

How Sweet It Is Foxtrot

Choreo: Casey & Sharon Parker
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Web Site: www.DYCA.org
Music: "How Sweet It Is" by Dean Martin
Album: Essential Love Songs, track 4
Download: Available download at iTunes and other sites
Footwork: Opposite, dir to man, unless noted in parentheses
Sequence: Intro – A – A – B – A (1-8) – B (1-8) – End

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Rhythm: Foxtrot
RAL Phase: III
Difficulty: Average
Time @ 100%: 2:22
Sug. Speed: 100 %
Rel. Date: May 2018

Intro

1 – 4 Wait 2 meas ;; OP FCG DLW Apt Pt ; Pickup Tch ;

1-4 [Wait 2 meas] OP FCG DLW lead ft free Wait 2 meas ;;
[Apt Pt] Apt L, -, pt R twd ptr, - ; [Pickup Tch] Fwd R leading W to CP LOD, -, tch L, - ;

Part A

1 – 8 LF Trng Box ;;; Prog Box ;; 2 LF Trns ;;

1-4 [LF Trng Box] Fwd L commence LF upper body trn -, fwd & sd R complete 1/4 trn, cl L ; bk R commence LF upper body trn, -, bk & sd L complete 1/4 trn, cl R ; Fwd L commence LF upper body trn -, fwd & sd R complete 1/4 trn, cl L ; bk R commence LF upper body trn, -, bk & sd L complete 1/4 trn, cl R to end CP LOD ;
5-8 [Prog Box] Fwd L, -, sd R, cl L ; Fwd R, -, sd L, cl R ; [2 LF Trns] Fwd R commence LF upper body trn, -, cont trn sd & bk R, cl L ; bk R comm LF upper body trn, -, cont trn sd & fwd L, cl R ending CP WALL ;

9-12 Hover SCP ; Manu ; Spin Trn ; Bk Half Box SCAR ;

9 [Hover SCP] Fwd L, -, fwd & slightly sd R rising to ball of ft, sd & slightly fwd L to tight SCP ;
10 [Manu] Commence RF trn fwd R, -, cont RF trn to fc ptr sd L, comp trn cl R ;
11-12 [Spin Trn] Comm RF upper body trn bk L toe pivot 1/2 RF to fc LOD, -, fwd R between W's feet cont RF trn keeping L leg extended bk & sd, comp trn sd & bk L (fwd R between M's feet pivoting 1/2 RF, -, bk L cont trn brush R to L, comp trn sd & fwd R) ; [Bk Half Box SCAR] Bk R, -, sd L leading W to SCAR DLW, cl R ;

13-16 Cross Hover 3X BJO DLC ;;; Fwd & Sd Cl CP LOD [*2nd time to CP WALL] ;

13-15 [Cross Hover 3X BJO] Fwd L with slight crossing action comm to rise and beg 1/4 LF trn, -, sd & slightly fwd R cont to rise and complete the 1/4 LF trn, diag fwd L to BJO DLC lowering ; fwd R with slight crossing action comm to rise and beg 1/4 RF trn, -, sd & slightly fwd L cont to rise and complete the 1/4 RF trn, diag fwd R to SCAR DLW lowering ; Fwd L with slight crossing action comm to rise and beg 1/4 LF trn, -, sd & slightly fwd R cont to rise and complete the 1/4 LF trn, diag fwd L to BJO DLC lowering ;
16 [Fwd & Sd Cl] Fwd R, -, sd L, cl R ending CP LOD ;
[2nd time meas 16: Fwd R commence RF trn, -, sd & fwd L to fc WALL, cl R ending CP WALL;]

Part B

1 – 8 Vine [SQQ] ; Thru Fc Cl ; Box ;; Twirl Vine ; Manu ; 2 RF Trns CP LOD ;;

1-2 [Vine SQQ] Sd L, -, XLib L (XLib R), sd L ; [Thru Fc Cl] Thru R, -, sd L to fc ptr, cl R ;
3-4 [Box] Fwd L, -, sd R, cl L ; bk R, -, sd L, cl R ;
5 [Twirl Vine] Leading W trn RF under jnd lead hnds sd L, -, XLib L, sd L (trng RF under jnd lead hnds sd & fwd R, -, sd & bk R, sd R to fc ptr) ;
6-8 [Manu] Blending to SCP fwd R, -, cont RF trn to fc ptr sd L, comp trn cl R ;
[2 RF Trns] Bk L commence RF trn, -, sd R cont trn, cl L ; fwd R cont RF trn, -, sd L cont trn, cl R to end CP LOD ;
9-12 Fwd Run 2 ; Fc Wall & Sd Cl ; Whisk ; Thru Hover BJO ;
9-10 [Fwd Run 2] Fwd L, -, fwd R, fwd L ; [Fc Wall Sd Cl] Fwd R trng RF to CP WALL, -, sd L, cl R ;
11 [Whisk] Fwd L, -, fwd & sd R commencing to rise to ball of foot, XLib R (XLib L) cont to rise onto ball of foot ; missing a comma
12 [Thru Hvr BJO] Thru R, -, fwd L with slight rise leading W to trn LF, rec R (thru L, -, trng LF sd & fwd R, cont trn rec L) to BJO DLW ;

13-16 Bk Hover SCP ; Thru Fc Cl ; Twirl Vine ; Pickup Sd Cl ;

- 13 [Bk Hvr SCP] Bk L, -, bk R with slight rise leading W to trn RF, rec L (fwd R, -, trng RF sd & fwd L, cont trn rec R) to SCP ;
- 14 [Thru Fc Cl] Thru R, -, sd L to fc ptr, cl R CP WALL ;
- 15 [Twirl Vine] Leading W trn RF under jnd lead hnds sd L, -, XRib L, sd L (trng RF under jnd lead hnds sd & fwd R, -, sd & bk L, sd R to fc ptr) ;
- 16 [Pickup] Blending to SCP thru R leading W to pickup, -, sd & fwd L, cl R (thru L commence LF trn, -, sd & bk R to CP, cl L) to CP LOD ;

Ending

1 – 7 Fwd Run 2 ; Fc Wall Sd Cl ; Whisk ; Thru Fc Cl ; Vine 4 ; Sd Cl & Hold Dip Twist & Hold Leg Crawl ;;

- 1 [Fwd Run 2] Fwd L, -, fwd R, fwd L ;
- 2 [Fc Wall Sd Cl] Fwd R trng RF to CP WALL, -, sd L, cl R ;
- 3 [Whisk] Fwd L, -, fwd & sd R commencing to rise to ball of foot, XLib R (XRib L) cont to rise onto ball of foot;
- 4 [Thru Fc Cl] Thru R, -, sd L to fc ptr, cl R CP WALL ;
- 5 [Vine 4] Sd L, XRib L (XLib R), sd L, XRif L (XLif R) ;
- 6-7 [Sd Cl – Dip Twist – Leg Crawl] Sd L, cl R, -, dip bk L; twist upper body LF leaving R leg extended twd WALL, -, -, - (twist upper body LF leaving L leg extended twd WALL, -, slide L knee up the outside of M's extended R leg, -);
- [timing of meas 5-7 is: QQQQ QS QS S]