MORE FOXTROT

Choreo: Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music: BMI Music Japan TOCJ-66145 CD Track 19 by Nat King Cole
or available from choreographer on MP3 file or others e-mail: d-doi@tcp-ip.or.jp
Rhythm: Foxtrot Phase IV + 2 [Check & Weave, Hover Cross Ending]
Sequence: Intro - A - B - C - B - Cmod - Cmod(1-6) - Ending
Timing: SQQ unless noted by side of measure
Footwork: Opposite except where noted

1 - 4 WAIT:: CL IMPETUS: FEATHER FIN:
  1-2 {Wait} CP RLOD lead ft free wait 2 meas;;
  3 {Closed Impetus} Comm RF upper body trn bk L flex knee;-, cl R heel trn, cont trn bk & sd L
     (W comm RF upper body trn fwd R between M’s feet flex knee;-, sd & fwd L cont trn around M
     brush R to L, fwd & sd R between M’s feet) end CP DLW;
  4 {Feather Finish} Bk R comm trn LF;-, sd & fwd L cont trn, fwd R in CBMP end Bjo DLC;

PART A

1 - 4 OPN TELE: OPN NAT: OPN IMPETUS: WHIPLASH::
  1 {Open Telemark} Fwd L comm trn LF;-, sd R cont trn, sd & fwd L (W bk R comm trn LF;-, cl L heel trn, sd & fwd R) end SCP DLW;
  2 {Open Natural} Comm upper body trn RF thru R;-, sd L cont trn, lead W to step outsdk ptr bk R
to CBMP (W thru L;-, fwd R between M’s feet, fwd L outsdk ptr) end Bjo RLOD;
  3 {Open Impetus} Comm RF upper body trn bk L flex knee;-, cl R heel trn to SCP, sd & fwd L
     (W fwd R between M’s feet flex knee pivot 1/2 RF;-, bk L cont trn brush R to L, sd & fwd R)
     end SCP DLC;
  SS 4 {Whiplash} Thru R;-, pt L sd & fwd;-(W thru L;-, swivel LF on L to fc ptr pt R sd & bk;-) end Bjo DLC;

5 - 8 BK WHISK: PROM WEAVE:: CHG OF DIR:
  5 {Back Whisk} Bk L;-, bk & sd R, XLIB (W XRIB) end Tight SCP DLC;
  6-7 {Promenade Weave} Thru R;-, fwd L trn LF to CP, sd & slightly bk R twd DLC to CBMP;
  7 {Change Of Direction} Fwd L;-, fwd R with right shoulder lead (W left shoulder lead) trn LF,
     draw L to R end CP DLC;

  8 {Back Whisk} Bk L;-, bk & sd R, XLIB (W XRIB) end Tight SCP DLC;
  7 {Promenade Weave} Thru R;-, fwd L trn LF to CP, sd & slightly bk R twd DLC to CBMP;
  8 {Change Of Direction} Fwd L;-, fwd R with right shoulder lead (W left shoulder lead) trn LF,
     draw L to R end CP DLC;
“More Foxtrot” (Continued)

PART B

1 - 4 REV WAVE:: BK FEATHER:: BK THREE STEP;
1-2 {Reverse Wave} Fwd L trn 1/4 LF,., sd R (W cl L heel trn), bk L twd DWL; bk R curving LF to fc RLOD,., bk L, bk R end CP RLOD;
3 {Back Feather} Bk L,., bk R with right shoulder lead, bk L to CBMP end Bjo RLOD;
4 {Back Three Step} Bk R with toe lead to CP,., bk L on flat, rising on L bk R on toe;

5 - 8 BK HVR TELE: QK WEAVE 4: QK OUTSD CHG TO SCP: CHAIR & SLIP;
5 {Back Hover Telemark} Comm RF upper body trn bk L in CBMP,., sd & fwd R slight rise with hovering action cont trn, sd & fwd L (W comm RF upper body trn fwd R between M’s feet pivot RF,., sd & fwd L cont trn with hovering action, sd & fwd R) end SCP DLC;
6 {Quick Weave 4} Thru R, fwd L trn LF to CP, sd & bk R twd LOD, bk L twd LOD lead W to trn to CBMP (W thru L comm trn LF, cont trn sd R to CP, cont trn fwd R twd LOD, fwd R to CBMP) end Bjo RLOD;
7 {Quick Outside Change To SCP} Bk R, bk L, bk R trn LF to SCP, sd & fwd L (W sd & fwd R) end SCP DWL;
8 {Chair & Slip} Chk thru R with lunge action,., rec L, slip bk R (W slip fwd L) end CP DLC;

PART C

1 - 4 REV WAVE: CHK & WEAVE:: THREE STEP;
1 {Reverse Wave One Half} Repeat meas 1 Part B end CP DRC;
2-3 {Check & Weave} Slip bk R with slight contra chk action,., rec L trn LF, sd R lead W outsdt ptr; with right sd stretch bk L in CBMP, bk R to momentary CP cont trn LF, sd & fwd L cont trn with left sd stretch, fwd R in CBMP end Bjo DWL;
4 {Three Step} Fwd L with heel lead,., fwd R on flat, rising on R fwd L on toe end CP DWL;

5 - 8 NAT TRN: BK & R DBL CHASSE: TWIST VINE 4: HVR X END;
5 {Natural Turn One Half} Fwd R comm trn RF,., sd L cont trn, bk R (W bk L comm trn RF,., cl R heel trn, fwd L) end CP RLOD;
6 {Back & Right Double Chasse} Bk L trn RF to fc COH, sd R/el L, sd R/el L, sd R to Scar DLC;
7 {Twist Vine 4} Fwd L outsdt ptr trn LF to fc COH, sd R, XLIB (W Xrif), sd R to Scar DLC;
8 {Hover Cross Ending} With right sd stretch fwd L outsdt ptr twd DWL on toe, rec R with slight left sd lesd, sd & fwd L, with left sd stretch fwd R outsdt ptr in CBMP on toe end Bjo DLC;

REPEAT PART B

PART C mod

1 - 8 REV WAVE: CHK & WEAVE:: THREE STEP: NAT TRN: HEEL PULL;
TWIST VINE 4: HVR X END:
1-5 Repeat meas 1 thru 5 Part C;;;;;
6 {Heel Pull} Bk L comm trn RF,., cont trn on L heel pull R bk and transfer wgt at sm sd of L,.
7-8 Repeat meas 7-8 Part C;;

REPEAT PART C mod MEAS 1 THRU 6
“More Foxtrot”  (Continued)

END

1 - 5  DIAMOND TRN 1/2: OK DIAMOND 4: CORTE REC: FWD R LUNGE:

1-2  {Diamond Turn One Half}  Fwd L trn 1/8 LF,-, sd R twd LOD, XLIB twd DLW trn 1/8 LF;
     bk R trn 1/8 LF,-, sd L twd Wall, Xrif twd DRW trn 1/8 LF end Bjo DRW;
QQQQ 3  {Quick Diamond 4}  Fwd L trn 1/8 LF, sd R twd RLOD, XLIB twd DRC trn 1/8 LF, blend
to CP bk R end CP DLW;
SS 4  {Corte Recover}  Bk & sd L relax knee with lowering action,-, rec R,-;
QQQQ 5  {Forward Right Lunge}  Fwd L, flex L knee move R ft sd & fwd, shift wgt to R, flex R knee
     slight body trn LF look at ptr (W look well left);