LEARNING THE BLUES

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Phase: Foxtrot V + 2 + 1 (Continuous Hover Cross, Throwaway Oversway)

(Extended Open Nat’l to SCAR) Difficulty: Average

Footwork: Opposite, directions for man (woman as noted)
Timing: SQQ, except where noted. Timing reflects actual weight changes.

- INTRO -

1 - 4 CP DLC lead feet free WAIT PICKUP NOTES & ONE MEASURE:

TELEMARK to SCP; FEATHER DLW; THREE STEP:

1 [WAIT 1] CP DLC Lead Feet free WAIT pickup notes of music and one measure;
2 [TELEMARK to SCP] Fwd L starting to trn if fc, -, sd R (W heel turn) cont if fc trn, sd & slightly fwd L to end in SCP DLW;
3 [FEATHER to DLW] Fwd R, -, fwd L, fwd R outside the woman in CBMP;
   (W thru L trng lf fc toward partner, -, sd & bk R, bk L in CBMP);
4 [THREE STEP] Fwd L, -, R, L with passing stps & heel lead on stps 1 and 2 rising to toe on stp 3;

5 - 8 NAT’L TURN a HALF; IMPETUS to SCP; THRU to a LEFT WHISK; LADY UNWINDS in TWO with a FEATHER ENDING DLC:

5 [NAT’L TURN a HALF] Start a rt fc upper body trn fwd R heel to toe, -, sd L (W heel turn) across LOD, bk R in CP;
6 [IMPETUS to SCP LOD] Start rt fc upper body trn bk L, -, cl R to L cont rt fc trn about 3/8, fwd L in tight SCP;
   (W Start a rt fc upper body trn fwd R between M’s feet heel to toe pivoting 1/2 rt fc, -, sd & fwd L cont trn arnd M brush R to L, comp trn fwd R);
7 [THRU to a LEFT WHISK] Thr R inSCP, -, sd & fwd L to CP, cross R well behind L to RSCP trng upper body to lf;
8 [LADY UNWINDS in 2 with a FEATHER ENDING DLC] Unwind rt fc w/rise, lower, sd & fwd L rising, fwd R to CBMP DLC;
   (W fwd R arnd M, L arnd M, bk R, bk L to CBMP DLC);

- A -

1 - 4 TELEMARK to SCP; EXTENDED OPEN NAT’L to SCAR DLW; CONTINUOUS HOVER CROSS ENDING:

1 [TELEMARK to SCP] Repeat measure 2 of INTRO;
2+ [EXTENDED OPEN NAT’L to SCAR DLW] Start a rt fc upper body trn fwd R heel to toe, -, sd L across LOD, cont slight rt fc upper body trn bk R leading ptr to stp outside the M to BJO; trng rt fc bk L, cont trn sd & fwd R to SCAR DLW;
3-4 [CONTINUOUS HOVER CROSS ENDING] Fwd L across R to CBMP [with a rt sd stretch], cl R to L [cont rt sd stretch]; bk L in CBMP [cont rt sd stretch], bk R to CP [no sway], sd and fwd L w/a lf sd lead [w/lf sd stretch], fwd R in BJO [w/lf sd stretch]

5 - 9 REVERSE TURN; THREE STEP; FULL NAT’L TURN:

5-6 [REVERSE TURN] Fwd L starting a lf fc body trn, -, sd R (W heel turn) cont trn , bk L LOD to CP; bk R cont lf fc trn, -, sd and slightly fwd L DLW, fwd R to CBMP;
7 [THREE STEP] Repeat meas 4 of INTRO;
8-9 [FULL NAT’L TURN] Start a rt fc upper body trn fwd R heel to toe, -, sd L (W heel turn)
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across LOD, bk R in CP; Start rt fc upper body trn bk L, -, cl R to L cont rt fc trn about 3/8, fwd L in tight SCP; (W Start a rt fc upper body trn fwd R between M's feet heel to toe pivoting 1/2 rt fc, -, sd & fwd L cont trn arnd M brush R to L, comp trn fwd R;)

