Let's Dance Foxtrot - Page 2 of 3

INTRODUCTION

1 – 8  WAIT; INVITE THE LADY; OPPOSITION POINTS; RISE LADY CLOSE; 3 STEP; HAIRPIN ; OPEN IMPETUS ; THRU FLARE TOUCH ;
1 (Wait) About 4 feet apart Man fc DW in Dance Position lead foot free for both;
2 (Invite The Lady) (Lady fwd R,-, fwd L, close R CP);
3 (Opposition Points SS) Relax right knee & point L DC with right sd stretch,-, hold,-(Relax right knee & point L RDW with right sd stretch,-, hold,-);
4 (Rise Lady Close SS) Rise on R,-, draw L to R no weight,-(Rise on R,-, close L,-);
5 (3 Step) Fwd L,-, fwd R, fwd L;
6 (Hairpin) Fwd R commence RF tm,-, with left sd stretch fwd L cont tm, cont tm swiveling RF with strong left sd stretch fwd R RDW BJO;
7 (Open Impetus) Bk L trng RF,-, cl R no wgt heel tm chg wgt to R trng Lady to SCP (Cont tm sd & fwd L hover to SCP), fwd L DC;
8 (Thru Flare Tch) Thru R DC,-, flare L CW (CCW) tm RF to fc partner, tch R;

PART A

1 – 8  WHISK; OPEN NAT; RUNNING FINISH IN 4 LADY TWIRL; HOVER; WING; OPEN REVERSE; BK to THROWAWAY; REC RONDE & SLIP CP DW;
1 (Whisk) Fwd L,-, sd R, XLIB fc WALL;
2 (Open Nat) Thru R commence RF tm,-, sd & bk L, bk R DW BJO;
3 (Running Finish In 4 Lady Twirl QQQQ) Bk L, sd R fc COH, fwd L DC, fwd R LOD (Fwd R commence RF twirl, L, R, L);
4 (Hover) Fwd L blend to CP,-, fwd & sd R with hovering action, fwd L DC SCP;
5 (Wing) Thru R,-, draw L to R, tch L to R trng upper body LF (Thru L commence LF tm,-, cont tm fwd R around man, fwd L end in tight SCAR);
6 (Open Reverse) Fwd L commence LF tm,-, cont tm sd R, bk L BJO;
7 (Bk to Throwaway QQS) Bk on R LOD trng LF, sd L LOD, leaving R extended rotate body LF lead Lady into Throwaway,-(Fwd L trng LF, sd R cont tm, lower on R extend left leg bk,-);
8 (Rec Ronde Slip CP DW) Rec R tm body RF XLIB no wgt,-, rec L, slip R bk fc DW CP (Fwd & sd L ronde R CW no wgt,-, rec R, slip L fwd);

PART B

1 – 8  HOVER; THRU SEMI CHASSE; WING; THRU FLARE & CHECK; BACK & LOCK 5 ::

OPEN IMPETUS; FEATHER;
1 (Hover) Fwd L,-, fwd & sd R with hovering action, fwd L DC SCP;
2 (Thru Semi Chasse) Thru R,-, sd L/el R, sd L DC SCP;
3 (Wing) Thru R,-, draw L to R no wgt, tch L to R trng upper body LF, (Thru L commence LF tm,-, cont tm fwd R around man, fwd L end in tight SCAR);
4 (Thru Flare & Ck SS) Fwd L trng LF on left foot flare R fc RDC BJO,-, fwd R checking,- (Bk R trng LF on right foot flare L fc DW BJO,-, bk L checking,-);
5 - 6 (Bk & Lock 5 SQQ QQS) Bk L,-, bk R, XLIF, bk R, XLIF, bk R,-;
7 (Open Impetus) Bk L DW trng RF,-, cl R no wgt heel tm chg wgt to R trng Lady to SCP (Cont tm sd & fwd L hover to SCP), fwd L DC;
8 (Feather) Thru R,-, fwd & sd L, fwd R DC BJO (Thru L trng LF,-, sd & bk R, bk L);

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PART C

1 - 8 REV TRN;; 3 STEP; NAT TRN; CLOSED IMPETUS; FEATHER FINISH; REV WAVE;;

1 - 2
(Rev Trn) Fwd L commence LF trn,-, sd R cont trn (Heel trn), bk L LOD CP; bk R cont trn,-, sd & slightly fwd L DW, fwd R BJÖ;

3
(3 Step) Fwd L blend to CP,-, fwd R, fwd L;

4
(Nat Trn) Fwd R commence RF trn,-, sd & bk L (Heel trn), bk R DW CP;

5
(Closed Impetus) Commence RF trn bk L DW,-, cl R to L heel trn cont trn fc DW, bk L CP (Fwd R between man’s feet,-, pivot 1/2 RF sd & fwd L around man brush R to L, fwd R);

6
(Feather Finish) Bk R,-, sd & fwd L, fwd R DC BJÖ (Fwd L,-, sd & bk R, bk L DC BJÖ);

7 - 8
(Rev Wave) Fwd L trn LF,-, sd R cont trn (Heel trn), bk L twd WALL; bk R cont trn,-, bk L LOD, bk R CP;

9 - 16
BK FEATHER; BK to PROM SWAY; LADY KICK & LINK TO SCP; PREP TRN;
SAME FOOT LUNGE; TELESPIN ENDING; NAT WEAVE;;

9
(Bk Feather) Bk L LOD,-, bk R, bk L BJÖ right sd stretch;

10
(Bk to Prom Sway) Bk R to CP,-, sd & fwd L to SCP stretching body upward to look over joined lead hnds, relax left knee;

