IN A MELLOW TONE

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Music: The Manhattan Transfer “In a Mellow Tone” – CD “Let’s Dance The Best of Ballroom – Foxtrots and Waltzes, track 3 (3:13) Download: Kohit.net – 1.35 MB free mp3 download

Speed: As on CD and download or slow for comfort

Rhythm: Foxtrot Phase: VI Release: July 2009

Sequence: INTRO, A, B, C, D, B modif, ENDING

INTRO

1 – 4 WAIT 1; CROSS WALKS with KNEE LIFTS; FWD, LK, FWD,-; PICK UP,-; MAN TOUCH,-;

(1) Wait in OP pos fcg LOD both left ft free pointed sd lead arms out to side;

SS (2) {Cross Walks with Knee Lifts – identical footwork} Both XLIF of R twd DW & swvl LF lift R ft up sd of L leg toe pt down knee fwd,-, both XRIF of L twd DC & swvl RF to fc DW lift L ft up sd of R leg toe pt down knee fwd,-;

QQS (3) {Fwd Lock Fwd - identical footwork} Still in OP slghtly DLW both fwd L, lk RIB of L, fwd L,-

S-- (4) {Pick up Man Touch} Fwd R twd DLW start trng Lady LF & folding her in front to fc,-,

PART A

1 – 4 3-STEP; HALF NATURAL; SPIN TURN OVERTURN; BACK CHASSE to BJO;

SQSQ (1) {3-Step} Fwd L heel ld,-, fwd R heel ld rising to toe, fwd L;

SQSQ (2) {Half Natural} Start RF upper body trn fwd R between W’s ft,-, cont RF trn sd L across LOD, bk R (W start upper body trn bk L,-, cl R to L heel trn, fwd L) fc RLOD;

SQSQ (3) {Spin Turn Overturn} Start RF upper body trn bk L toe pivoting 1/2 RF,-, fwd R between W’s ft heel to toe cont RF trn 3/8 leave L leg extended sd & bk, rec L sd & bk fc DRW (W fwd R between M’s ft heel to toe pivot 1/2 RF,-, bk L toe cont RF trn 3/8 brush R to L, fwd R) to CP DRW;

SQSQ (4) {Back Chasse to BJO} Bk R trng LF to fc WL,-, sd L to LOD/cl R, sd & fwd L (W fwd L trng LF,-, sd R to LOD/cl L, sd & bk R) to BJO DLW;

5 – 8 CURVED FEATHER CHECK; OUTSIDE CHANGE to SCP; THRU JETE POINT; FALLAWAY RONDE & SLIP;

SQSQ (5) {Curved Feather Check} Fwd R outside W start RF trn,-, with L sd stretch cont RF trn sd & fwd L, cont upper body trn with L sd stretch fwd R checking outside W fc DRC (W bk L start RF trn,-, cont trn with R sd stretch sd & bk R, cont upper body trn sm bk L) to BJO DRC;

SQSQ (6) {Outside Change to SCP} Bk L in BJO twd DLC start dissolving L sd stretch,-, bk R trn LF, sd & fwd L to SCP DLW (W fwd R outside M start dissolving R sd stretch,-, f wd L, sd & fwd R to SCP DLW);

S&-- (7) {Thru Jete Point} Thru R,-/rising on R sm fwd onto ball of L, then lowering to flat of foot with springing action pt R to sd twd DRC with L sd stretch looking in dir of extended leg,-;

SQSQ (8) {Fallaway Ronde & Slip} Push sd onto R ft look twd LOD as ronde L ft CCW (W CW),-, XLIB of R with rise, slip bk R under body to CP DLC (W trn LF to slip fwd L);

9 – 12 CURVING 3-STEP; BACK CURVING 3-STEP; HOVER TELEMARK; NATURAL PREPARATION;

SQSQ (9) {Curving 3-Step} Fwd L start LF trn,-, fwd R well under body with R sd stretch cont LF trn, fwd L well under body banking into curve to end CP DRC (W bk R start LF trn,-, bk L with L sd stretch cont LF trn, bk R with strong If sd stretch well under body);