10 – 12

FEATHER; MINI-TELESPIN;;

[FEATHER] Repeat measure 3 of INTRO; [MINI-TELESPIN] Fwd L starting to trn lf fc, -, sd R trng 3/8 lf fc between steps 1 & 2, bk & sd if no wt light pres inside edge of toe keeping if sd in to W/trn body if fc no wt to lead the W to CP starting a lf fc spin; fwd L cont to spin if fc on L draw R to L under body, cl R flexing knees, hold, -; (W Bk R (heel trn), fwd R keeping rt sd in to M/fwd L trng lf fc to M head to the rt; fwd R to CP keeping head to the lf spinning if fc drawing L to R under body, cl L flexing knees, hold, -;)

13 – 16

CONTRA CHECK & SWITCH; CURVED FEATHER; TIPPLE CHASSE to SCAR DLW; HOVER CROSS ENDING;

[CONTRA CHECK & SWITCH] Start a lf fc upper body trn flexing knees w/a strong rt sd lead check fwd L in CBMP, -, rec R starting a strong rt fc trn leaving L almost in pl, cont strong rt fc trn rec L soft knees throughout w/a 1/2 rt fc trn; (W start a lf fc upper body trn flexing knees w/strong if sd lead bk R in CBMP looking well to the lf, -, rec L starting a rt fc trn leaving R almost in pl, cont rt fc trn rec R between M's feet w/soft knees throughout with a 1/2 rt fc trn;)

[CURVED FEATHER] Fwd R starting to trn rt fc, -, with lf sd stretch cont rt fc trn sd & fwd L, cont upper body trn to rt w/ lf stretch fwd R in Banjo; (W Fwd L starting to trn rt fc, -, staying well into M's rt arm w/rt sd stretch cont rt fc trn sd & bk R, cont rt fc upper body trn w/rt sd stretch bk L in Banjo;)

SQ&Q 15 [TIPPLE CHASSE to SCAR DLW] Start a rt fc upper body trn bk L trng rt fc, -, sd R w/slight lf sd stretch trng 1/4 rt fc between steps 1 and 2/cl L, sd and slightly fwd R [1/8 rt fc trn between steps 3 and 4];

QQQQ 16 [HOVER CROSS ENDING] W/rt sd stretch fwd L in CBMP outside ptr on toe, rec R, w/lf sd lead sd and fwd L, w/a lf sd stretch fwd R in BJO ;

Repeat - A -

- B -

1 – 4

REVERSE WAVE a HALF; CHECK and WEAVE with DOUBLE BACK LILT;;

1 [REVERSE WAVE a HALF] Fwd L starting a lf fc body trn up to 3/8, -, sd R, bk L DLW [fc DRC];

QQQ 2 [CHECK and WEAVE] Slip R bk under body w/a slight contra chk action, -, fwd L starting to trn lf fc, sd R [1/8 lf fc trn between steps 1 and 2 of the Weave] w/rt sd lead and slight rt sd stretch preparing to lead woman outside ptr;

QQQQ 3 [with DOUBLE BACK LILT] In BJO bk L, cl R to L rising onto toes and keeping knees bent, bk L, cl R to L;

QQQQ 4 [WEAVE ENDING] Bk L in CBMP, bk R starting a lf fc trn and lead W to CP, sd and slightly fwd L DLW, fwd R outside ptr to CBMP DLW;

5 – 8

HOVER to SCP DLC; PROMENADE WEAVE to a RIGHT LUNGE;; ROLL & SLIP;

5 [HOVER to SCP DLC] Fwd L in BJO, -, fwd and slightly sd R rising to ball of ft, sd and slightly fwd L to tight SCP;

QQQ 6-7 [PROMENADE WEAVE to a RIGHT LUNGE] Fwd R, -, fwd L starting a lf fc trn, sd and slightly bk on R to BJO DLC; bk L in CBMP DLC, bk R start a lf fc trn and lead W to CP, sd and slightly fwd L DLW, flex if knee move sd and slightly fwd onto R keeping if sd in toward ptr and as wt is taken on R flex R knee and make slight lf fc body trn and look at ptr;

