Long, Long Before Your Time

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Music: “Long, Long Before Your Time” - Phil Coulter
CD “Timeless Tranquility” - available as iTunes download

Time/Speed: 3:28 (after trimming silence)/Speed unchanged from download

Footwork: Opposite, directions for man except as noted (W's in parentheses and underlined)

Rhythm: FT  Phase: III + 2 (Hover Corte, Back Whisk)  Release Date: May 2009
SEQ: I A[05-17] B C A B T

I

[CP COH]
01-04  WAIT ; ; LEFT TURNING BOX 1/2 ; ;
01 - 02  In CP Man facing COH with lead feet free wait 2 measures ; ;
03 - 04  {Left Turning Box 1/2} Forward left commence left face upper body turn, - , forward and side right complete 1/4 turn, close left ; back right commence left face upper body turn, - , back and side left complete 1/4 turn, close right ;

A

01-04  LEFT TURNING BOX ; ; ;
01 - 04  {Left Truning Box} In CP facing Wall, forward left commence left face upper body turn, - , forward and side right complete 1/4 turn, close left ; back right commence left face upper body turn, - , back and side left complete 1/4 turn, close right ;

05-08  HOVER ; THRU CHASSE TO SCP ; THRU CHASSE TO SCP ; WING ;
01  {Hover} In CP facing Wall forward left, - , forward and side right rising to ball of foot optionally brushing left to right, recover left to tight SCP ;
02  {Thru chasse to SCP} Thru right commence turn to face, - , side left/close right, side left to SCP ;
03  {Thru chasse to SCP} Thru right commence turn to face, - , side left/close right, side left to SCP ;
04  {Wing} Forward right, - , draw left toward right, touch left to right turning upper part of body left face with left side stretch to end in a tight SCAR facing DLC ;  (Forward left beginning to cross in front of man commence turn slightly left face, - , forward right around man continue to turn slightly left face, forward left around man complete slight left face turn to end in a tight SCAR facing DRW ;)

09-12  LF TRN [RLOD] ; HOVER CORTE ; BK WHISK ; MANEUVER ;
01  {Left Turn} Forward left commence left face upper body turn blending to CP, - , continue turn to face RLOD side and back right, close left ;
02  {Hover Corte} Back right starting left face turn, - , side and forward left with hovering action continuing body turn, recover right in BJO facing LOD ;
03  {Back Whisk} Back left, - , back and side on right, cross left in back of right finishing in SCP ;  {Forward right, - , forward and side left, cross right in back of left finishing in SCP ;}
04  {Maneuver} Commence right face turn forward right, - , continue right face turn to face partner side left, complete turn close right ;  (Small forward left, - , side right, close left ;)

13-16  SPIN TURN ; BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP ;
01  {Spin Turn} Commence right face upper body turn back left toe pivoting 1/2 right face to face LOD, - , forward right between woman's feet heel to toe continue right face turn to DLW keeping left leg extended back and side, complete turn side and back on left ;  (Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face, - , back left toe continue turn brush right to left, complete turn forward right ;)
02  {Box Finish} Back right turning 1/4 left face to DLC, - , side left, close right ;
03  {Turn left & right chasse} Forward left commence left face upper body turn, - , side right continue turn left face/close left, side right complete turn to BJO ;
04  {Impetus to SCP} Commence right face upper body turn back left, - , close right to left [heel] turn continue right face turn, complete turn forward left in tight SCP facing DLC ;  (Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face, -)
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face, - , side and forward left continue turn around man brush right to left, complete turn forward right ; )

17-17 THRU FACE CLOSE ;
17 Forward right between partners with a reaching step , - , forward left turning to face partner , close right to left ;

B

01-04 HOVER : MANEUVER : IMPETUS [SCP] : HOVER FALLAWAY :
01 {Hover} Forward left to CP , - , forward and side right rising to ball of foot optionally brushing left to right , recover left to tight SCP ;
02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (Small forward left , - , side right , close left ; )
03 {Impetus to SCP} Commence right face upper body turn back left , - , close right to left [heel turn] continue right face turn , complete turn forward left in tight SCP facing DLC ; (Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face , - , side and forward left continue turn around man brush right to left , complete turn forward right ; )
04 {Hover Fallaway} Staying in SCP throughout forward right , - , forward left rising to ball of foot and checking , recover on right ;

