Something Better to Do

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MUSIC: “Something Better to Do” by Olivia Newton John  Album “Gold”  iTunes Australia download or Amazon (length 03.15)

FOOTWORK: Opposite, directions for man except where noted  (woman’s footwork in parentheses)  Speed – as downloaded.

RHYTHM: FOXTROT PH V

TIMING: standard  SQQ  or as noted in left margin

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SEQUENCE: INTRO  A  B  INT  A  B  END

INTRO

1-4  SCAR/ DLC with lead feet free WAIT 1 MEASURE;

   FRONT VINE 4;  FALLAWAY LITIT TO BJO/RLOD;  WEAVE 4 ENDING BJO/DLW ;

   1  (Wait 1 meas) SCAR/DLC with lead feet free Wait ;
   qqqq  2 (Front vn 4) XLif, sd R, XLib, sd L to SCAR/DLC ;
   qqqq  3 (Fallaway Litt to BJO) Fwd L DLC comm LF trn, sd & bk R to Fallaway Pos , bk L rise with left sway, bk R & lwr (W bk R , sd & bk L in Fallaway Pos head to left, bk R rise with right sway trng head to right, fwd L in BJO lwr with head to right) to BJO/RLOD;  
   qqqq  4 (Weave 4 ending) Bk L in BJO, bk R to CP trn LF, sd & fwd L DLW to BJO, fwd R in BJO/DLW;

5-8  FWD, RIGHT LUNGE;  REC SWAY LEFT & RT LUNGE;  REC SLOW BK,- to a, BK/LK, BK ;

   SLOW OUTSIDE SWIVEL to SCP /DLW;

   s s  5  { Fwd & Rt Lunge} Fwd L, -, sd & fwd R with flexed knee,- (W bk R, -, Sd & bk L, -);  
   s- s  6 {Rec Sway Left & Rt Lunge} Rec &rise on L, swaying left- , Sd & fwd R with flexed knee, - (W rec R rising, swaying right - , sd & bk L, -);  
   s Q& Q  7 {Rec Slow Bk to a Bk/Lk Bk} Bk L, -, Bk R/XLil of R, Bk R CBJO;  
   s s Q& Q  8 {Slow outsld swivel} Bk L in CBJO, -, trng bdy RF lead W to swivel slowly RF, - to SCP/DLW ;

PART A

1-4  IN & OUT RUNS to SCP ; ;  FEATHER DLC ;  DOUBLE REVERSE DLW ;

   1-2  { In & Out Runs to SCP } Thru R trng RF, -, fwd & sd L in front of W cont trng, bk R CBJO (W thru L, -, fwd R btwn M feet, fwd L CBJO);  Bk L trng RF, -, sd & fwd R btwn W feet, fwd L (W fwd R trng RF, -, fwd & sd L in front of M, trn to SCP , fwd R) to SCP;  
   s (SQ&Q)  3 {Feather} Thru R, -, slight trn LF fwd L, fwd R (W thru L trn LF, -, sd & bk R, bk L) BJO/DLC;  
   sq (SQ&Q)  4 { Dbl Rev to Wall} Fwd L, -, fwd R trng LF fc RLOD bring L to R no weight, spin on R to fc DLW (W Bk R,-, trn LF on R heel transfer wght to L/fwd & sd R past M on toe trng LF/XLif) CP/DLW;

5-8  HOVER;  PROMENADE WEAVE ; ;  CHANGE OF DIRECTION DLC ;

   s s  5  { Hover } Fwd L, -, fwd & sd R rising to ball of ft, rec fwd L to SCP DLC ;  
   qqqq  6 {Promenande Weave} Fwd R begin to trn W LF to CP/DLC, -, fwd L begin LF trn, sd & bk R to BJO (W f w d L begin to trn LF to CP, -, sd & bk R cont LF trn to BJO, cont trn f w d L ) BJO/DLC;  
   qqqq  7 Cont trn bk L in BJO, bk R cont LF trn, sd & fwd L cont trn, fwd R outside ptr to BJO ( W fwd R to BJO, fwd L cont trn, sd & bk R cont trn, bk L ) BJO/DLC;  
   s s  8  { Chg of Direction } Fwd L comm LF trn, -, fwd R cont LF trn and draw L to R no wght CP DLC,-;  

