

IF I KNEW THEN WHAT I KNOW NOW

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Email: j buckmastr@aol.com
Record: Telemark 898 "If I Knew The What I Know Now"
Artist: The Sydney Thompson Orchestra
Phone: 414-304-5661
Footwork: Woman's Footwork Opposite Unless Noted
Speed: 2:24 @ 45 RPM
Rhythm: Foxtrot RAL Phase: III + 1 (DIAM TRN)
Sequence: Intro – A – B – A – B – C – End
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INTRODUCTION

1-4 CP WALL wt 2 meas ; ;

1-2 CP WALL wait ; ;

HVR ; THRU FC CL ;

3-4 [CP WALL – HVR & THRU FC CL] Fwd L , - , Fwd & Sd R rising , Sd & slightly fwd end in SCP ; Thru R , - , Sd L to fc ptr , CI R ;

PART A

1-16 TWSTY VIN 3 ; FWD FC CL ; BOX ; ;

1-2 [CP WALL – TWSTY VIN 3 & FWD FC CL] Bk L , - , XRIB , Sd L (W Sd R , XLIF , Sd R) ; XRIF , - , Sd L , CI R (W XLIB , - , Sd R , Sd L) ;

3-4 [CP WALL – BOX] Fwd L , - , Sd R , CI L ; Bk R , - , Sd L , CI R ;

WSK ; MANUV ; SPN TRN ; ½ BOX BK ;

5-6 [CP WALL – WSK & MANUV] Fwd L , - , Fwd & Sd R rising , XLIB end in tight SCP ; Fwd R trng RF , - , Fwd & Sd L fin trn end CP RLOD , CI R (Small Fwd L , - , Small Sd R , CI L) ;

7-8 [CP RLOD – SPN TRN & ½ BOX BK] Bk L start RF upper body trn pivot ½ on L toe , - , Fwd & Rise R fin RF trn , Bk L (W Fwd L start RF upper body trn pivoting ½ heel to toe , - , Bk & Rise R fin RF trn , Brush Fwd L) ; Bk R , - , Sd L , CI R ;

2 L TRNS to WALL ; ; BOX to SCAR ; ;

9-10 [CP WALL – 2 L TRNS to WALL] Fwd L start LF upper body trn , - , Sd & Bk R cont LF trn , CI L ; Bk R start LF upper body trn , - , Sd & Bk L cont LF trn , CI R ;

11-12 [CP WALL – BOX to SCAR] Fwd L , - , Sd R , CI L ; Bk R , - , Sd L trng slightly RF (W LF) to SCAR , CI R ;

TWKL to BJO ; MANUV ; SPN TRN ; BOX FIN ;

13-14 [SCAR DRW – TWKL to BJO & MANUV] Fwd L outsd ptr , - , Fwd & Sd R trng slightly LF , CI L ; Fwd R trng RF , - , Sd L fin trn end CP RLOD , CI R (Bk L trng RF , - , Sd R fin trn end fcg LOD , CI L) ;

15-16 [CP RLOD – SPN TRN & BOX FIN] Bk L start RF upper body trn pivot ½ on L toe , - , Fwd & Rise R fin RF trn , Bk L (W Fwd L start RF upper body trn pivoting ½ heel to toe , - , Bk & Rise R fin RF trn , Brush Fwd L) ; Bk R trng LF , - , Sd L , CI R ;

PART B

1-8 DIAM TRN to SCAR ; ; ; ;

1-4 [CP DLC – DIAM TRN] Fwd L twd DLC , - , Fwd & Sd R , Bk L twd DLW ; Bk R , - , Bk & Sd L , Fwd R twd DLW ; Fwd L twd DRW , - , Fwd & Sd R , Bk L twd DRC ; Bk R , - , Bk & Sd L Blend to SCAR DLW , CI R ;

X HVR to BJO ; X HVR to SCAR ; X HVR to SCP ; THRU FC CL {2nd time "PKUP SD CL"} ;

5-6 [SCAR DLW – X HVR to BJO & X HVR to SCAR] Fwd L , - , Fwd & Sd R w/slight rise and trng slightly RF , Fwd L to BJO lowering to finish step (W Bk R , - , Bk & Sd L w/slight rise and trng slightly RF , Bk R to BJO lowering to finish stp) ; Fwd R , - , Fwd & Sd L w/slight rise and trng slightly RF , Fwd R to SCAR lowering to finish stp (W Bk L , - , Bk & Sd R w/slight rise and trng slightly RF , Bk L to BJO lowering to finish stp) ;

