FOXTROT FEELING

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Choreographer/Coach: Glenn Yata, Imperial Dance Academy, Buena Park, CA
Record: Special Pressing (Educational) - Flip of "Catch A Moonbeam"
Suggested Tempo: 42 1/4 RPM
Rhythm: International Foxtrot (Phase VI) Issue: 3 January 1996
Opposite footwork except as noted (W's footwork, arms, head & timing).

Sequence: INTRO - A - A - B - C(1-12) - B - C - ENDING

INTRODUCTION

1-4 CUDDLE-WRAP POS DC WAIT, ; ; HINGE; ROLL LADY TO SKATERS;
1-2. Cuddle-wrap pos fcg ptnr & DC M's R ft(L ft)free M's L arm
and W's shoulder R arm arnd her waist(arms same)wait 3 beats
plus 1 meas, ; ; ;
3. Release R arm/flex L knee extend R twd DW trng body LF, -(release
&m s L s & 3/8 LF XLIBER/flex L knee pt R twd DW, -), both cont flex
L knee(head well L) with upper body LF rotation and stretch, - ;
SS
4. Rising on L,- rec R,- (rise trng RF roll approximately 1
revolution twd DW R, L, R, -) skat pos fcg DC;
(QQS)
5 - 8 REV TURN HALF; BK THREE STEP; BK CURVED FEATHER; FWD CURVED FEATHER
(LADY ROLL RF) TO BJO;
SQQ
5. M & W fwd L DC trng 1/4 LF,-, sd R DC sway L trng 1/8 LF, bk L LOD;
SQQ
6. M & backing LOD R,-, bk L sway R, bk R ;
SQQ
7. M [sml steps for M only]& W bk LOD L strtg RF trn,-,cont RF trn bk R
sway L, cont RF trn bk L remaining in skat pos fcg DC;
SQQ
8. Fwd R DC strtg RF trn,-, fwd L LOD cont RF trn, fwd R outsd W DW
(QSQ)
[(sml steps] fwd R DC strtg RF trn,-, roll RF LOD L/R to fc RLOD,
cont RF trn bk L to fc DRC)loose BJO fcg DW;

PART A

1 - 3 THREE STEP; NATURAL HOVER CROSS, ; ;
SQQ
1. Fwd L DW, - , fwd R CP, fwd L DW ;
SQQ
2. Fwd R DW strtg RF trn,-, cont RF trn sd L DW(heel trn), cont RF trn
to fc DC sd R LOD bld to SDCAR;
QQQQ
3. CBMP in SDCAR XLIF fwd sml stp DW, rec bk R DRC, s1t LF trn sd &
s1tly fwd L DC, fwd R DC outsd W to BJO;

4 - 6 FALLAWAY TO LEFT WHISK; , RONDE TO DEVELOPE, ; ;
[Fallaway to Left Whisk QQQQ; QQQQ] 4. Fwd L DC trng LF, (trng head R)
cont LF trn sd & s1tly bk R DC, bk L under body DC, bk R DC; 5. Bk &
sd L LOD trng LF to fc wall with R sway trng head R(head L), XLIBL,
[Ronde to Develop SQQQ; (S;QQQQ)] 7 Flex R knee and floor ronde L
CCW rotating body 1/8 LF head L(ronde R CW rotating body 1/8 RF head
R) with L sway to end with XLIBER(RXIBL) no wt chg, - ; 6. Stp bk R LOD on
L, rotating head to R pt R RLOD sway R(svl LF on R to fc RLOD), hold
(bring L ft up to R knee), - (extend L ft fwd);

7 - 8 LINK TO SCP; FEATHER;
SQQ
7. Thru R LOD trng RF,-,rise on R(trng to SCP), fwd L DW;
SQQ
8. Thru R DW(thru L trng LF),-, fwd L blending to CP(sd & bk R), fwd
R outsd W to BJO fcg DW;
FOXTROT FEELING

PART B

1 - 4
TELESPIN TO CURVED FEATHER; OUTSIDE SWIVEL TO SAME FOOT LUNGE;
TELESPIN WITH FEATHER FINISH;

SQQ
1. Fwd L DW trng 1/4 LF, -sd R DW cont LF trn (cl L to R heel trn to
fc wall/fwd R twd wall body fcg DW), sd L twd wall with partial
wt fcg RLOD (fwd L twd wall);
2. Spin LF on L(trng LF sd & sltly bk R twd DW spin LF on R)to CP
fcg approximately DC, cont LF trn sd & sltly bk R twd DW, cont LF
trn fwd L DW, svl 1/4 RF fwd R outs W DRC BJO;
3. Bk L DW(fwd R outs M svl RF to fc DRW), -cl R flex R knee and
pt L RLOD(flex R knee and pt L RLOD), -;
4. Rotate body LF/fwd L RLOD spin LF on L(fwd L RLOD comm LF trn/cont
LF trn sd & sltly bk R RLOD spin LF on R)to CP fcg approx. DW,
cont LF trn bk R RLOD, sd L twd COH, fwd R outs W to BJO fcg DC;

5 - 8
REV WAVE; BK FEATHER; FEATHER FINISH;

SQQ
1. Fwd L DC trng LF, -sd R DC(heel trn)CP, bk L DW;
2. Bk R DW trng LF, -bk L, bk R RLOD comm RF body trn;
3. Bk L LOD trng body RF, -with R sd lead bk R, L twd LOD BJO;
4. Comm LF trn bk R DC, -; cont LF trn sd & fwd L DW, fwd R outs W
DW BJO;