SQSQ (10) {Back Curving 3-Step} Bk R start LF trn,-, bk L well under body with L sd stretch cont LF trn, bk R banking into curve with checking motion to end CP DLW (W fwd L start LF trn,-, fwd R with R sd stretch cont trn, fwd L well under body with strong R sd stretch);
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SQQ (11) **Hover Telemark** Fwd L,-, diag sd & fwd R rising with body trn 1/8 RF, fwd L to SCP DW;

SQ- (12) **Natural Preparation** Thru R start RF trn,-, sd & bk L across LOD cont RF trn fc COH, tch R to L with R sd stretch to prep pos (W fwd L,-, fwd R between M’s ft, swiveling RF on R ft sm md & bk L with L sd stretch & open head to R);

13 – 16 **SAME FOOT LUNGE & CHANGE; HOVER CORTE EXIT; BACK ZIG ZAG 4; HESITATION CHANGE;**

S-- (13) **Same Foot Lunge & Change** Lower on L with slight L sway step sd & slightly fwd R twd DLC (W lower & XRIB of L),-, transfer wght to R with soft knee sway to R (W head well to L), trn upper body RF & chg sway to L open W’s head to SCP RLOD;

S-Q (14) **Hover Corte Exit** Rec sd & fwd L,-, rise trn body LF, sm sd & bk R fc DRC (W rec fwd L,-, fwd R rise trn LF fc DLW, rec fwd L) to BJO DRC;

QQQQ (15) **Back Zig Zag 4** Bk L, cl R to L heel trn RF to SCAR, fwd L outside W, trn LF sd & bk R (W fwd R outside M, trn RF sd & bk L, bk R, trn LF sd & fwd L) to BJO DRC;

SQ- (16) **Hesitation Change** Bk L trn RF,-, sd & bk R cont RF trn, draw L to R to CP DLC;

PART B

1 – 4 **OPEN REVERSE; HOVER CORTE; BACK CHASSE to RLOD/WL; CONTRA CHECK & SWITCH;**

SQQ (1) **Open Reverse** Fwd L start LF trn,-, sd R cont trn, bk L to BJO DRC;

SQQ (2) **Hover Corte** Bk R trn LF,-, sd & fwd L rise with hover action cont LF trn to BJO, rec bk R sm step in to BJO DLW;

SQQ (3) **Back Chasse to RLOD WL** Bk L trn RF to fc WL,-, sd R to RLOD/cl L, sd & fwd R with R sd stretch open W’s head to R (W fwd R trn RF,-, sd L to RLOD/cl R, sd & bk L) to CP DRW;

SQQ (4) **Contra Check & Switch** Start LF upper body trn lower keeping hips up to ptr check fwd L with R sd leading looking twd but over W,-, rec R start strong RF trn leaving L ft almost in place, bk L pivoting RF to fc DLC (W bk R with strong L sd lead looking well L,-, rec L start trn RF, cont trn RF rec fwd R between M’s feet) soft knees throughout total turn 5/8 end in CP DLC;

5 – 8 **RUDOLPH RONDE & SLIP; DOUBLE REVERSE with SPLIT RONDE;; TURNING WHISK DLW;**

SQQ (5) **Rudolph Ronde & Slip** Fwd R between W’s feet lower strongly while keeping L ft bk trn body RF to lead W’s ronde,-, bk L well under body start LF trn, slip bk R with rise cont LF trn DLC (W bk L trn RF to SCP allowing R leg to ronde from hip CW keep R sd twd ptr XRIB of L at end of ronde,-, bk R well under body start LF trn on ball of R ft, slip L wght cont LF trn placing L ft near M’s R) CP DLC;

SQQ (6-7) **Double Reverse with Split Ronde** Fwd L start LF trn,-, sd R 3/8 trn between 1st & 2nd step, spin LF 1/2 on ball of R ft bring L to R no wght fc LOD (W bk R start LF trn,-, close L to R heel trn/sd & slightly bk R cont LF trn, XLIF of R/chg wght to R beside L);

-QQ **Continue Split Ronde** Stop rotation drop straight down into R knee both ronde L leg fwd then out & back CCW,-, XLIF of R strong LF trn, sm sd R cont LF trn to CP DRC (W ronde L CCW,-, XLIF of R trn LF/sm sd R cont trn, XLIF of R);

