MEAS.

INTRODUCTION

1-2 2 MEAS WAIT CP LOD;;

PART A

1-4 PROG BOX;; TELEMARK TO SCP DLW; NATURAL HOVER FALLAWAY SCP DRW;

3-4 [3] From CP LOD fwd L commencing to trn LF, -, fwd and sd R cont LF trn, sd and fwd L (W bk R commencing to trn LF bringing L beside R with no weight, -, trn LF on R [heel trn] and change weight to L, sd and fwd R) to tight SCP DLW; [4] fwd R with slight RF body trn, -, fwd L on toe with slow rise completing ¼ RF trn to SCP DRW, rec bk R;

5-7 SLIP PIVOT BJO DLW; HALF NATURAL CP DRC; IMPETUS TO SCP LOD;
5-7 [5] From SCP DRW bk L, -, bk R commence LF trn [keeping L leg extended], fwd L (W bk R commence LF pivot on ball of foot [thighs locked L leg extended], -, fwd L complete LF trn placing L foot near M's R foot, bk R) to BJO DLW;; [6] commence RF upper body trn fwd R heel to toe, -, sd L across line of dance, bk R (W commence RF upper body trn bk L, -, cl R [heel trn] cont trn, fwd L) to CP DRC; [7] commence RF upper body trn bk L, -, cl R [heel trn] cont RF trn [about 3/8 trn], complete trn fwd L (W commence RF upper body trn fwd R between M's feet heel to toe pivoting 1/2 RF, -, sd and fwd L cont around M brush R to L, complete trn fwd R) in tight SCP LOD;

8-12 IN AND OUT RUNS SCP LOD;; FEATHER BJO LOD; THREE STEP CP LOD; FEATHER BJO DLC;
8-9 [8] From SCP LOD fwd R starting RF trn, -, sd and bk DLW on L to CP, bk R (W fwd L, -, fwd R between M's feet, fwd L outside the M) to BJO DRC; [9] using CBMP bk L trng RF, -, sd and fwd R between W's feet cont RF trn, fwd L (W fwd R starting RF trn, -, fwd and sd L cont RF trn, fwd R) to SCP LOD;


13-16 DIAMOND TURN CP LOD* [SCAR DLW**];;;;

16* FIRST TIME: bk R cont LF trn, -, sd L, fwd R to CP LOD;
16** SECOND & THIRD TIME: bk R, -, small sd L leading W to left side (W sd R) to SCAR DLW, cl R;
RAININ'

PHASE IV + I [Change of Sway] FOXTROT by Susan Healea

PART B

1-4 CROSS HOVER TO BJO DLC; CROSS HOVER TO SCAR DLW; CROSS HOVER TO SCP LOD; HALF NATURAL CP DRC;

1-2 [1] From SCAR DLW fwd L with slight crossing action commencing to rise and beginning ¼ LF trn, -, sd and slightly fwd R cont rise and completing LF trn, diag fwd L to BJO DLC; [2] fwd R with slight crossing action commencing to rise and beginning ¼ RF trn, -, sd and slightly fwd L cont rise and completing RF trn, diag fwd R to SCAR DLW;

3-4 [3] From SCAR DLW fwd L with slight crossing action commencing to rise and beginning ¼ LF trn, -, sd and slightly fwd R cont rise and completing LF trn, diag fwd L (W fwd R) to SCP LOD; [4] commence RF upper body trn fwd R heel to toe, -, sd L across line of dance, bk R (W fwd L, -, fwd R, fwd L) to CP DRC;

5-6 SPIN TURN CP DLW; FEATHER FINISH BJO DLC;

5-6 [5] From CP DRC commence RF upper body trn bk L toe pivoting almost 1/2 RF, -, fwd R between W's feet heel to toe cont RF trn keeping L leg extended bk and sd, complete trn sd and bk on L (W commence RF upper body trn fwd R between M's feet heel to toe pivoting almost 1/2 RF, -, bk L toe cont trn brush R to L, complete trn fwd R) to CP DLW; [6] bk R trng LF, -, sd and fwd L, fwd R outside W crossing R leg in front of L at thighs to BJO DLC;

PART C

1-5 REVERSE TURN BJO DLW;; WHISK SC P DLC; PROMENADE WEAVE BJO DLW;;


3-5 [3] From BJO DLW fwd L to CP, -, fwd and sd R commencing rise to ball of foot, cross L in back of R cont to full rise on ball of foot to tight SCP DLC; [4] fwd R, -, fwd L commence LF trn, sd and slightly bk on R (W fwd L, -, sd and slightly bk R commence LF trn to BJO, cont trn on R foot until facing LOD then fwd L) to BJO; [5] bk L DLC, bk R commence LF trn and lead W to CP, sd and slightly fwd L DLW, fwd R outside partner (W fwd R to CBMP, fwd L DLC commence LF trn, cont LF trn sd and slightly bk R facing COH, bk L) to BJO DLW;

6-8 HOVER TELEMARK SCP DLW; FEATHER BJO DLW; CHANGE OF DIRECTION CP LOD;


9-12 REVERSE WAVE CP RLOD;; SPIN TURN CP LOD; FEATHER FINISH BJO DLC;


11-12 Repeat Part B measures 5-6;;

13-16 DIAMOND TURN CP LOD;;;

13-15 Repeat Part A measures 13-15;;;

16 From BJO DLW bk R cont LF trn, -, sd L, fwd R to CP LOD;
RAININ'

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ENDING

1-4 CROSS HOVER TO BJ O DLC; CROSS HOVER TO SCAR DLW; CROSS HOVER TO SCP LOD; HALF NATURAL CP DRC;
1-4 Repeat Part B measures 1-4;;;

5-7 OVER SPIN TURN CP WALL; BACK AND PROMENADE SWAY; CHANGE OF SWAY;
5-7 [5] From CP DRC commence RF upper body trn bk L toe pivoting 1/2 RF, -, fwr R between W's feet heel to toe cont RF trn keeping L leg extended bk and sd, complete trn sd and bk on L (W commence RF upper body trn fwr R between M's feet heel to toe pivoting 1/2 RF, -, bk L toe cont trn brush R to L, complete trn fwr R) to CP WALL; [6] bk R, -, sd L stretching body upward trng head to look over jnd lead hands relaxing L knee, -; [7] slowly rotate slightly LF with upper body L sd stretch, trng head slowly to R and leading W to trn her head slowly to her L, -, -; SMILE ☺