w/no weight (flexed knees Dlw Bk R comm to turn LF, -, L closes to R heel trn 1/2 LF betw steps 1 & 2 and slightly bk R cont LF trn, XLIF of R);

9 - 12 HOVER TELE; OP NAT; OUTSD SPIN; OUTSD CK;
9 [Hover Tele] Repeat Mes 5, Part B;
10 [Op Nat] From SCP Comm RF upper body trn fwr R heel to toe, -, sD L across LOD, cont slight RF upper body trn bk R leading ptr to step outside the M to BJO DRC (With slight RF upper body trn fwr L, -, small fwr R, fwr L outside ptr to BJO);
11 [Outside Spin] In BJO preparing to lead W outside ptr comm RF body trn toeing in w/ rt sd lead bk L in BJO small step 5/8 trn RF on step 1, -, fwr R in BJO heel to toe cont to trn RF, [3/8 RF trn betw steps 2 & 3] sD & bk L to end in CP [1/4 RF trn on 3] (Comm RF body trn w/ lift sd lead staying well into the M's rt arm fwr R in BJO outside ptr heel toe, -, L closes to R pivot on toes of both ft 5/8 trn betw steps 1 & 2, cont to trn RF 1/4 betw steps 2 & 3 fwr R betw M's ft to end in CP 1/8 RF trn on step 3);
12 [Outside Clk] Bk R trng LF, -, sD & fwr L, trng slightly RF ek fwr R outside ptr to BJO (Fwr L trng LF, -, sD & bk R, ek bk L outside ptr to BJO) DRC;
13 – 16 OP IMP; FEATH; 3 STP; FWD & RUN 2 CP/DLC;
13  [Op Imp] comm RF upper body trn bk L, -, sd R to L [heel turn] cont 3/8 RF trn, complete trn fwd L in tight SCP/DLC (comm RF upper body trn fwd R betw M's feet heel to toe pivoting 1/2 RF, -, sd & fwd L cont trn armd M brush R to L, complete trn fwd R);
14  [Feath] fwd R, -, fwd L, fwd R outside W in BJO DLC (Thru L trng LF tWD ptr, -, sd & bk R, bk L);
15  [Three Step] Starting with L, 3 fwd passing steps with heel lead on steps 1 and 2 rising to toe on step 3 (Starting with R 3 bk passing steps) to CP DLW;
16  [Fwd, Run 2] Fwd R, -, fwd L, fwd R to CP/DLC;

END

1 – 4 DIAMOND TRN;;;
1 – 4  [Diamond Trn] Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, sd R, bk L); Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO; staying in BJO & trng LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trng LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trng LF, sd R, bk L) DLC;

5 – 7 REV TRN ½; BK & VERY SLOW SD TO HINGE & EXTEND;;
5  [Rev Trn 1/2] Fwd L starting LF body trn, -, sd R continuing trn, bk L line of dance to CP (Bk R starting LF trn, -
6  [Bk to Hinge] Bk R comm to turn LF, -, sd and slightly fwd L w 1/4 trn betw steps 1 & 2 comm lift sd stretch, cont lift sd stretch leading W to cross her L beh R keeping lift sd in to ptr relaxing lift knee and trng rt knee to sway rt and look at W, - (Fwd L comm to turn LF, -, sd R 1/4 trn betw steps 1 & 2 comm rt sd stretch & cont rt sd stretch swivel LF, XLIB of R keeping lift sd in to ptr relaxing lift knee [head to lift with shldr almost parallel to ptr] w/no weight on R);
7  [Extend] Cont stretch extending lift arm (slide rt arm to M's lift Shldr & extend left arm);