8 [ROLL & SLIP] Rolling rt fc up to 3/8 rec L, -, slip R past L, -;
Repeat - A -

- INTERLUDE -

1 – 2 DOUBLE TOP SPIN;;
&QQQQ 1-2 [DOUBLE TOP SPIN] With the previous figure with wt on ball of R spin if fc about 1/8 keeping L leg extended bk; bk L in CBMP, bk R trng 1/8 if fc between steps 1 and 2, with if sd stretch sd and slightly fwd L [1/4 if fc trn between steps 2 and 3 body trns less], with if sd stretch fwd R in BJO DRW; Repeat Top Spin to end facing DLC;

Repeat - B -

Repeat - A (1-14) -

- ENDING -

1 – 4 IMPETUS to SCP; FEATHER; HOVER TELEMARK; THRU to a THROWAWAY OVERSWAY;

1 [IMPETUS to SCP DLC] Repeat measure 6 of INTRO;
2 [FEATHER to DLC] Repeat measure 3 of INTRO;
3 [TELEMARK to SCP DLW] Repeat measure 2 of INTRO;
4 [THRU to a THROWAWAY OVERSWAY] Sd & fwd L relaxing L knee and allowing R to pt sd and bk while keeping rt sd in toward W w/a lf sd stretch] looking at ptr, -,-,-;

QUICK CUES

INTRO
1 - 4 CP DLC lead feet free WAIT PICKUP NOTES & 1 meas; TELEMARK to SCP; FEATHER to DLW; 3-STEP; 5 - 8 NAT'L TURN a HALF; IMPETUS to SCP; THRU to LEFT WHISK; LADY UNWIND in 2 with FEATHER END;

PART A
1 - 4 TELEMARK to SCP; EXT OPEN NAT'L to SCAR LOD,, CONTINUOUS HOVER CROSS ENDING;; 5 - 9 REVERSE TURN;; THREE STEP; FULL NAT'L TURN; 10 – 12 FEATHER; MINI-TELESPIN;; 13 – 16 CONTRA CHECK & SWITCH; CURVED FEATHER; BACK TIPPLE CHASSE to SCAR DLW; HOVER CROSS ENDING;

PART B
1 – 4 REVERSE WAVE a HALF; CHECK & WEAVE with a DOUBLE BACK LILT;; 5 – 8 HOVER; PROMENADE WEAVE to a RIGHT LUNGE;; REC, & SLIP to DLC;

PART A
1 - 4 TELEMARK to SCP; EXT OPEN NAT'L to SCAR LOD,, CONTINUOUS HOVER CROSS ENDING;; 5 - 8 REVERSE TURN;; THREE STEP; NAT'L TURN a HALF; 9 – 12 IMPETUS to SCP; FEATHER; REVERSE WAVE;; 13 – 16 BACK FEATHER; BACK THREE STEP; BACK TIPPLE CHASSE to SCAR DLW; HOVER CROSS ENDING;

INTERLUDE
1 – 4 DOUBLE TOPSPIN;;

PART B
1 – 4 REVERSE WAVE a HALF; CHECK & WEAVE with a DOUBLE BACK LILT;; 5 – 8 HOVER; PROMENADE WEAVE to a RIGHT LUNGE;; REC, & SLIP to DLC;

PART A (1-14)
1 – 4 TELEMARK to SCP; EXT OPEN NAT'L to SCAR LOD,, CONTINUOUS HOVER CROSS ENDING;; 5 - 9 REVERSE TURN;; THREE STEP; FULL NAT'L TURN;; 10 – 14 FEATHER; MINI-TELESPIN;; CONTRA CHECK & SWITCH; CURVED FEATHER;

ENDING
1 – 4 IMPETUS to SCP; FEATHER to DLC; TELEMARK to SCP; THRU to a THROWAWAY OVERSWAY;