11
(Lady Kick & Link to SCP) Trn upper body LF leading Lady to kick left foot,-, fwd R brush L to R, fwd L DW SCP (Kick L,-, bk L brush R to L trn to SCP, fwd R);

12
(Prep Trn) Thru R DW trn 1/4 RF,-, sd & bk L LOD, cont trn draw R to L no wgt right sd stretch look RLOD fc COH (Thru L,-, fwd R trn RF, cont trn cl L fc RDW);

13
(Same Foot Lunge) Relax left knee & stretch right sd with swwt trn RLOD reach sd & fwd R toe point to DC, cont to transfer all wgt to R with soft knee look DC, stretch upward and sway right (XRIB of L well under body head well to left);

14
(Telespin Ending & QQS) On count & trn upper body LF no wgt chg/cont trn rec L, cont trn sd & fwd R, fwd L DW SCP-(On & count fwd L/bk R, cont trn toe spin & cl L, fwd R DW SCP,-);

15 - 16
(Nat Weave SQQ QQQQ) Thru R commence RF trn,-, cont trn sd L, bk R; bk L BJÖ, bk R to CP start to trn LF, sd & fwd L, fwd R DW BJÖ;

INTERLUDE

1 - 6
CHG OF DIRECTION; BOUNCE FALLAWAY 4 to BJÖ; WEAVE 4; CHG OF DIRECTION;
CURVING 3; BK CURVING 3;

1
(Chg of Direction) Fwd L,-, fwd R right shoulder lead trn LF, draw L to R no wgt fc DC;

2
(Bounce Fallaway 4 BJÖ QQQQ) Fwd L, sd & fwd R, XLIB, bk R fc RDC BJÖ;

3
(Weave 4 QQQQ) Bk L, bk R, trn LF sd L fc Wall, fwd R DW BJÖ;

4
(Chg of Direction) Fwd L,-, fwd R right shoulder lead trn LF, draw L to R no wgt fc DC;

5
(Curving 3) Fwd L,-, trn LF sd & fwd R right shoulder lead, cont trn fwd L with checking action fc RDC;

6
(Bk Curving 3) Trn LF bk R DC,-, bk L COH, bk R with checking action fc DW;

PART D

1 - 8
3 STEP; FEATHER; QUICK FWD RIGHT LUNGE BODY ROLL & SLIP; OPEN
TELEMARK;

NAT TELEMARK; CL TELEMARK; NAT TRN; CHASSE LADY TWIRL to HND SHAKE;

1
(3 Step) Fwd L blend to CP,-, fwd R, fwd L;

2
(Feather) Fwd R,-, fwd & sd L, fwd R DW BJÖ (Bk L,-, sd & bk R, bk L BJÖ);

3
(Quick Fwd Right Lunge Body Roll & Slip QQQQ) Fwd L, flex left knee fwd & sd R DW relax right knee keep right arm parallel to floor look at Lady, roll body RF rec L, brush R bk past L trn LF fc DC CP (Bk R, relax right knee bk & sd L relax left knee extend into man's right arm look left, sway RF rec R, fwd L CP);

4
(Open Telemark) Fwd L commence LF trn,-, cont trn sd & fwd R (Heel trn), sd & fwd L DW SCP;

5
(Nat Telemark) Thru R trn RF fc RDW,-, sd L DW, cont trn sd & fwd R LOD SCAR;

6
(CL Telemark) Fwd L DC trn LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW BJÖ;

7
(Nat Trn) Fwd R commence RF trn,-, sd & bk L, bk R LOD CP;

8
(Chasse Lady Twirl to Hnd Shake SQ&Q) Bk L,-, trn RF sd & fwd R raise lead hnd to lead Lady to twirl RF, cl L/cont trn small fwd R shake hnds fc LOD (RF twirl R,-, L, R/L to fc ptr & RLOD);
9 - 16  SLOW OPEN CONTRA CHECK; LADY ROLL LF to BFLY fc WALL;
SLOW OUTSIDE SWIVEL; THRU to BFLY HINGE; BK HOVER in BFLY;
THRU SEMI CHASSE; THRU & SYNC VINE 8; QUICK SIDE LUNGE,

(Slow Open Contra Ck SS) Flex right knee small LF trn fwd L with right shoulder lead look above Lady's head
(Head well to left),-, extend line,-;

(Lady Roll LF to BFLY fc WALL) Rec R fc WALL,+-, thru L roll Lady RF, sd R BFLY fc WALL look RLOD
(Fwd R commence RF trn,+-, bk L cont trn, sd R blend to BFLY fc WALL look RLOD);

(Slow Outside Swivel SS) Thru L swivel LF,+-, point R RLOD look RLOD,+-;

(Thru to BFLY Hinge SS [SQQ]) Stay in BFLY thru R,+-, sd L,(Thru L,+-, sd R, XLIB relax left knee);

(Bk Hover in BFLY) Hold lead Lady to rec,+-, rec R right side stretch hovering action, sd L LOD BFLY (Rec R,+-,
sd L hovering action, sd R LOD BFLY);

(Thru Semi Chasse SQ&Q) Thru R,+-, sd L, cl R/ sd L to BFLY;

(Thru & Sync Vine 8 S&Q&Q&Q) Thru R,+-, sd L/ XRIB, sd L/ XRIF; sd L/XRIB (Thru L,+-, sd R/XLIB,
sd R/XLIF; sd R/XLIB,)

(Quick Side Lunge Q) Sd L LOD with a lunge action look RLOD release hnds rotate arms in and out,

(NOTE) Part D Measures 11 thru 16 are in BFLY