7-8 [SCAR DLW – X HVR to SCP & THRU FC CL] Fwd L , - , Fwd R w/slight rise , Fwd & Sd L w/slight RF body trn to SCP lowering to finish stp (W Bk R , - , Bk L w/slight rise , Sd & Fwd L w/slight RF body trn lowering to finish stp) ; Thru R , - , Sd L to fc ptr , CI R ;

1-8 PROG BOX ; ; 2 L TRNS to WALL ; ;

- 1-2 [CP LOD – PROG BOX] Fwd L , - , Sd R , CL L ; Fwd R , - , Sd L , CI R ;
 3-4 [CP LOD – 2 L TRNS to WALL] Fwd L start LF upper body trn , - , Sd & Bk R cont LF trn , CI L ; Bk R start LF upper body trn , - , Sd & Bk L cont LF trn , CI R ;

HVR ; MANUV ; 2 R TRNS to WALL ; ;

- 5-6 [CP WALL – HVR & MANUV] Fwd L , - , Fwd & Sd R rising , Sd & slightly fwd end in SCP ; Fwd R trng RF , - , Fwd & Sd L fin trn end CP RLOD , CI R (Small Fwd L , - , Small Sd R , CI L) ;
 7-8 [CP RLOD – 2 R TRNS to WALL] Bk L start trn RF , - , Sd R twd LOD cont RF trn , CI L ; Fwd R start RF trn , - , Sd L twd LOD cont RF trn , CI L ;

END**1-8 TWSTY VIN 3 ; FWD FC CL ; BOX ; ;**

- 1-2 [CP WALL – TWSTY VIN 3 & FWD FC CL] Bk L , - , XRIB , Sd L (W Sd R , XLIF , Sd R) ;
 XRIF , - , Sd L , CI R (W XLIB , - , Sd R , Sd L) ;
 3-4 [CP WALL – BOX] Fwd L , - , Sd R , CI L ; Bk R , - , Sd L , CI R ;

WSK ; MANUV ; SPN TRN ; BK & SD CORTE ;

- 5-6 [CP WALL – WSK & MANUV] Fwd L , - , Fwd & Sd R rising , XLIB end in tight SCP ;
 Fwd R trng RF , - , Fwd & Sd L fin trn end CP RLOD , CI R (Small Fwd L , - , Small Sd R , CI L) ;
 7-8 [CP RLOD – SPN TRN & BK & SD CORTE] Bk L start RF upper body trn pivot ½ on L toe , - , Fwd & Rise R fin RF trn , Bk L (W Fwd L start RF upper body trn pivoting ½ heel to toe , - , Bk R , - , Sd L relaxing L knee and trn to RSCP leaving R leg extended , - ;

IF I KNEW THEN WHAT I KNOW NOW**QUICK CUES****Intro: CP WALL wt 2 meas ; ;****HVR ; THRU FC CL ;****Pt A: TWSTY VIN 3 ; FWD FC CL ; BOX ; ;****WSK ; MANUV ; SPN TRN ; ½ BOX BK ;****2 L TRNS to WALL ; ; BOX to SCAR ; ;****TWKL to BJO ; MANUV ; SPN TRN ; BOX FIN ;****Pt B: DIAM TRN to SCAR ; ; ; ;****X HVR to BJO ; X HVR to SCAR ; X HVR to SCP ; THRU FC CL ;****Pt A: TWSTY VIN 3 ; FWD FC CL ; BOX ; ;****WSK ; MANUV ; SPN TRN ; ½ BOX BK ;****2 L TRNS to WALL ; ; BOX to SCAR ; ;****TWKL to BJO ; MANUV ; SPN TRN ; BOX FIN ;****Pt B: DIAM TRN to SCAR ; ; ; ;****X HVR to BJO ; X HVR to SCAR ; X HVR to SCP ; PKUP SD CL ;****Pt C: PROG BOX ; ; 2 L TRNS to WALL ; ;****HVR ; MANUV ; 2 R TRNS to WALL ; ;****End: TWSTY VIN 3 ; FWD FC CL ; BOX ; ;****WSK ; MANUV ; SPN TRN ; BK & SD CORTE ;**