Since I Fell For You

Choreo: Casey & Sharon Parker, 11168 Loduea Dr, Manteca, Ca. 95336  
Music: CD – Rhythm, Country and Blues : Since I Fell For You : Track 8 (4:18 as downloaded)  
Artist: Natalie Cole & Reba MacEntire  
Footwork: Opposite, Unless noted (W’s footwork in parenthesis)  
Rhythm: STS  
Sequence: Intro – A – A – B – C – A – B – B – A (1 - 14) – End  
email: trustme@pacbell.net  
Speed: speed slightly (+5%)  
Difficulty: Average  
Released: Feb 2011

Intro

1 – 4  3 ft apt lead ft free no hnds jnd Wait through piano chord; Lady Blow a Kiss to M;;  
1-4  3 ft apt fcg ptr M fcg wall lead ft free wait through piano chord;  
(on the words "When you just give love") Lady slowly blows a kiss to M [or waves at him];

5-10  Man Ack Ladys Actions;; Lady Encourage M to come to her;; Man Walk 2 Slows to Lady;;  
5-10  (on the words “and never get love”) M looks around and then points at himself as if in disbelief;
(on the words "You better let love be part") Lady encourages M to come to her by motioning him to come fwd;
(on the words “I know that it’s so”) Man walks slowly twd Lady Fwd L, -, -;  
Fwd R, -, -;

16-12  Lady Caress M's face M take Ladys Waist;; Slow Rk L & R;; Hip Lift L & R;;  
11-16  (on the words "and yeah I know ") both hold while Lady extends both arm sideward then up and down each side of M's face while M extends arms and brings them in to W’s waist;;  
(on the words "I can't get you out of") Slow Rk Sd L, -, -, -;  
Rk Sd R, -, -, -;  
(on the words "my heart.........") Sd L, -, press ball of R ft beside arch of L ft straightening R knee and lifting R hip, relax R knee lowering R hip;  
Sd R, -, press ball of L ft beside arch of R ft straightening L knee and lifting L hip, relax L knee lowering L hip;

Part A

1 – 8  Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End;  
1-4  [Basic] Sd L, -; XRIBL (XLIBR), Rec L;  
Sd R, -; XLIBR (XRIBL), Rec R beginning to pickup W;  
[LF Trn ~ Basic End] Fwd L commence 1/4 LF trn, -; Sd R cont trn to fc coh, XLIBR (XRFL);  
Sd R, -, XRIBL (XRIBL), Rec R;

5-8  [Basic] Sd L, -; XRIBL (XLIBR), Rec L;  
Sd R, -; XLIBR (XRIBL), Rec R beginning to pickup W;  
[LF Trn ~ Basic End] Fwd L commence 1/4 LF trn, -; Sd R cont trn to fc wall, XLIBR (XRFL);  
Sd R, -, XRIBL (XRIBL), Rec R;

9 – 16  Twisted Basic;; Underarm Trn; Op Basic; Switches ;; Open Basic 2x;;  
9-12  [Twisty Basic] Sd L, -; XRIBL (XLIBR), Sd L;  
Sd R, -; XLIBR (XRIFL), Rec R;  
[Underarm Trn] Sd L leading W to trn RF under jnd lead hnds, -, XRIBL, Rec L (Sd R commence to trn RF undr jnd lead hnds, -, XLIBR trng 1/2 RF, Rec Fwd R to fc ptr);  
[Op Basic] Sd R trng to half op pos fcg lod, -, XRIBL, Rec Fwd R (Sd L trng to half op pos fcg lod, -, XRIBL, Rec Fwd L);  
[Open Basic 2x] crossing in front of W Sd L to half op pos, -, Fwd R, Fwd L (Fwd R, -, Fwd L, Fwd R);  
Fwd R, -, Fwd L, Fwd R (crossing in front of M Sd L to half op pos, -, Fwd R, Fwd L);  
[Op Basic 2x] Sd L trng to half op pos fcg lod, -, XRIBL, Rec Fwd L trng to fc ptr (Sd R trng to half op pos fcg lod, -, XLIBR, Rec Fwd R trng to fc ptr);  
Sd R trng to half op pos fcg lod, -, XRIBL, Rec Fwd L beginning to pickup W (Sd L trng to half op pos fcg lod, -, XRIBL, Rec Fwd L);  
[2nd & 3rd time begin to pickup W on last step of meas 16]

Part B

1 – 4  low bfly lod Traveling Cross Chasse 3x;;; Passing Cross Chasse low bfly lod;  
1-4  [Traveling Cross Chasse 3x] bringing hnds to low bfly fcg lod Sd & Fwd L trng slightly LF to fc dlc, -;  
Sd & Fwd R to dlw, XLIBR (XRFL);  
Sd & Fwd R trng RF to fc dlw, -;  
Sd & Fwd L to dlc, XRFL (XRFL);  
Sd & Fwd L trng LF to fc dlc, -;  
Sd & Fwd R to dlw, XRFL (XRFL);  
[Passing Cross Chasse] Sd & Fwd R trng RF to fc wall, -;  
Sd & Fwd L cont trn to fc drw, XRFL (XRFL);

