MICHELLE

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MUSIC: Michelle, 20 Jahre Karl Schmidt Big Band, Karl Schmidt Big Band, time 3:07
available as download from Amazon, etc.

RHYTHM: Fox Trot, Ph V+1+1 (ronde & slip & interrupted continuous hov cross) average difficulty

FOOTWORK: Opposite, directions for man (W in parentheses) Slow 6-7%, or as desired for comfort

SEQUENCE: INTRO A B A (7-12) INTER C INTER A B A (7-12) INTER ENDING

INTRODUCTION

1-4

1. [wait] CP DLC Wait sync pickup notes and one meas.,
2. [tele SCP] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk L comm LF trn, -,
   cl L to R for heel trn, sd & fwd R);
3. [chasse SCP] Thru R, -, sd L/el/R, fwd L to SCP;
4. [feath] Thru R, -, fwd L, fwd R to BJO DLW (W thru L starting LF trn, -, cont trng sd & bk R,
   bk L);

PART A

1-4

3. [step] NATURAL HOVER CROSS OVERTURNED TO; TOP SPIN;
   1. [3 step] Fwd L blending to CP, -, fwd R, fwd L;
   2. [start nat hov x] Fwd R DLW starting RF trn, -, trng RF sd L, cont RF trn sd R to SCAR (W bk L
      comm RF trn, -, fwd R trn cont, bk L);

QQQQ

3. [fin nat hov x overtrnd] Ck fwd L in SCAR w/ R sd stretch, rec bk on R w/slight LF trn, cont LF trn sd &
   fwd L, cont LF trn fwd R on toe to BJO DRC checking & spinning 1/8 LF (W bk R, rec L comm slight
   LF trn, cont LF trn sd & bk R, bk L on toe checking & spinning LF);

QQQQ

4. [top spin] Bk L, bk R trng 1/8 LF, sd & fwd L, fwd R to BJO DLW;

5-8

HOVER SCP; FEATH; TELEMARK SCP; CURVED FEATH CHECKING;

5. [hov SCP] Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
6. [feath] Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L, -, sd R trng LF, bk L to BJO);
7. [tele SCP] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm LF trn, -,
   cl L to R for heel trn, sd & fwd R);
8. [curv feath ckg] Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ckg fwd R in BJO
   (W fwd L, -, sd & bk R, bk L);

9-12

OUTSIDE CHANGE BJO; ½ NATURAL; CLOSED IMPETUS; FEATHER FINISH;

9. [outside ckg bjo] Bk L, -, bk R trng LF to CP, cont LF sd & fwd L to BJO (W fwd R, -, fwd L trng LF,
   sd & bk R to BJO);
10. [1/2 Nat] Fwd R comm RF turn, -sd & bk L cont turn, bk R to CP RLOD (W bk L trng RF, -, cont trng
    RF on L heel cl R, fwd L);
11. [cl imp] Bk L trng RF, -, cont trn cl R, bk and sd L to CP DLW (W fwd R trng RF, -, cont trng RF sd &
    fwd L around M, fwd R);
12. [feath fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R to BJO DLC (W fwd L comm LF trn, -,
    sd & bk R, bk L);

PART B

1-4

REVERSE TURN; HOVER TELEMARK; START INTERRUPTED CONTINUOUS HOVER CROSS;

1. [rev trn] Fwd L to CP comm LF trn, -, sd R cont trn, bk L (W bk R comm LF trn, -,
   cl L to R for heel trn, fwd R CP);
2. [fin rev turn] Bk R trng LF, -, sd & fwd L, fwd R to BJO DLW (W fwd L trng LF, -sd & bk R, bk L);
3. [hov tele] Fwd L to CP, -, sd & fwd R trng RF leading W to trn RF, fwd L to SCP (W bk R, -, sd & bk L
   trng RF, sd & fwd R to SCP);
4. [start int contin hov x] Thru R trng RF, -sd & fwd L around W cont trng RF, cont trng RF sd R to
   SCAR DLC (W Thru L, -, fwd R blend M's ft trng RF, cont trng R sd & bk L);

6-5

FINISH INTERRUPTED CONTINUOUS HOVER CROSS;

QQQQ

5-6

[finish int cont hov x] XLIF ckg outside ptr, rec R, XLIF, trn RF to fc LOD cl R (W XRIIB ckg, rec L,
   XRIIB, trng RF sd L); Bk L w/ R sh leading ptr outside, bk R trng LF, cont trng LF sd & fwd L w/ L sh
   lead, fwd R BJO DLC (W fwd R outside ptr, fwd L trng LF, cont trng LF sd & bk R, Bk L);

