THAT OLD FEELING
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Foxtrot Phase 5 Released: April 14, 2007
Music: “The Great American Songbook” by Rod Stewart, track 5, or download from Walmart.com or contact choreographers.

Tempo: As on CD (28 mpm) Difficulty Level: Standard Figures per Roundalab Manual
Timing: SQO unless specified (Lady’s if different) Sequence: AB Bridge C B(1-12) End
Footwork: Described for Man—Lady opposite (or as noted)

PART A

1-4 WAIT; SWAY LEFT & RIGHT; SLOW CONTRA CHECK;
   1-2 {Wait} Wait 2 meas. CP, Man fceg DRW, lead feet free;
   SS 3 {Sway left & right} Sd L stretching if side, sf R stretching rt side;
   SS 4 {Contra check} Comm LF upper body trn with strong rt sd lead lower on R & chk fcd L in CBMP,

5-8 FEATHER FINISH; REVERSE WAVE; BACK FEATHER;
   5 {Feather finish} Bk R dissolving rt sd lead comm LF trn, sf & fdw L, fcd R BJO LOD;
   6-7 {Reverse wave} Fwd L comm. LF trn, sf R, bk L DLW; Bk R, bk L, bk R curvg LF to bkg LOD;
   8 {Back feather} Bk L, sf R with rt shld lead, bk L BJO fcd RLOD;

9-12 BACK & CHASSE TO BJO; HAIRPIN; OUTSIDE SWIVEL 2 TIMES; BACK FEATHER;
   SQ&Q 9 {Back & chasse to BJO} Bk R comm. LF trn, sf L cont trn/cl R, sf L to BJO fcd DLW;
   10 {Hairpin} Fwd R comm. RF trn, sfw L with lf sd stretch cont trn RF, fcd R to BJO banking into trn with strong
   if sd stretch fcd DRW; (Bk & sd L comm. RF trn, sf R under body cont. trn, bk L BJO);
   SS 11 {Outside swivel 2 times} Bk L leaving R extended fcd DRW, rec R; (Fwd R swvl RF on ball of R foot to SCP,
    thru L swvlg LF on ball of L ft to BJO,)
   12 {Back feather} Repeat Part A meas. 8;

13-16 FEATHER FINISH; THREE STEP; NATURAL TURN HALF; HESITATION CHANGE;
   13 {Feather finish} Repeat Part A, meas. 5 end DLW;
   14 {Three step} Fwd L comm. LF trn, sf L cont trn/cl R, fwd R heel to toe with slt rt sd lead, fcd L toe heel DLW;
   15 {Natural turn half} Fwd R comm. RF trn, sf L cont trn, bk R to CP fcd RLOD; (Bk L comm. RF trn, sf R to L
   [heel trn] cont trn, fwd L fcd LOD)
   16 {Hesitation change} Bk L comm. RF trn, sf R cont trn, draw L to R CP fcd DLC;

PART B

1-5 CURVING THREE-STEP; BACK CURVING THREE-STEP; THREE-STEP; NATURAL WEAVE;
   1 {Curving three-step} Fwd L comm. LF trn, sfw R with rt sd stretch cont LF trn, fwd L with rt sd stretch banking
   into curve to end CP fcd RLOD; (Bk R comm. LF trn, sf R with lf sd stretch cont trn, bk R with lf sd stretch;
   2 {Back curving three-step} Bk R comm. LF trn, sf L with lf sd stretch cont. trn, bk R with lf sd stretch banking
   into curve to CP fcd DLW; (Fwd L comm. LF trn, sfw R with rt sd stretch cont trn, fwd L with rt sd stretch;
   3 {Three-step} Repeat Part A meas. 14 to fc DLW;
   SQQ 4-5 {Natural weave} Fwd R comm. RF trn, sf L cont trn, bk R DCL with rt sd lead; Bk L in CBMP, bk R comm.
   QQQQ LF trn passing thru CP, sd & fdw L, fwd R BJO fcd DLW; (Bk L comm. RF trn, cl R to L [heel trn] cont trn, fwd L;
   Fwd R in CBMP, fcd L comm. LF trn, sfw R cont trn, bk L cont trn);

6-11 HOVER TO SEMI; FEATHER; DOUBLE REVERSE SPIN; REVERSE WAVE 3; CHECK & WEAVE;
   6 {Hover to SCP} Fwd L, sfw R & sf R trng LF, fcd L SCP DLC; (Bk R, sf & sd L trng to SCP, fcd R SCP);
   7 {Feather} Fwd R, sfw L, fwd R BJO fcd DLC; (Thru L trng LF, sf & bk R, bk L BJO)
   SQQ 8 {Double reverse spin} Fwd L comm. LF trn, sf R, spin LF on R bringing L under body with no wt chg fcd LOD;
   (SQ&Q) Bk R comm. LF trn, cl L to R [heel trn] trng LF/sd & bk R cont trn, XLIF of R CP)
9 {Reverse wave 3} Fwd L comm. LF trn, sd R, bk L CP feg DRC; (Bk R comm. LF trn, cl L to R [heel trn] cont trn, fwd R CP DLW)

10-11 {Check & weave} Ck bk R CP, rec L, sd & bk R comm. LF trn; bk L BJO, bk R trng LF blending to CP, sd & fwd R DLW, fwd R BJO;