5– 8  Bk Traveling Cross Chasse 2x to fc wall;; Lunge Basic 2x;;  
5-8  [Bk Traveling Cross Chasse 2x] Sd & Bk L trng RF to fc drc, -;  
Sd & Bk R to dlc, XRFL (XRFL);  
Sd & Bk R trng LF, -;  
cont trn Sd & Bk L to fc wall, XRFL (XRFL);  
[Lunge Basic 2x] bfly wall Lunge Sd L, -, Rec R, XLIBR (XRFL);  
Lunge Sd R, -, Rec L, XRFL beginning to pickup W (XRFL) ;
Part C

1–8  Triple Traveler lod;;; Basic End;  Triple Traveler rld ;;; Basic End;

Part C

1-4  [Triple Traveler]  Sd & Fwd L commence LF trn to lead the W to M’s L sd raising lead hnds to start W into LF trn, - , Fwd R, Fwd L (Sd & Bk R trng 1/4 LF, - , cont trn Sd & Fwd L cont trn 1/2 under jnd lead hnds, Sd & Bk R cont trn to fc lod); Fwd R spiral LF undr jnd lead hnds, - , Fwd L, Fwd R (Fwd L, - , Fwd R, Fwd L); Fwd L bring jnd hnds down and bk in a cont circular motion to lead W into a RF trn, - , Fwd & Sd R to fc ptr, XLIFR (Fwd R commence RF trn, - , Sd L cont Rf trn under lead hnds, Fwd R to fc ptr);  

[Basic End]  Sd R, - , XLIBR (XRIBL), Rec R beginning to pickup W;  

5-8  [Triple Traveler]  Sd & Fwd L commence LF trn to lead the W to M’s L sd raising lead hnds to start W into L trn, - , Fwd R, Fwd L (Sd & Bk R trng 1/4 LF, - , cont trn Sd & Fwd L cont trn 1/2 under jnd lead hnds, Sd & Fwd R cont trn to fc rld); Fwd R spiral LF undr jnd lead hnds, - , Fwd L, Fwd R (Fwd L, - , Fwd R, Fwd L); Fwd L bring jnd hnds down and bk in a cont circular motion to lead W into a RF trn, - , Fwd & Sd R to fc ptr, XLIFR (Fwd R commence RF trn, - , Sd L cont Rf trn under lead hnds, Fwd R to fc ptr);  

[Basic End]  Sd R, - , XLIBR (XRIBL), Rec R to fc ptr and wall;  

Ending

1 – 6  Slowly Op Basic;  Slow Sd to rld to cuddle pos;  Sway L & R;;  Slow Dip & Twist;  

1-4  (on words “since I fell”) Sd L trng to half op pos fcg rld, - , XRIBL, Rec Fwd L trng to fc ptr (Sd R trng to half op pos fcg rld, - , XLIBR, Rec Fwd R trng to fc ptr);  

(on word “for.....”) Slow Sd R to cuddle pos, - , - , - ;  

(on the word “you..”)  Sway L, - , Sway R, - ;  

(on the final piano chord)  Slow Dip, - , Twist, - ;  

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Man Ack Ladys Actions;;  Lady Encourage M to come to her;;  Man Walk 2 Slows to Lady;;  
Lady Caress M’s face M take Ladys  Waist;;  Slow Rk L & R;;  Hip Lift L & R;;  

Part A  Basic;;  LF Trn;  Basic End;  Basic;;  LF Trn;  Basic End;  Twisty Basic;;  Underarm Trn;  Op Basic;  Switches ;;  Open Basic 2x;;  

Part A  Basic;;  LF Trn;  Basic End;  Basic;;  LF Trn;  Basic End;  Twisty Basic;;  Underarm Trn;  Op Basic;  Switches ;;  Open Basic 2x;;  

Part B  low bfly lod Travg X Chasse 3x;;;  Passing X Chasse low bfly rld;  Bk Travg X Chasse 2x to fc wall;;  Lunge Basic 2x;;  

Part B  low bfly lod Travg X Chasse 3x;;;  Passing X Chasse low bfly rld;  Bk Travg X Chasse 2x to fc wall;;  Lunge Basic 2x;;  

Part C  Triple Trav lod;;;  Basic End;  Triple Trav rld ;;;  Basic End;  

Part A  Basic;;  LF Trn;  Basic End;  Basic;;  LF Trn;  Basic End;  Twisty Basic;;  Underarm Trn;  Op Basic;  Switches ;;  Open Basic 2x;;  

Part B  low bfly lod Travg X Chasse 3x;;;  Passing X Chasse low bfly rld;  Bk Travg X Chasse 2x to fc wall;;  Lunge Basic 2x;;  

Part B  low bfly lod Travg X Chasse 3x;;;  Passing X Chasse low bfly rld;  Bk Travg X Chasse 2x to fc wall;;  Lunge Basic 2x;;  

Part A*  Basic;;  LF Trn;  Basic End;  Basic;;  LF Trn;  Basic End;  Twisty Basic;;  Underarm Trn;  Op Basic;  Switches ;;  

Ending  Slowly Op Basic;  Slow Sd to rld to cuddle pos;  Sway L & R;;  Slow Dip & Twist;