9-12  REVERSE WAVE (CP/RLOD) ; ;  TIPPLE CHASSE to LOD ;  CURVING THREESTEP ;

   sq (SQ&Q)  9 {Rev Wave} Fwd L, -, fwd R trng LF fc DRC, bk L CP/DRC (W bk R, -, cl L to R if heel trn, fwdR);  
   sq (SQ&Q) 10 Bk R slight trn LF, -, bk L, bk R (W fwd L, -, f wd R, fwd L ) to CP/RLOD;  
   sq (SQ&Q) 11 {Tipple Chasse} Bk L trng RF, -, sd R slight L side stretch/ cl L, sd and slightly f wd R to LOD ( W f w d R trng RF, -, sml sd step L/ cl R to L, sd and slighdy bk L) to CP/LOD;  
   12 {Curving Threestep} Fwd L DLC curve LF, -, f wd R with R sd stretch cont LF curve, f wd L rotate body LF cross thighs strongly to - to CP/ DRC;

13-16  BK CURVING THREESTEP DLW ;  HOVER TELEMARK ;  THRU to LEFT WHISK ;

   UNWIND 4 to CP/DLC ;

   13  {Bk Curving Threestep} Bk R LOD curve LF, -, bk L cont LF trn, bk R rotate bdy LF strongly to CP/DLW ;  
   14  {Hover Telemark} Fwd L, -, fwd & slightly sd R btwn W’s ft rising & trng RF, cont RF trn sd & fwd L to SCP/DLW;  
   15  {Thru to Left Whisk} Thru R, -, sd & fwd L comm LF body trn, xRib of L cont bdy trn RSCP (W thru L, -, sd & slightly f w d R comm LF body trn, XLib of R cont bdy trn & look L) RSCP/DRC;  
   qqqq  16 {Unwind 4 DLC} On heel of front ft and toe of bk foot unwind RF to CP/DLC chg weight to R foot (W fwd R moving CW unwind M, fwd L, fwd R, fwd L) to CP/DLC ;
PART B

1-4 TELEMARK SCP; NATURAL HOVER CROSS overtrnd DRC; to a TOPSPIN DLW;

1 {Telemark SCP} Fwd L, -, trng LF sd & fwd R fc RLOD, cont trng sd & fwd L SCP (W bk R comm LF trn, -, cl L to R (heel trn) cont trn LR, sd & fwd R) SCP/DLW;

2 {Natural Hover Cross} Fwd R comm RF trn, -, sd & bk L cont RF trn, sd & fwd R complete RF trn SCAR (W fwd L, -, fwd R starting RF trn, cont trn sd & bk L) to SCAR /LOD;

3 Fwd L ckg outsdt ptrn SCAR, rec R, sd & fwd L start LF trn, cont LF trn fwd R to BJO/DRC (W bk R, rec L, sm sd R, bk L) to BJO/DRC;

4 {Topspin} Spin 1/8 LF on R ft/bk L LOD, bk R cont LF trn, cont LF trn sd & fwd L, fwd R BJO (W spin LF on R ft /fwd R outsdt ptr, fwd L trn LF, sd and bk R, bk L) to BJO/DLW;

5-8 THREE STEP; OPEN NATURAL; IMPETUS SCP; FEATHER DLC;

5 {Three step} Fwd L heel lead blending to CP, -, fwd R heel lead rising to toe, fwd L CP DLW;

6 {Op Natural} Fwd R comm RF trn, -, sd L across LOD (W heel trn), cont RF trn bk R CBJO/DRC;