SQQ (8) **Turning Whisk** CP DRC fwd L twd DRC start LF trn,-, sd R cont LF trn fc DRW, XLIF of R turning W to SCP DLW;

9 – 12 **OPEN NATURAL; BACK CHASSE/Lady TWIRL to BFL SCAR; FORW CHECK DEVELOPE; FEATHER FINISH;**

SQQ (9) **Open Natural** Fwd R start RF trn,-, sd & fwd L trn RF to CP, sd & slightly bk on R to BJO DRC (W fwd L,-, fwd R between M’s feet, fwd L);

SQQ (10) **Back Chasse/LadyTwirl to BFL SCAR** Bk L start RF trn fc COH,-, sd R lead W’s RF underarm trn/cl L to R, cont RF trn step fwd R to BFL SCAR fc DLC (W fwd R outside ptr start RF trn,-, RF outside underarm trn sd & bk L/fwd R, bk L to BFL SCAR fc DRW);

S-- (11) **Forw Check Lady Develope** BFL SCAR check fwd L outside ptr slgt R sd stretch,-,,-, (W lower into standing ft check bk R well under body draw L ft to prep,-, bring L ft up R leg to inside of R knee, extend L ft wght with L sd stretch head open to R);

SQQ (12) **Feather Finish** BFL SCAR bk R,-, sd L across W, fwd R outside ptr blend to BJO DC (W BFL SCAR fwd L,-, sm sd R, bk L blend to BJO);
13 – 16  **REVERSE WAVE 1/2; CHECK & WEAVE;; CHANGE OF DIRECTION:**

**SQQ** (13)  **{Reverse Wave 3}**  Fwd L start LF body trn,+, sd R fc DRC, bk L (W bk R start LF trn,+, cl L to R heel trn, fwd R) CP DRC;  
**SQQ** (14-15)  **{Check & Weave}**  Slip R ft bk under body with slgt contra check action,+, fwd L start LF trn, sd R 1/8 of a LF trn with R sd lead; bk L in CBMP cont LF trn 1/8, bk R to momentary CP cont LF trn, sd & fwd L with L sd stretch trn 1/4 LF body trns less, fwd R in BJO DLW;  
**SQ-** (16)  **{Change of Direction}**  Fwd L DW blending to CP,+, fwd R with R shldr lead trn LF, draw L to R fc DLC;

**PART C**

1 – 4  **ZIG ZAG 4; HOVER CROSS ENDING; QUICK DIAMOND 4 FC RLOD; BACK to a HINGE:**

**QQQQ** (1)  **{Zig Zag 4}**  CP DLC Fwd L start LF trn, sd R fc DRC, bk L start RF trn, fwd R to SCAR DC with R sd stretch (W bk R, cl L to R heel trn LF, fwd R outside ptr start trn RF, sd & bk L with L sd stretch & open head);  
**QQQQ** (2)  **{Hover Cross Ending}**  Chk fwd L outside ptr in SCAR, rec R, sd & fwd L, fwd R to BJO DLC;  
**QQQQ** (3)  **{Quick Diamond 4}**  Fwd L start LF trn, sd R cont trn, bk L cont trn, bk R to CP RLOD;  
**S--** (4)  **{Back to a Hinge}**  Bk & sd L twd LOD trn upper body fc WL with L sd stretch leading W to XLIB of R keeping L sd twd ptr,+, relax L knee leaving R leg extended rotate upper body LF DW (W fwd R swvl 1/2 LF with R sd stretch,+, XLIB of R keeping L sd to ptr relaxing L knee R leg extended fwd to RLOD with no wgt),+;

5 - 8  **LADY ROLL OUT,-, to OP WL, MAN REC; CROSS HOVER to DLW; BOTH ROLL 4 MAN ACROSS to LOP LOD; CHECK BK, ROLL LADY ACROSS in 4 to OP LOD:**

