STEPPIN’ OUT
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Music: The Doris Day Ultimate Collection download Amazon.com
Phase 5 Foxtrot Degree of Difficulty: Average
Sequence: intro – A – B - END
Difficulty Level: - Average
Footwork: Opposite, Unless noted (W’s footwork & timing in parentheses) (Version 1.1 Released 03/15)

MEAS.

INTRO
1-4
CP/DLC WAIT 1 MS: REVERSE WAVE; HEST CHG CP/DLC:
1-2 CP/DLC Wait 1 meas; [rev wave] Fwd L comm 3/8 LF trn, -, sd R, bk L (Bk R comm LF trn, close L to R heel trn, fwd R);
sqq 3-4 [fin rev wave] Bk R, -, bk L, bk R curvy LF to fc RLOD; [hest chg] Comm RF upper body trn bk L, -, sd R cont RF trn, draw L to R CP/DLC

PART A
1-4 (CP/DLC) BOUNCE FALLAWAY BJO; WEAVE END BFLY/LOD; X SWVL TWICE;
M RK FWD REC & FWD W TRN LF IN 4 TO SHAD RT FT FREE FOR BOTH;
qqqq 1 [bounce fallaway] With bounce action fwd L, trn LF strong rise sd R cont trn lower, bk L well under body, bk R (W bk R, bk L, bk R trn LF, fwd L outsd ptr) BJO/RLOD;
qqq 2 [weave end] Bk L, bk R to CP trn LF, sd & fwd L to DW, fwd R BJO/BFLY LOD;
qqqq 3 [x swvl twice] Fwd L swvl LF to fc COH in BJO, with R ft pt sd, fwd L swvl RF to SCAR, pt L ft sd (W bk L swvl LF, with L ft pt sd, bk L swvl RF, with R ft sd) end fc DWL;
qqqq 4 [rk rec fwd W trn LF shad in 4] Fwd L, -, rec bk R, sd & fwd L lead W to trn RF(W bk R, -, rec L/fwd R trn LF cl L to R) to SHAD/DW L R FT FREE FOR BOTH;
5-8 M STEP PT 4X W KNEE LIFT/SHAPE STEP POINT: REPEAT MEAS 5: SHAD/FRTN VINE;
4: FEATHER WTRANS IN 4 CP/DLW
qqqq 5-6 [M step pts W knee lift twice] Fwd R with slight RF upper body trn, pt L, - slight LF upper body trn fwd L, pt R (W fwd R with slight RF upper body trn, lift L knee, slight LF upper body trn fwd L, pt R); Repeat meas 5;
qqqq 7 [shad ft vn 4] XRIF of L, sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIB of L, sd L);
9-12 HOVER TELE; OP NAT; BK LILT 4 TRN SCAR/LOD; HVR X END;
sqq 9 [hvr tele] Fwd L, -, fwd & slightly sd R between W’s feet rising trn RF, cont RF trn sd & fwd L to SCP/DLW;
sqq qqqq 10 [op nat] Fwd R comm RF trn, -, fwd & sd L cont RF trn, cont RF trn sd & bk R (W fwd L, -, fwd R between M’s feet, sd & fwd L) to BJO/DRC;
11 [bk lilt 4 trn scar] Bk L in BJO rise, -small stp R & lower, bk L in BJO trn RF rise, -, /small step R & lower (W fwd R in BJO rise, -small step L & lower, fwd R trn LF rise, -small stp L & lower SCAR/DLC;
12 [hvr x end] XLIF, rec R, sd L to BJO, XRIF (W XIRIF, rec L, sd R, XLIB) BJO/DLC
13-16 REV FALL & SLIP: CHG OF DIRECTION; DBL REV TWICE;
13 [rev fall & slip] Fwd L commence LF trn, sd R, cont trn bk L, cont trn slip R in bk of L (W Bk R, bk L, XLIB well under body, trn LF on R & slip L fwd) to CP/DLW;
sq&q 14 [chg of dir] Fwd L blend CP start LF trn, -, cont trn sd & fwd R, draw L to R CP/DLC;
qqqq 15 & 16 [dbl rev twice] Blend to CP fwd L, -, comm LF trn fwd R, spinning LF on R bring L left leg up to R no wgt (W bk R comm LF trn, -, cont trn cl L to R/sd & slightly bk R cont trn, XLIF of R) end CP/DLW; Repeat; Meas. 15;
PART B

1-4
REV WAVE 1/2: CHECK & WEAVE 2: DOUBLE BK LILT; WEAVE END;

qqq
1-2 [rev wave 1/2] Fwd L trn LF, - , fwd & sd R trn LF (W heel trn), bk L CP/DLC;

