SOMEBODY IN TIME FOXTROT

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Record: Special Press NC88-2-B
Footwork: Opposite. Directions for man except where noted.
Rhythm: Foxtrot
ROUNDALAB Phase: IV
Speed: 44
Sequence: Intro--AB--AB—Tag
Release Date: May 1993

INTRO
Meas 1-4

WAIT;; HOVER; FEATHER;
1-2 (CP/DLW) Wait 2 meas;;
3-4 Fwd L, -, fwd & sd R rising to ball of foot, rec fwd L to SCP/DLC; fwd R, -, fwd L with strong L shldr lead (W sd & bk R), fwd R (W bk L) to CBJO/DLC;

PART A
Meas 1-4

REVERSE TURN;; THREE STEP; NATURAL TURN ONE HALF;
1-2 Fwd L trng LF, -, sd & fwd R cont LF trn, bk L (W bk R trng LF, -, cl L cont LF trn, fwd R) to CP/RLOD; bk R trng LF, -, sd & fwd L, fwd R (W fwd L trng LF, -, sd & bk R, bk L ) to CBJO/DLW;
3-4 Fwd L to CP/DLW, -, fwd R, fwd L; fwd R trng RF, -, sd L (W cl R), bk R to CP/RLOD;
5-8
CLOSED IMPETUS: FEATHER FINISH: OP REVERSE TURN: HOVER CORTE;
5-6 Bk L trng RF bring R to L with no wt chg, -, trn RF on L heel & chg wt to R, sd & bk L (W fwd R between M's feet, -, sd & fwd L around M trng RF brush R to L, fwd R) to CP/DLW; bk R trng LF, -, sd & fwd L with strong L shldr lead, fwd R to CBJO/DLC;
7-8 Fwd L trng LF, -, sd R, XLIBR to CBJO/RLOD; bk R trng LF to CBJO/DLW, -, sd & fwd L with rise (W sd & bk R with rise & brush L to R), rec R (W fwd L);
9-12
BK HOVER (SCP); SEMI CHASSE; CROSS HESITATION; BK BK LOCK BK;
9-10 Bk L trng RF, -, sd R rising to ball of foot, rec fwd L to SCP/LOD; thru R, -, sd L/cl R, fwd L to SCP/LOD;
10-12 Thru R, trng LF on R tch L, cont LF trn on R (W thru L, -, sd R around M trng LF, cont trng LF cl L) to CBJO/DRC; bk L, -, bk R/XLIBR, bk R;
13-16
IMPETUS (SCP); WEAVE (SCP); CHAIR & SLIP;
13-14 Bk L trng RF bring R to L with no wt chg, -, trn RF on L heel & chg wt to R, fwd L (W fwd R trng. RF, -, sd L past M cont RF trn, sd & fwd R) to tight SCP/DLC; fwd R, -, fwd L trng LF to CP, sd & bk R (W fwd L, -, sd & bk R trng LF to CP, cont trng LF fwd L) to DLC;
15-16 Bk L to CBJO, -, bk R trng LF to CP, sd & fwd L (W fwd R to CBJO, -, fwd L trng LF to CP, sd & fwd R) to SCP/DLC; ck thru R, -, rec L, bk R (W swivelling LF on R fwd L) to CP/DLC;

PART B
Meas 1-4

TELEMARK (SCP); IN & OUT RUN;; SLO SD LOCK;
1-2 Fwd L trng LF, -, sd R cont LF trn, sd & fwd L (W bk R trng LF bring L to R with no wt chg, -, trn LF on R heel & chg wt to L, sd & fwd R) to SCP/DLC; fwd R trng RF, -, sd & bk L to CP, bk R (W fwd L, -, fwd R between M’s feet,’ fwd L) to CBJO;
3-4 Bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L (W fwd R trng RF, -, fwd & sd L cont RF trn, fwd R) to SCP/DLC; fwd R, -, sd & fwd L, XLIBR trng slightly LF (W fwd L beg LF trn, -, sd & fwd L cont SCP/DLC trn, XLIFR) to CP/DLC;
5-8
TURN L & CHASSE (BJO; O/S CHG (SCP)); NATURAL HOVER FALLAWAY; SLIP PIVOT;
5-6 Fwd L trng LF to CP/COH, -, sd R/cl L, sd & bk R trng LF to CBJO/DRC; bk L, -, bk R trng LF, sd & fwd L (W sd & fwd R) to SCP/DLC;
7-8 Fwd R starting RF trn, -, fwd L on toe trng RF with rise, rec bk on R (W fwd L, -, fwd R on toe between M's feet trng RF with rise, rec bk on L) to SCP/DRW; bk L, -, bk R trng LF, fwd L (W bk R starting LF pivot on ball of foot with thighs locked, -, fwd L cont LF trn placing L near M's R, bk R) to CBJO/LOD;
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PART B (cont.)

9-12

CLOSED WING; TELEMARK (SCP); LEFT WHISK; UNWIND IN 4:

9-10  Fwd R, -, draw L to R with LF body trn, tch L (W bk L, -, sd R across M, fwd L) to SCAR/DLC;
fwd L trng LF, -, sd R cont LF trn, sd & fwd L (W bk R-trng LF bring L to R with no wt chg, -, trng
LF on R heel & chg wt to L, sd & fwd R) to SCP/DLW;

11-12  Thru R, -, sd & fwd L to CP/DRW, XRBL (W XLIBL) to RSCP; trn RF on ball of R & heel of L,
cont trn, cont trn, cont trn, cont trn transfer wt to R (W fwd R trng RF, fwd L around M, trng RF to CP, cl L) to CP/DLC;

13-16

DIAMOND TURN ONE HALF:: QUICK WEAVE 4:: DIP & RECOVER:

13-14  Fwd L trng LF, -, sd R, XLIBR with strong R shldr lead to CBJO/DRC; bk R trng LF, -, sd L,
XRIFL with strong L shldr lead to CBJO/DRW;

15-16  Fwd L trng LF, sd R, bk L to CBJO/DLW, bk R to CP/DLW; bk L to CP/LOD, -, rec R, -;

TAG

1

FWD R LUNGE & HOLD:

1  Fwd L; -, fwd & sd R with soft knee between W's feet & hold, -;