---Q (5)  **{Lady Roll Out to OP Man Rec}**  In Hinge Line fc DLW rotate upper body RF to lead W to step fwd on R,+, roll W out RF to OP WL M no wght chg, rec sd R (W fwd R start RF roll out,+, sd & bk L cont RF roll to OP WL, sd R) both looking twd DRW arms extended;  
**SQQ** (6)  **{Cross Hover to DLW}**  Both XLIF or R twd DRW,+, sd R rise with hovering action trng LF to DLW, rec L looking to DLW good connection between jnd hnds W hanging bk slightly;  
**QQQQ** (7)  **{Both Roll 4 He Right She Left Man Across to LOP}**  Fwd R to DW, sd L across LOD leading W to roll independently M pivoting 1/2 RF to fc DLC, sm fwd R, sm fwd L to LOP LOD shaped slightly away from ptr (W fwd R to LOD, start LF roll step fwd L twd DC pivoting LF, bk R cont LF roll, sd & fwd L to LOP LOD shaped slightly away from ptr);  
**[Meas 7 option for lady: replace W’s Roll 4 with Run 4 – fwd R, fwd L, fwd R, fwd R to LOP LOD;]**  
**QQQQ** (8)  **{Check Back, Roll Lady Across to OP}**  Chk bk R folding W in front, rec L chg hnds to M’s R W’s L, fwd R, fwd L to OP (W start RF roll step fwd R twd WL & ptr, sd & fwd L across M pivoting RF, sd & fwd R cont RF trn fc LOD, fwd L) to OP LOD;

9 - 12  **CROSS WALKS with KNEE LIFTS; FWD, LK, FWD KNEE LIFT,++; CROSS WALKS with KNEE LIFTS; RUN 3 to SHADOW;**  **{meas 9 – 11 identical footwork- start with R ft free for both}**

**SS** (9)  **{Cross Walks with Knee Lifts}**  Swvl on L ft 1/8 LF lift R ft up sd of R leg toe pt down knee fwd XRF of L twd DC swvl RF lift L ft up sd of R leg toe pt down knee fwd,+, both XLIF of R twd DW & swvl LF to fc DC lift R ft up sd of R leg toe pt down knee fwd,++;  
**QQS** (10)  **{Fwd Lock Fwd Knee Lift}**  OP slightly DC both fwd R, lk LIB of R, fwd R swvl RF DW lift L ft up sd of R leg toe pt down knee fwd,++;  
**SS** (11)  **{Cross Walks with Knee Lifts}**  DW both XLIF of R twd DW & swvl LF lift R ft up sd of L leg toe pt down knee fwd,+, both XRF of L twd DC & swvl RF to fc DC lift L ft up sd of R leg toe pt down knee fwd,++;  
**QQS** (12)  **{Run 3 to Shadow DLW}**  OP slightly DLW fwd L leading W to step fwd & slightly ahead of M, sm fwd R release M’s R & W’s L hnds (W arms fwd & out), sm fwd L to Skaters DW,++;  

13 - 16  **2 SHADOW RIGHT TURNS;; CONTINUOUS CROSS CHECKS Lady FEATHER ENDING;;**

**SQQ** (13-14)  **{2 Shadow Right Turns}**  Strong fwd R start RF trn,+, sd L M stronger step to stay to L sd of W, bk R fc RLOD; bk L cont RF trn,+, sd R smaller step than W to keep W on R sd, fwd L twd DLC;
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QQQQ (15) {Continuous Cross Checks} In Skaters DLC sending leg in front of body both XRIF of L causing L sd stretch, rec L, sd R, sending leg in front of body XLIIf of R with R sd stretch;

QQ-Q (16) {Finish Continuous Cross Checks Lady Feather Ending Transition} Rec R, sd L lift L arms up leading W to start LF trn to fc ptr, hold 1 beat while W cont LF trn, fwd R outside ptr (W rec R, sd & fwd L start LF trn, sd & bk R cont LF trn, bk L) to BJO DLC;

PART D

1 - 4 3 Slow FALLAWAYS;;; BACK TURN CHASSE to BJO DLW;

SQQ (1) {3 Slow Fallaways} BJO DLC fwd L trng LF blending to CP ps &, sd R with R sd stretch, XLIb of R well under body to SCP RLOD (W bk R trng LF &,-, sd L, XRIB of L to SCP);

SQQ (2) Bk R trng LF to CP no sway &,-, sd & fwd L with L sd stretch, XRIB of L well under body L sd stretch to RSCP (W trng LF slipping L ft fwd well under M’s body to CP &,-, sd & slightly bk R, XLIb of R) to RSCP fc RLOD;

