HOW LONG HAS IT BEEN

Music: Jim Reeves
www.amazon.com/ Come In To My World Vol 1
Track # 14 Time 2:30
Available from choreographer

Rhythm: Waltz  Phase: IV+1 (Natural Weave)
Footwork: Opposite except where (Noted)
Release Date: May 15
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Sequence: INTRO AB AB END

INTRO

01-02  CP DLC LEAD FOOT FREE WAIT 7 PKUP NOTES ; ;
CP DLC ld ft free wt 7 pkup notes ; ;

PART A

01-04  OP TELEMARK ; IN OUT RUNS ; CHAIR SLIP ;
[Telemark to SCP] Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; [In & Out Runs] Trng RF fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R between M’s ft, fwd L) to BJO RLOD ; Trng RF bk L, cont trn fwd R between W’s ft, sd & fvd L (W trng RF fwd R, cont trn sd L in frnt of M, cont trn fvd & sd R) to SCP LOD ; [Chair & Slip] Ck fvd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fvd L) to CP DLC ;

05-08  DIAMOND TURN ; ; ;
[Diamond Turn] Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¾ LF trn sd L, fvd R ; Staying in BJO & trng LF fvd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¾ LF trn, fvd R to BJO DLC ;

09-12  VIENNESE TURNS ; ; HOVER TELE ; THRU CHASSE to BJO ;
[Viennese Turns] Fwd L stg LF trn, sd R cont trn, XLIif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fvd L cont LF trn, sd R cont trn, XLIif) to CP DLW ; [Hover Tele] Fwd L, fvd & sd R rising & trng 1/8 RF, sd & fvd L to SCP LOD ; [Thru Chasse to BJO] 1,2&3 Thru R, sd & fwd L to SCP LOD ;

13-16  NATURAL WEAVE ; OP NATURAL ; HESITATION CHANGE ;
[Natural Weave] Fwd R trng RF, sd L, bk R (W fvd L, R between M’s ft, fvd L ) to BJO DRW : Bk L,bk R in CP trng LF, cont LF trn fwd L to BJO DLW ; [Op Natural] Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd Id (W bk L trng RF, fvd R between man’s feet, fvd L) to BJO DRC ; [Hesitation Chng] [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

PART B

01-04  OP REVERSE TURN ; HOVER CORTE ; BACK BACK LOCK BACK ; OUTSIDE SWIVEL ;
[Op Reverse Turn] Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R stg LF trn, cont trn sd L, fvd R outsdl ptr) to BJO RLOD ; [Hover Corte] Bk R, trng LF sd & fvd L LOD leavg R leg in pl, compg ½ LF trn rec R (W fvd L, trng LF sd & fvd R & brush L to R, fwd L) to BJO DLW ; [Bk Bk/Lk Bk] [12&3] Bk L, bk R/Lk Lif, bk R to BJO ; [Outsd Swivel] Bk L trng body RF, allow R to draw bk slightly in front of L (W fvd R, swivel RF to SCP) ;
05-08  WEAVE 3 to BJO ; OP IMPETUS ; WEAVE 6 to BJO :

[Weave 3 to BJO] Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD) to BJO DRC ; [Impetus to SCP] Bk L w/ RF bdy trn, cl R (heel trn) contg RF trn, fwd L (W fwd R outsdl ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP LOD ; [Weave 6 to BJO]
Thru R, trng ½ lft fc fwd L to CP COH, sd & bk R (W thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L) to BJO RDC ;
Trng ½ lft fc sd & bk L to CP DRW, trng ½ lft fc sd & fwd R to CP DLW, fwd L (W Sd & fwd R to CP, trng ½ lft fc sd & fwd L, bk R) to BJO DLW ;

09-12  OP NATURAL ; SPIN TURN ; BACK CHASSE to BJO ; CROSS PIVOT to SCAR :

[OP Natural] Repeat meas 15 Part A ; [Spin Turn] Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leavg L leg xtd bk & sd, rec L (W stg RF upper bdy trn fwd R between M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R between M's ft) to CP DLW ; [Bk & Chasse to BJO]
[1,2&3] Bk R trng LF, sd to fc ptr L/cl R, sd & fwd L to BJO DLW ; [Cross Pivot to SCAR] Fwd R comm RF trn, sd L cont RF trn, fwd R (W sm bk L comm RF trn, fwd R btw M's ft heel to toe pvtg ½ RF, sd & bk L) to SCAR DLW ;

13-16  CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; SLOW SIDE LOCK :

[Cross Hover to BJO] XLif, sd R hvrg, rec L to BJO ; [Cross Hover to SCAR] XRif, sd L hvrg, rec R to SCAR ;
[Cross Hover to SCP] XLif, sd R hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; [Slow Sd Lk] Thru R, fwd & sd L rising trng LF, cl R (W thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

ENDING

01-05  CROSS HOVER to SCP ; THRU CHASSE to SCP ; THRU to a PROMENADE SWAY ; CHANGE to OVERSWAY :

EXTEND :

[Cross Hover to SCP] Repeat meas 15 Part B ; [Thru Chasse to SCP] [1,2&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; [Thru to a Promenade Sway] Thru R (W thru L), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; [Chng to Oversway] With no chg wgt relax L knee keepg R leg xtd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas) ; [Extend] Extend arms to sd ;