01 {Back Hover} Back , - , side and back with a slight rise , recover ; (Back , - , side and back turning left face with a slight rise & brush free foot to supporting foot , recover to BJO ; )
02 {Forward chasse} Forward right commence turn to face , - , side left/close right , side left turning to SCAR ;
03 {Back chasse} Back right commence turn to face , - , side left/close right , side left turning to SCP ;
04 Forward right [short step] , (Forward left stepping in front of man turning left face to end CP , ) side left , close right ;

09-12 2 LEFT TURNS : : BOX : :
01 - 02 {Left face foxtrot turn} Forward left commence left face upper body turn , - , continue to turn [up to 1/2] side and back right , close left ; back right commence left face upper body turn , - , continue to turn [up to 1/2] side and forward left , complete turn close right ;
03 - 04 {Box} Forward left , - , side right , close left ; back right , - , side left , close right ;

01 {Twisty vine} Side left , - , cross right in back to sidecar position , side left turning to BJO ; (Side right , - , cross left in front to sidecar position , side right over turning to BJO ; )
02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (Commence right face turn back left , - , continue right face turn to face partner side right , close left ; )
03 {Impetus to SCP} Commence right face upper body turn back left , - , close right to left [heel turn] continue right face turn , complete turn forward left in tight SCP facing DLC ; (Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face , - , side and forward left continue turn around man brush right to left , complete turn forward right ; )
04 Forward right lunge step , - , recover left , - ;
17-17 THRU FACE CLOSE ;
17 Forward right between partners with a reaching step , - , forward left turning to face partner , close right to left ;

C

01-04 WHISK : MANEUVER : SPIN TRN : BACK 1/2 BOX [SCAR] :
01 {Whisk} Forward left to CP , - , forward and side right commencing rise to ball of foot , cross left in back of right continuing to full rise on ball of foot ending in a tight SCP ;
02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (Small forward left , - , side right , close left ; )
03 {Spin Turn} Commence right face upper body turn back left toe pivoting 1/2 right face to face LOD , - , forward right between woman's feet heel to toe continue right face turn to DLW keeping left leg extended back and side , complete turn side and back on left ; (Commence right face
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upper body turn forward right between man's feet heel to toe pivoting 1/2 right face , - ,
back left toe continue turn brush right to left , complete turn forward right ;

04 {Back 1/2 box} Back right , - , small side left , (normal side right , ) close right to SCAR DLW;

05-08 CROSS HOVER [BJO] ; CROSS HOVER [SCAR] ; CROSS HOVER [SCP] ; PICKUP SIDE
CLOSE :
01 {Cross Hover} Cross left in front of right , (Cross right in back of left) - , side right with a slight
rise commence left turn , recover on left complete turn to BJO ;
02 {Cross Hover} Cross right in front of left , (Cross left in back of right) - , side left with a slight
rise commence right turn , recover on right complete turn to SCAR ;
03 {Cross Hover} Cross left in front of right , (Cross right in back of left) - , side right with a slight
rise commence left turn , (right turn) recover on left complete turn to SCP ;
04 Forward right [short step] , (Forward left stepping in front of man turning left face to end CP ,
) side left , close right ;

09-12 FORWARD RUN 2 ; FORWARD RUN 2 ; 2 LEFT TRNS : :
01 {Forward run 2} Forward left , - , forward right , forward left ;
02 {Forward run 2} Forward right , - , forward left , forward right ;
03 - 04 {Left face foxtrot turn} Forward left commence left face upper body turn , - , continue to turn
side and back right , close left ; back right commence left face upper body turn , - , continue to
turn side and forward left , complete turn to face Wall close right ;

13-16 VINE 3 ; MANEUVER SIDE CLOSE ; 2 RIGHT TURNS : :
01 {Vine} Side left , - , cross right in back , side left turning to SCP ;
02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner
side left , complete turn close right ; (Small forward left , - , side right , close left ;)
03 - 04 {Right face foxtrot turn} Back left commence right face turn , - , side right toward line of
progression continue turn , complete turn close left ; forward right commence right face turn , - ,
side left diagonally across line of progression continue turn , complete turn to face Wall close right
;