7-10

REVERSE TURN ½: CHECK AND WEAVE; CHANGE OF DIRECTION;

7. [rev trn 1/2] Fwd L to CP comm LF trn, -, sd R cont trn, sd & bk L (W bk R comm LF trn, -,
   cl L to R for heel trn, fwd R CP);
8. [ck & weave] Ck bk R w/slight contra ck action, -, rec fwd L comm LF trn, cont trng sd & bk R to BJO;

QQQQ

9. Bk L in BJO, bk R trd DLC trng LF, cont trn sd & fwd L, fwd R to BJO DLW;
10. [chg of dir] Fwd L, -, fwd R trng LF, draw L to R CP DLC;
REPEAT A (7-12)

INTERLUDE

1-4 OPEN REVERSE TURN; OUTSIDE CHECK; BACK FEATHER; FEATHER FINISH;
2 [Outside Ck] Bk R trng slightly LF, -, cont trn sd & fwd L, fwd R to BJO DRW;
3 [Bk feath] Bk L, -, bk R to BJO w/ R sh lead, bk L;
4 [Feath Fin] Bk R trn 1/4 LF to WALL, -, sd & fwd L LOD, fwd R to BJO DLW;

PART C

1-4 3 STEP; RIGHT RECOVER SLIP; REVERSE TURN 1/2; BACK CHASSE SCP;
1 [3 stp] Fwd L blend to CP, -, fwd R, fwd L;
2 [R lunge rec slip] Sd & fwd R on soft knee look R, -, rec L, slip bk R to DCLC (W sd & bk L looking L, -, rec R, sm fwd L to CP);
3 [rev trn 1/2] Fwd L to CP comm LF trn, -, sd R cont trn, sd & bk L (W bk R comm Lf trn, -, cl L to R for heel trn, fwd R CP);

SQ&Q 4 [bk chasse SCP] Bk R trng LF, -, cont trng sd R/cl L, cont trng thru R to SCP;
5-8 THRU TO OVERSWAY; FALLAWAY RONDE SLIP; TURN LEFT CHASSE BJO; BK TIPPLE CHASSE SCAR;
SS 5 [thru to oversway] Thru R, -, sd L lowering and stretching L sd, -;
6 [fallaway ronde slip] Rec R trng upper body RF to trn W to SCP as L ft rondes, -, bk L in SCP, bk R slipping W to CP DCLC;

SQQ 7 [trn L chasse BJO] Fwd L trng LF, -, bk & sd R/L, R cont trng to BJO feg DRC;
SQQ 8 [bk tipple chasse SCAR] Comm upper body trn to R Bk L trng R, -, sd & R/cl L. sd & slightly fwd R to SCAR DLW (W Fwd R trng RF, -, cont trng sm sd L/cl R, sd & slightly bk L);

9-14 HOVER CROSS ENDING; CLOSED TELEMARK; NATURAL WEAVE;; HOVER; FEATHER;

QQQQ 9 [hov cross ending] Fwd L w/ R sd stetch, rec bk on R, trng 1/8 LF sd L, fwd R to BJO DCLC (W bk R, rec L, trng1/8 RF sd R, bk L);
10 [cl tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to BJO DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & BK R);

SQQ 11-12 [nat weave] Fwd R comm RF trn, -, sd L w/L sd stretch, bk R w/ R sh lead to BJO: Bk L, bk R comm LF trn, sd & fwd L DLW, fwd R to BJO DCLC (W bk R comm Lf trn, -, cl L to R for heel trn, sd & bk L);

QQQQ 13 [hov SCP] Fwd L, -, sd & fwd R rising, rec L to SCP DCLC;
14 [feath] Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L, -, sd R trng LF, bk);

REPEAT INTERLUDE
REPEAT A
REPEAT B
REPEAT A (7-12)
REPEAT INTERLUDE

ENDING

1-5 3 STEP; RIGHT LUNGE RECOVER SLIP; TELEMARK SCP; CHASSE SCP; THRU TO HINGE;
1 [3 stp] Fwd L blend to CP, -, fwd R, fwd L;
2 [R lunge rec slip] Sd & fwd R on soft knee look R, -, rec L, slip bk R to DCLC (W sd & bk L looking L, -, rec R, sm fwd L to CP);
3 [tele SCP] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R);

SQQ 4 [chasse SCP] Thru R, -, sd L/cl R, fwd L to SCP;
5 [thru to hinge] Thru R, -, sd L lowering R ft extended RLOD, lead W to take extra stp (W thru L, -, sd R to CP, bk L to hinge line looking RLOD);