PART C

1 - 4
CLOSED HOVER TELEMARK; NATURAL HOVER TELEMARK; DOUBLE REVERSE;

SQQ
1. Fwd L DW, -rising sd & fwd R CP, fwd L DW;
2. Fwd R DW outs W comm RF trn, -cont RF trn sltly bk & sd L twd
wall(cl R heel trn)CP, cont RF trn lwrng into L sml sd R LOD
(strong sd L LOD past M) CP fcg COH;
3. With R knee flexed drag L twd R comm RF body rotation, -cont RF
trn rising fwd L DC, fwd R outs W DC BJO;
4. Fwd L DC trng LF, -sd R DC(cl L heel trn/sd R LOD), cont LF spin
on R cl L to R without wt(cont LF trn XLI FR) CP fcg LOD;

5 - 8
LEFT SIDE RUN TO OK REV WAVE; OPEN IMPETUS; FEATHER;

S&QQ
5. Fwd L LOD, -fwd R LOD comm LF trn/fwd L LOD outs W SDCAR, cont
LF trn sd R CP fcg COH;
6. Cont LF trn bk L DW(outsd M), bk R CP, curving sltly LF bk L, bk R
to fc RLOD;
7. Bk L comm RF trn, -cl R heel trn 3/8 RF(fwd & sd L DW), rising
on R & turning W to SCP sd & fwd L DC;
8. Thru R DC(thru L trng LF), fwd L blending to CP(sd & bk R), fwd R
outs W to BJO fcg DC;

9 -12
TELEMARK TO THROWAWAY OVERTSWAY; HOVER TO SCP; FEATHER;

QQS
9. Fwd L DC comm LF trn, cont LF trn sd R DC(cl L heel trn), cont LF
trn bk L LOD leaving R extended twd RLOD comm LF trn on L strt
to trn head R(fwd R LOD head R comm LF trn on R strt to trn head
L), -;
10. Cont LF trn on relaxed L to fc LOD head R shaping R(cont LF trn
on relaxed R to fc RLOD head L brush L to R and extend L bk twd
LOD shaping up and out to left), -cont upper body shaping and
extension, -;
11. Compressing & rising comm RF trn, -cl R CP(trn to SCP), fwd L DW;
12. Thru R DW(thru L trng LF), fwd L blending to CP(sd & bk R), fwd
R outs W to BJO fcg DW;
13-16 REV ZIG ZAG-HEEL PULL TO CURVED FEATHER; SWIVEL WHISK; NATURAL WEAVE;
Reverse Zig Zag-Heel Pull to Curved Feather QQQQ; QQQQQ 13. Fwd L DW trng LF rising with slt lilt [up], cont LF trn lwrng sd R LOD (heel trn) [down] fcg DC, bk L twd wall (fwd R outs M) rising with slt lilt trng RF [up], cont RF trn lwrng cl R heel trn [down] (fwd L trng RF to CP) fcg DW; 14. Fwd L DW trng RF, cont RF trn fwd R outs W DRW BJ0, [Swivel Whisk S(Q&Q)] Trng body RF sml stp bk L DW svl approx. 1/2 RF leaving R extended fwd DC in whisk-line, -(fwd R outs M trng RF/fwd L twd wall cont RF trn, XLIBL head R in whisk-line DC);
Natural Weave SQ; QQQQ; QQQQ; 15. Trng RF fwd R LOD, - cont RF trn sd L DW (fwd R) CP, cont RF trn bk R DC with R sd lead; 16. Bk L DC (fwd R outs M), bk R DC trng LF to CP, cont LF trn sd & sltly fwd L DW, fwd R outs W DW BJ0;

ENDING

1 - 4 THREE STEP; NATURAL HOVER CROSS; OPEN TELEMARK;
SQQ 1. Repeat meas 1 of Part A;
SQQ 2. Repeat meas 2 of Part A;
QQQQ 3. Repeat meas 3 of Part A;
4. Fwd L DC strtg LF trn, - cont LF trn sd R DC (cl L to R LF heel trn), cont LF trn sd & fwd L DW SCP;

5 - 7 CURVED FEATHER; BK FEATHER; FEATHER FINISH;
5. Thru R DW comm RF trn, - cont RF trn sd & fwd L DW (trng LF sd & bk R) CP, cont RF trn fwd R outs W DRW (XLIBL) BJ0;
SQQ 6. Bk L DC, - bk R DC, bk L DC (outs M) BJ0;
SQQ 7. Comm LF trn bk R DC CP, - cont LF trn sd & fwd L DW, fwd R outs W DW BJ0;

8-10 INTERRUPTED TELESPIN TO HINGE;
8. [Start Quick Telespin to Quick Swivel] Fwd L DW trng 1/4 LF, sd R DW cont LF trn (cl L to R heel trn to fc wall), sd L twd wall with partial wt fcg R LOD (fwd R twd wall), cl L with full wt (fwd L svl 1/2 LF to fc COH);
9. [Slow Swivel and Complete Telespin] Rec R keep L extended twd wall (fwd R svl 1/2 RF), - rotating body LF transfer partial wt to L/fwD L twd wall spinning LF on L (fwd L twd wall rotating body LF/trng LF sd & sltly bk R twd DW spinning LF on R) to CP fcg approx. DC, cont LF trn bk R twd wall fcg COH;

10. [Step Side to Quick Hinge] Sd L twd RLOD ping L arm arnd W's shoulder R arm arnd her waist (arms same), - release R arm/flex L knee extend R twd LOD trng body LF (release L arm svl 3/8 LF XLIBL/flex L knee pt R twd LOD) both stretching upper bodies with LF rotation and looking DRC on last beat of music.