SQQ (3) {Finish 3 Fallaways} Fwd L trng LF blend to R sd stretch &,-, sd R cont R sd stretch, XLIb of R well under body (W bk R trng LF &,-, sd L, XRIB of L) to SCP RLOD;

SQQ&Q (4) {Back Turn Chasse to BJO DLW} Bk R trng LF to fc WL &,-, sd L to LOD/cl R, sd & fwd L (W trng LF slipping L ft fwd well under M’s body to CP cont LF trn fc COH &,-, sd R to LOD/cl L, & bk R) to BJO DLW;

5 - 8 CURVED FEATHER CHECK; BACK TIPPLE CHASSE PIVOT; BACK FEATHER; FEATHER FINISH LADY TRANSITION to SHADOW;

SQQ (5) {Curved Feather Check} Repeat meas 5 from Part A;

SQQ (6) {Back Tipple Chasse Pivots} In BJO DRG start RF upper body trn bk L keeping L sd stretch &,-, sd R trng 1/4 RF btw step 1 and 2 blending to CP/cl L fc LOD, trng RF sd & fwd R t wd DW pivoting RF to fc DRW L leg trails behind pointed to DLC (W start RF upper body trn fwd R outside ptr trng RF keeping R sd stretch &,-, cont RF trn sd L with R sd stretch/cl R fc RLOD, sd & bk L pivoting RF to fc DLC with R leg extended fwd);

SQQ (7) {Back Feather} Lower into standing leg step bk L twd DLC & chg shape to R shldr lead with R sd stretch &,-, bk R to BJO cont R sd stretch, bk L fc DRW (W fwd R heel to toe btw M’s feet well under body & chg to L shldr lead with L sd stretch open head &,-, fwd L, fwd R);

SQQ (8) {Feather Finish Lady Rev Twirl Transition to Shadow} Bk R trng LF raise ld hnds to start leading W into LF twirl &,-, sd & fwd L cont ldng W’s rev twirl, fwd R join L hnds to Skaters DLW (W fwd L trn LF &,-, rev twirl 5/8 LF under ld hnds bk R/sd & fwd L, fwd R);

9 - 12 SHADOW DIAMOND TURN 3/4;;; BACK CHASSE to DLW; {meas 9 – 12 identical footwork}

SQQ SQQ (9-11){Shadow Diamond Turn 3/4} Skaters DLW fwd L trn LF &,-, sd R, bk L DC; bk R trn LF &,-, sd L, fwd R DRG; Fwd L trn LF &,-, sd R, bk L in Skaters DRW;

SQQ (12) {Back Chasse to DLW} Bk R trn LF fc WL &,-, sd L/cl R to L, sd & fwd L to DLW in Skaters;

13 - 16 ADVANCED SHADOW GRAPPELINE;; CHAIR SLIP Lady TURN TRANS; DOUBLE REVERSE;

QQQQ (13) {Advanced Shadow Grapevine – Front Vine 8 action} Thru R, sm step sd L as W chgs sd in front put L arm around her waist & release R arm, XRIB of L, sd L chg sd behind W back to her L sd put R arm around her waist & release L arm (W thru R, strong sd L to M’s L sd look twd M & RLOD, XRIB of L, sm step sd L as M chgs sd behind W end on M’s R sd look twd M & LOD);

QQQQ (14) {Continue Shadow Grapevine} Repeat meas 13; end in Skaters DLW both R ft free

QQQ (15) {Chair Slip Lady Turn Trans} Chk thru R with lunge action &,-, rec L, with slight LF upper body trn slip R behind L cont trn to CP DLC (W chk thru R with lunge action &,-, rec L/bk R with LF body trn, cont LF trn to slip fwd L to CP lift L arm up & over M’s head);

QQQ (16) {Double Reverse} Fwd L start LF trn &,-, sd R 3/8 trn between 1st & 2nd step, spin LF 1/2 on ball of R ft bring L to R no wght fc LOD (W bk R start LF trn &,-, close L to R heel trn/sd & slightly bk R cont LF trn, XLIb of R);
B modified

Repeat 1-15 of part B & modify meas 16

16 HOVER TELEMARK to DLW: In BJO DLW Fwd L blending to CP, diag sd & fwd R rising with body trn 1/8 RF, fwd L to SCP DW;

ENDING

1 – 4 OPEN NATURAL; BACK CHASSE/Lady TWIRL to BFL SCAR; FORW CHECK DEVELOPE; BACK TO OPEN HINGE (in BFL):

