SLOW BOAT TO CHINA

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Recordname: All To Myself

Rhythm: foxtrot

Phase: IV+1 (natural weave)

Footwork: opposide throughout. W's in parentheses if different

Sequence: Intro A AB A(1-15) End

INTRO

1-4 wait;; TOG TOUCH; FEATHER FINISH;
1-2 LOP-FCG/DLW wait;;
  3 {tog touch} fwd L (W fwd R) to CP/DLW, -, tch R to L, -;
  4 {feather finish} bk R DRC trn LF, -, sd & fwd L cont LF trn,
     fwd R outsd W to Contra-BJO/DLC;

PART A

1- 4 REVERSE TURN;; 3-STEP; FEATHER;
1- 2 {reverse turn} fwd L trn LF, -, sd R cont LF trn, bk L
    (W bk R & bringing L beside R no weight preparing for heel trn, -,
     heel trn on R & transfer weight to L, fwd R) to CP/RLOD;
    bk R cont LF trn, -, sd & fwd L DLW, fwd R outsd W to Contra-BJO/DRW;
  3 {3-step} fwd L, -, fwd R [heel lead], fwd L;
  4 {feather} fwd R, -, fwd L, fwd R outsd W to Contra-BJO/DLW;

5- 8 3-STEP; 1/2 NATURAL; CLOSED IMPETUS, FEATHER FINISH;
  5 {3-step} repeat meas 3 PART A;
  6 {1/2 natural} fwd R beg RF trn, -, sd L DLW, bk R LOD
     (W bk L beg RF trn & bringing R beside L no weight preparing for heel trn, -,
      cont heel trn on L & transfer weight to R, fwd L LOD) to CP/RLOD;
  7 {closed impetus} bk L trng RF & bringing R beside L no weight preparing for heel trn, -,
     cont heel trn on L & transfer weight to R, sd & bk L
     (W fwd R beg RF trn, -, sd L DLW cont trn, fwd R DRC) to CP/DRW;
  8 {feather finish} repeat meas 4 INTRO;

9-12 DIAMOND TURN;;;;
  9-12 {diamond turn} fwd L trn LF, -, sd R cont LF trn, bk L (W R outsd M) to Contra-BJO/DRC;
    bk R trn LF, -, sd L cont LF trn, fwd R outsd W to Contra-BJO/DRW;
    fwd L trn LF, -, sd R cont LF trn, bk L (W R outsd M) to Contra-BJO/DLW;
    bk R trn LF, -, sd L cont LF trn, fwd R outsd W to Contra-BJO/DLC;

13-16 TELEMARK TO BJO; NATURAL WEAVE;; CHANGE OF DIRECTION;
  13 {telemark to BJO} fwd L, -, fwd & sd R trng LF, fwd & sd L
     (W bk R & bringing L beside R no weight preparing for heel trn, -, heel trn on R &
      transfer weight to L, sd & bk R) to Contra-BJO/DLW;
  14-15 {natural weave} fwd R beg RF trn, -, sd L DLW, bk R LOD
     (W bk L beg RF trn & bringing R beside L no weight preparing for heel trn, -,
      cont heel trn on L & transfer weight to R, fwd L LOD outsd M) to Contra-BJO/DRC;
    bk L, bk R trn LF to CP/RLOD, cont LF trn sd & fwd L, fwd R outsd W
    to Contra-BJO/DLW;
  16 {change of direction} fwd L to DLW, -, fwd R trn LF to CP/DLC,
     draw L to R with no weight;
PART B

1-4 REVERSE WAVE;; BACK FEATHER; BACK 3-STEP:
1-2 {reverse wave} fwd L trn LF, -, sd R cont LF trn, bk L
   (W bk R & bringing L beside R no weight preparing for heel trn, -, heel trn on R &
   transfer weight to L, f wd R) to CP/DRC;
   bk R, -, bk L curve LF, bk R cont LF curve
   (W fwd L, -, f wd R curve LF [heel lead], f wd L cont LF curve) to CP/RLOD;
3 {back feather} bk L, -, bk R, bk L (W f wd R, -, f wd L, f wd R outsd M) to Contra-BJO;
4 {back 3-step} repeat meas 2 PART B;

5-8 OPEN IMPETUS; PROMENADE WEAVE;; HOVER:
5 {open impetus} bk L trng RF & bringing R beside L no weight preparing for heel
   trn, -, cont heel trn on L & transfer weight to R, sd & fwd L
   (W fwd R beg RF trn, -, cont RF trn sd L DLW, cont RF trn sd & f wd R DLC)
   to SCP/DLC;
6-7 {promenade weave} thru R, -, trn LF to CP/DLC fwd L, cont LF trn sd R
   (W thru L, -, trn LF to CP sd & back R, cont LF trn sd L) to Contra-BJO/DRC;
   bk L, bk R trn LF to CP/RLOD, cont LF trn sd & f wd L, fwd R outsd W
   to Contra-BJO/DLW;
8 {hover to SCP} fwd L, -, f wd & sd R rising on ball of foot, rec L to SCP;

9-12 FEATHER; TELEMARK TO BJO; NATURAL WEAVE;;
9 {feather} thru R, -, f wd L (W trng LF sd & bk R), f wd R outsd W to Contra-BJO/DLC;
10 {telemark to BJO} repeat meas 13 PART A;
11-12 {natural weave} repeat meas 14-15 PART A;;
13-16 3-STEP; 1/2 NATURAL; CLOSED IMPETUS; FEATHER FINISH;
13 {3-step} repeat meas 3 PART A;
14 {1/2 natural} f wd R beg RF trn, -, sd L DLW, bk R LOD
   (W bk L beg RF trn & bringing R beside L no weight preparing for heel trn, -,
   cont heel trn on L & transfer weight to R, fwd L LOD) to CP/RLOD;
15 {closed impetus} bk L trng RF & bringing R beside L no weight preparing for heel trn, -,
   cont heel trn on L & transfer weight to R, sd & bk L
   (W f wd R beg RF trn, -, sd L DLW cont trn, fwd R DRC) to CP/DLW;
16 {feather finish} repeat meas 4 INTRO;

END

1 FORWARD TO A RIGHT LUNGE & HOLD
1 {fwd to right lunge & hold} (Q/Q) f wd L to CP/DLW /fwd R lower into R knee relax L leg,-