[check & weave 2] Bk R checking, -, rec fwd L trn upper body RF, sd & bk R in BJO;

s&s&
3-4 [dbl lilt] Bk L in BJO rise, - /small step R & lower, bk L in BJO rise, - /small step R & lower

qqqq bjo; [weave end] Bk L in BJO, bk R blend to CP trn LF, sd & f wd L DLW to BJO, fwd R outsd

ptr DLW;

5-8
3 STEP; NATURAL WEAVE :: CHG OF DIRECTION CP/DLC;

qqq
5-6 [3 step] Fwd L, - , fwd R on heel slight R sd lead, fwd L CP/DLW; [nat weave] Trn RF fwd R, - ,

sd & f wd L trn RF (W heel trn), cont RF trn sd & bk R to BJO; bk L in BJO;

qqqq [finish nat weave] Bk R in BJO, bk R blend to CP trn LF, sd & f wd L DLW fwd R to BJO/DLW;

[chg of dir] Blend to CP fwd L comm LF trn flex knees,-, cont trn LF to fc DLC sd R, - , end

CP/DLC;

9-12
CL TELE BJO; FWD CHK W/DEVELOPE; SL OUTSD SWVL; M RK W QK SWVLS;

qqq
9-10 [cl tele] Fwd L comm LF trn, - , sd & bk R, cont LF trn

sd & fwd L (W bk R, - , comm LF trn bring L to R no wgt trn LF on R (heel trn) chg wgt to

L, sd & bk R ) BJO/DLW; [develop] Ck f wd R, - , (W bk L, bring R ft up L leg,-, extend R ft

fwd), -;

ss
11-12 [outsd swvl] Rec L comm RF upper body trn,-, pt R ft bk, (W rec f wd R, , swvl RF on R) SCP;

[qk swvls] Fwd R, - , rec L comm RF upper body trn, leave R XIF of L (W thru L swvl

LF, - , thru R swvl RF, - ) SCP;

13-16
IN & OUT RUNS; CHAIR REC SLIP DLC; DBL REV SPIN;

qqq
13-14 [in & out runs] Fwd R comm RF trn,-, fwd & sd L cont trn (W f wd R between M's feet), bk R
to CBJO R LOD; Bk L trn RF,-, sd & f wd R (W Sd & Fwd L amd M), fwd L to semi;

15-16 [chair rec slip] Fwd R comm RF trn,-, fwd & sd L cont trn (W thru L relax L knee fwd poise, - , rec bk L, slip R bk with LF upper body trn

(W thru L relax L knee, - , rec bk R leave L leg extended, swvl LF on R slip L fowd) CP/DLC;

[dbl rev] Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLC (Bk R, trn LF on R heel

transfer weight to L/fwd & sd R trn LF, trn LF XLI FR) end CP/DLW;

REPEAT PART B

END

1-4
HVR SCP/DLC; FEATHER BFLYILOD; X SWVL TWICE; M RK FWD REC & FWD W TRN LF

IN 4 TO SHAD RF FT FREE FOR BOTH;

qqq
1 [hvr scp] Fwd L,-, fwd & sd R w/slight LF trn, sd & fwd L (W bk R, , bk &sd L w/slight RF trn, sd

& fwd R) SCP/DLC;

qqq
2 [feat] Thru R,-, fwd L lead W to trn LF, fwd R outsd ptr to BJO/BFLY LOD::

qqqq
3 [x swvl twice] Fwd L swvl LF to fc COH in BJO, with R ft pt sd, fwd R swvl RF to SCAR, pt L ft

sd (W bk R swvl LF, with L ft pt sd, bk L swvl RF, with R ft pt sd) end fc DLW;

qqqq(s&q)
4 [rk fwd rec fwd W trn LF shad in 4] Fwd L,-, rec bk R, sd & fwd L lead W to trn RF(W bk R,-,

rec L/fwd R trn LF cl L to R) to SHAD/DLW RT FT FREE FOR BOTH;

5-8
M STEP PT 4X W KNEE LIFT/SHAPE STEP POINT; REPEAT MEAS 5; SHAD/FRONT VINE

6:; TO SHAD OVERSWAY LINE;

qqqq
5-6 [M step pts W knee lift twice] Fwd R with slight RF upper body trn, pt L, - slight LF upper body

trn fwd L, pt R (W fwd R with slight RF upper body trn, lift L knee, slight LF upper body trn fwd L,

pt R); Repeat meas 5;

qqqq
7-8 [shad ft vn 6 & oversway In] XRIF of L, sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIB of L, sd

L); XRIF of L, sd L, - to oversway In;