SQQ (1) Open Natural Fwd R start trn, sd & fwd L trn RF to CP, sd & slightly bk on R to BJO DRC (W fwd L, fwd R between M’s feet, fwd L);

SQ&Q (2) Back Chasse/LadyTwirl to BFL SCAR Bk L start trn RF trn fc COH, sd R lead W’s RF underarm trn/cl L to R, cont RF trn step fwd R to BFL SCAR fc DLC (W fwd R outside ptr start RF trn, RF outside underarm trn sd bk L/fwd R, bk L to BFL SCAR fc DRW);

S-- (3) Forw Check Lady Develope BFL SCAR check fwd L outside ptr slight R sd stretch, (W lower into standing ft check bk R well under body draw L ft to prep, bring L ft up R leg to inside of R knee, extend L ft fwd with L sd stretch head open to R);

SQ- (4) Back to Open Hinge in BFL In BFL SCAR DLC bk R start trn LF fc COH, cont trn sd & fwd L trn upper body fc DRC still in BFL with L sd stretch leading W to XLIB of R keeping L sd twd ptr, relax L knee leaving R leg extended bk (W fwd L outside ptr start LF trn fc WL, sd R with R sd stretch swvl LF, XLIB of R keeping L sd to ptr relaxing L knee R leg extended fwd to LOD with no wgt) lead hnds high & trail hnds low;

5 – 8 TWIRL LADY ACROSS MAN RISE & CLOSE; to OP STEP RONDE,-, BACK VINE, 2; CROSS WALK 4 WITH KNEE LIFTS;

---Q (5) Twirl Lady Across Man Rise & Close Rotate upper body RF lead W to step fwd on R keep L sd stretch start drawing R ft to L, rise on L cont rotate RF to fc LOD while drawing R ft in & leading W to step across M into RF twirl under lead hnds, release trail hnds cl R to L cont leading W’s RF twirl to fc M (W start RF body trn step fwd R trn RF 1/4 twd M, fwd L twd DW across M spiral RF 7/8 under lead hnds – similar to Rope Spin action, but stay in front of M to his R sd, sm fwd R to DLW cont trng RF 1/4 to fc M & RLOD);

SQQ (6) Step Ronde Back Vine 2 M sm sd L join M’s R & W’s L hnds to OP LOD lower into L knee ronde R leg CW out & bk (W fcg M & RLOD fwd L to M’s R sd lower into L knee trng 1/2 RF to OP LOD as ronde CW out & bk), both XLIB of L trn LF, sd L fcg slightly DC;

SSSS (7-8) Cross Walk 4 with Knee Lifts In OP both R ft free both XRIF of L twd DC & swvl RF lift L ft up sd of R leg toe pt down knee fwd, both XLIF of R twd DW & swvl LF to fc DC lift R ft up sd of R leg toe pt down knee fwd, Repeat meas 7; end fc DC

9 – 11 ROLL LADY ACROSS BOTH LUNGE APART; ROLL HER IN to SHADOW WRAP; RECOVER TO LEFT LUNGE ARM SWEEP & CARESS;

QQ-Q (9) Roll Lady Across both Lunge Apart Chk fwd R, rec L leading W to roll across LF chg hnds to M’s L & W’s R hnds jnd, draw R ft bk & sd while cont lead W to roll out LF to LOP LOD, lunge sd R (W roll LF across in front of M R, L, R to LOP, lunge sd L) shape to ptr free arms extended sd bk;

QQQQ (10) Roll Her in to Shadow Wrap LOD Rec L lead W to wrap RF to Shadow fc LOD, rec R to soft lunge finish wrap M place R hnd on W’s R hip (W wrap in RF R, L, soft lunge sd R shape to ptr L arm folded in front on top of jnd hnds);

SSS (11) Rec to Left Lunge Arm Sweep & Caress Both rec L to soft lunge M shape to W W unfold L arm sweep L arm sd & up to caress M’s L sd of face while looking at ptr lovingly ☺, -;

We hope you enjoy dancing ‘in a mellow tone’…

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