

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 **Speed** : 30 MPM [10% Tempo Up]
Timing : SQQ unless noted by side of measure **Difficulty** : Average
Footwork : Opposite except where noted **Released** : Mar, 2009 Ver. 1.0

INTRO

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 outsd ptr bk R
to CBMP (W thru L,-, fwd R between M's feet, fwd L outsd 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 WEAWE;; CHG OF DIR;

- 5 {Back Whisk} Bk L,-, bk & sd R, XLIB (W XRIB) end Tight SCP DLC;
SQQ 6-7 {Promenade Weave} Thru R,-, fwd L trn LF to CP, sd & slightly bk R twd DLC to CBMP;
QQQQ bk L twd DLC still CBMP, bk R trn LF lead W to CP, sd & slightly fwd L, fwd R twd DLW
to Bjo Pos (W thru L comm trn LF,-, sd & slightly bk R to CP, cont trn on R until fcg LOD then
fwd L twd DLC; fwd R to CBMP, fwd L trn LF to CP, sd & slightly bk R, bk L in CBMP)
end Bjo DLW;
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;

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 DLW; 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; OK WEAVE 4; OK 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;
- QQQQ 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 L twd LOD, fwd R to CBMP) end Bjo RLOD;
- QQQQ 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 DLW;
- 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;
- SQQ 2-3 {Check & Weave} Slip bk R with slight contra chk action,-, rec L trn LF, sd R lead W outsd 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 DLW;
- QQQQ 4 {Three Step} Fwd L with heel lead,-, fwd R on flat, rising on R fwd L on toe end CP DLW;

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;
- QQ&Q&Q 6 {Back & Right Double Chasse} Bk L trn RF to fc COH, sd R/cl L, sd R/cl L, sd R to Scar DLC;
- QQQQ 7 {Twist Vine 4} Fwd L outsd ptr trn LF to fc COH, sd R, XLIB (W XRIF), sd R to Scar DLC;
- QQQQ 8 {Hover Cross Ending} With right sd stretch fwd L outsd ptr twd DLW on toe, rec R with slight left sd lesd, sd & fwd L, with left sd stretch fwd R outsd 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;,,,;
- SS 6 {Heel Pull} Bk L comm trn RF,-, cont trn on L heel pull R bk and transfer wgt at sm sd of L,- (W fwd R comm trn RF,-, cont trn sd L, draw R to L) end CP DLC;
- (SQQ) 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);