7 {Impetus SCP} Comm RF trn bk L in bjo , -, trn RF on L heel cl R, cont body trn RF sd & fwd L to SCP (trn RF fwd R, -, sd & fwd L trn RF brush R to L, sd & fwd R) SCP/DLC;

8 {Feather} Thru R, -, slight trn LF fwd L, fwd R BJO (thru L trn LF, -, sd & bk R, bk L) BJO/DLC;

9-12 REV WAVE 1/2; to a CHECK & WEAVE; FORWARD to OVERSWAY;

9 {Rev Wave 1/2} Fwd L leading W to CP comm LF trn, -, sd R cont LF trn, bk L (W bk R trng LF, -, cl L heel trn, fwd R) to CP/DRC;

10 {Check & Weave} Slp R bk under body w/slight contra chk action, -, fwd L comm LF trn, sd & slightly bk R slight LF trn w/R sd lead (W slp L fwd w/slight contra chk action, -, bk R comm LF trn, sd L w/L sd lead) to BJO/DLW;

11 Bk L, bk R comm LF trn, sd & fwd L, fwd R outsdt partner BJO (W fwd R outsdt partner, fwd L comm LF trn, sd R, sd & bk L) BJO/DLW;

12 {Fwd to Oversway} Sd & fwd L DLW, -, sftn L knee shpe to rt to oversway line, -CP/DRW;

13-16 REV TWIRL TO SCAR/DRC; FWD SWIVEL THE LADY TO DEVELOPE;

13 {Rev Twirl to SCAR} Rec R prepare to lead lady to rev twirl, -, fwd L, fwd R SCAR (W rec fwd L prepare to LF twrsl under lead arm, -, W R twrsl LF, sd & bk L) to SCAR/DRC;

14 {Fwd Swivel Ldy to Develop} Sml chk R, -, swivl LF on L leaving R ft extended, - (W bk R undr bdy, -, swivl LF to develop L ft outsdt of ptrn, bring L ft dwn to R no wght-) BJO/DLW;

15 {Natural Weave} Comm RF trn fwd R, -, sd L, bk R DLC (W comm RF trn bk L, -, cl R to L heel trn, fwd L);

16 Bk L, bk R comm LF trn, sd & fwd L, fwd R outsdt partner BJO (W fwd R outsdt ptrn, fwd L comm LF trn, sd R, sd & bk L) BJO/DLW;

INTERLUDE

1-4 FWD , RIGHT LUNGE; REC SWAY LEFT & RT LUNGE; REC BK to a BK/LK, BK;

SLOW OUTSIDE SWIVEL to SCP /DLW;

1-4 Repeat measures 5-8 of INTRODUCTION;

REPEAT PART A & PART B

ENDING

1-4 WHISK; THRU VINE 4 SCP; QUICK OPEN REVERSE; FEATHER FINISH DLW;

1 {Whisk} Fwd L to CP/WALL, -, sd & fwd R, XLib (W XLib) SCP;

2 {Thru Vine 4} Thru R, sd L, xRib, sd L to SCP/LOD;

3 {Quick Op Rev} Thru R in SCP body trn LF, fwd L trn LF to cp (lady pkup), trn LF sd & bk R to bjo LOD, bk L in BJO/DRW;

4 {Feather Finish} Bk R to cp trn LF, -, sd & fwd L slight LF trn, fwd R to BJO/DLW;

5-9 FWD , RIGHT LUNGE; REC SWAY LEFT & RT LUNGE; BK & QK FEATHER FINISH DLC;

TELEMARK SCP; THRU TO PROMENADE SWAY/CHANGE SWAY;

5-6 repeat meas 5-6 of INTRO ;

7 {BK & QK feather finish} Bk L, bk R to cp trn LF, sd & fwd L slight LF trn, fwd R to BJO/DLC;

8 {Telemark SCP} Repeat meas 1 Part B;

9 {Thru to Promenade Sway/Chg Sway} Thru R, -, sd & fwd L to SCP relax L knee look over lead hnds leaving R leg extended slowly rotate LF w/ L side stretch chging lady’s head DRC;