17-18 DIP HOLD : HOLD RECOVER :
01 - 02 Step back and take full weight with the knee relaxed The other leg remains extended with the
knee and ankle forming a straight line from the hip and the toe remaining on the floor , - , hold ,
- ; Hold , - , recover right , - ;

01-04 WHISK ; MANEUVER ; SPIN TURN ; BACK 1/2 BOX [CP] :
01 {Whisk} Forward left to CP , - , forward and side right commencing rise to ball of foot , cross left
in back of right continuing to full rise on ball of foot ending in a tight SCP ;
02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner
side left , complete turn close right ; (Small forward left , - , side right , close left ;)
03 {Spin Turn} Commence right face upper body turn back left toe pivoting 1/2 right face to face
LOD , - , forward right between woman's feet heel to toe continue right face turn to DLW keeping
left leg extended back and side , complete turn side and back on left ; (Commence right face
upper body turn forward right between man's feet heel to toe pivoting 1/2 right face , - ,
back left toe continue turn brush right to left , complete turn forward right ;

04 {Back 1/2 box} Back right , - , side left , close right to CP facing DLW ;

05-06 HOVER : CHAIR :
01 {Hover} Forward left , - , forward and side right rising to ball of foot optionally brushing left to right
, recover left to tight SCP ;
04 Forward right lunge step , - , - , look at partner ;
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HEAD CUES

SEQ: I A[05-17] B C A B T

I

[CP COH]
01-04 WAIT ; ; LEFT TURNING BOX 1/2 ; ;
A[05-17]
05-08 HOVER : THRU CHASSE TO SCP : THRU CHASSE TO SCP : WING ;
09-12 LF TRN [RLOD] : HOVER CORTE : BK WHISK : MANEUVER ;
13-16 SPIN TURN : BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP :
17-17 THRU FACE CLOSE ;

B

01-04 HOVER ; MANEUVER ; IMPETUS [SCP] ; HOVER FALLAWAY ;
05-08 BACK HOVER [BJO] ; FORWARD CHASSE [SCAR] ; BACK CHASSE [SCP] ; PICKUP SIDE CLOSE ;
09-12 2 LEFT TURNS ; ; BOX ; ;
13-16 TWISTY VINE 3 [BJO] ; MANEUVER ; IMPETUS [SCP] ; CHAIR AND RECOVER ;
17-17 THRU FACE CLOSE ;

C

01-04 WHISK ; MANEUVER ; SPIN TRN ; BACK 1/2 BOX [SCAR] ;
05-08 CROSS HOVER [BJO] ; CROSS HOVER [SCAR] ; CROSS HOVER [SCP] ; PICKUP SIDE CLOSE ;
09-12 FORWARD RUN 2 ; FORWARD RUN 2 ; 2 LEFT TRNS ; ;
13-16 VINE 3 ; MANEUVER SIDE CLOSE ; 2 RIGHT TURNS ; ;
17-18 DIP HOLD ; HOLD RECOVER ;

A

01-04 LEFT TURNING BOX ; ; ; ;
05-08 HOVER : THRU CHASSE TO SCP : THRU CHASSE TO SCP : WING ;
09-12 LF TRN [RLOD] : HOVER CORTE : BK WHISK : MANEUVER ;
13-16 SPIN TURN : BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP :
17-17 THRU FACE CLOSE ;

B

01-04 HOVER ; MANEUVER ; IMPETUS [SCP] ; HOVER FALLAWAY ;
05-08 BACK HOVER [BJO] ; FORWARD CHASSE [SCAR] ; BACK CHASSE [SCP] ; PICKUP SIDE CLOSE ;
09-12 2 LEFT TURNS ; ; BOX ; ;
13-16 TWISTY VINE 3 [BJO] ; MANEUVER ; IMPETUS [SCP] ; CHAIR AND RECOVER ;
17-17 THRU FACE CLOSE ;

T

01-04 WHISK ; MANEUVER ; SPIN TURN ; BACK 1/2 BOX [CP] ;
05-06 HOVER ; CHAIR ;