12-15 CHANGE OF DIRECTION; TELEMARK TO SEMI; OPEN NATURAL; OUTSIDE SPIN FC WALL;
12 {Change of direction} Fwd L,-, fwr R trng LF to fc DLC, draw L to R; (Bk R,-, bk L trng LF, draw R to L)
13 {Telemark to SCP} Fwd L DLC with early rise,-, sd R trng LF, cont trng sd & fwd L in SCP DLW; (Bk R,-, cl L to R [heel turn] trng LF, fwr L in SCP DLW)
14 {Open natural} Thru R comm. RF trn,-, sd L cont trn, bk R with strong rt sd lead to BJO feg DRC; (Thru L, fwr R to CP, fwr L to BJO feg DLW)
15 {Outside spin fc wall} Comm RF trn bk L,-, fwr R outside partner cont trn, sd L to CP fc wall; (Comm RF trn fwr R heel to toe CBMP,-, cl L to R ptvng on toes, fwr R in CP feg COH)

BRIDGE

1-4 RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE; RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE;
S-- 1 {Right lunge & quick sway changes} Sd & fwr R on flexed knee with strong rt sd lead in CP,-, stretch rt sd to chng ptr to SCP without wt chg, stretch left side to chng ptr bk to CP still no wt chg;
SS 2 {Side corte} Sd L in CP with flexed soft L knee leaving R extended,-,-,-
S-- 3 {Right lunge & quick sway changes} Repeat meas. 1;
SS 4 {Side corte} Repeat meas. 2;

PART C

1-7 RECOVER BRUSH TO SEMI; QUICK WEAVE 4; BACK & CHASSE TO SEMI; WHIPLASH; BACK HOVER TO SEMI; NATURAL HOVER CROSS::
S-Q 1 {Recover brush to SCP} Sd R rising to toe,-, draw L to R brushing, fwr L SCP feg DLC;
QQQQ 2 {Quick weave 4} Fwd R, fwr L trng LF, sd & bk R, bk L BJO feg DRC; (Fwr L, sd & bk R comm. LF trn to BJO, cont trn fwr L, fwr R BJO feg DLW)
SQ&Q 3 {Back & chasse to semi} Repeat Part A meas. 9 to fc DLW;
SS 4 {Whiplash} Thru R,-, trng body RF point L fwd,-; (Thru L,-, swvl on L to fc ptr in CP pointng R back,-)
5 {Back hover to semi} Bk L,-, sd & bk R, rec L in SCP feg DLW;
SQQ 6-7 {Natural hover cross} Thru R comm. RF trn,-, sd L with If sd stretch, cont trn sd R feg DLC; Fwr L with rt sd stretch outside partner on toe, rec R, sd & fwr L, fwr R in BJO feg DLC; (Thru L comm. RF trn,-, fwr R cont trn, sd L cont trn to SCAR; Bk R on toe with If sd stretch, rec L, sd & bk R, bk L with rt sd stretch BJQ)

8-12 FULL REVERSE TURN; THREE-STEP; NATURAL TURN HALF; HESITATION CHANGE;
8-9 {Full reverse turn} Fwd L comm. LF trn,-, sd R cont trn, bk L to CP; Bk R cont LF trn,-, sd & sltly fwr L, fwr R to BJO feg DLW; (Bk R comm. LF trn,-, cl L to R [heel trn], fwr R to CP; Fwr L cont. trng,-, sd R cont trn, bk L trng to BJO)
10 {Three-step} Repeat Part A meas. 14;
11 {Natural turn half} Repeat Part A meas. 15;
12 {Hesitation change} Repeat Part A meas. 16;

13-16 FULL DIAMOND TURN::;
13 Fwd L comm. LF trn,-, sd R cont trn, bk L BJO feg DRC; (Bk R trng LF,-, sd L cont trn, fwr R)
14 Bk R trng LF,-, sd L, fwr R in BJO feg DRW; (Fwr L trng LF,-, sd R, bk L)
15 Fwr L trng LF,-, sd R, bk L in BJO feg DLW; (Bk R trng LF,-, sd L, fwr R)
16 Bk R trng LF,-, sd L, fwr R in BJO feg DLC; (Fwr L trng LF,-, sd R, bk L)

REPEAT PART B (1-12)

1-12 CURVING THREE-STEP; BACK CURVING THREE-STEP; THREE-STEP; NATURAL WEAVE::
HOVER TO SEMI; FEATHER; DOUBLE REVERSE SPIN; REVERSE WAVE 3; CHECK & WEAVE::
CHANGE OF DIRECTION;
1-12 Repeat meas. 1-12, Part B;
ENDING

1-5  CURVING THREE-STEP; BACK CURVING THREE-STEP; HOVER TELEMARK; OPEN NATURAL;
OUTSIDE SPIN FC WALL;
1  {Curving three-step}  Repeat Part B meas. 1;
2  {Back curving three-step}  Repeat Part B meas. 2;
3  {Hover telemark}  Fwd L,-, sd & fwd R rising trng RF, fwd L to SCP fcg DLW; (Bk R,-, sd & bk L comm. RF trn,
fwd R trng to SCP;)
4  {Open natural}  Repeat Part B meas. 14;
5  {Outside spin fc wall}  Repeat Part B meas. 15;

6-11  RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE; RIGHT LUNGE & QUICK SWAY
CHANGES; SIDE CORTE; RECOVER BRUSH TO SEMI; THRU TO SLOW SIDE CORTE & HOLD;
S-- 6  {Right lunge & quick sway changes}  Repeat Bridge meas. 1;
SS  7  {Side corte}  Repeat Bridge meas. 2;
S-- 8  {Right lunge & quick sway changes}  Repeat Bridge meas. 1;
SS  9  {Side corte}  Repeat Bridge meas. 2;
S-Q 10  {Recover brush to SCP}  Repeat Part C meas. 1;
SS  11  {Thru to slow side corte & hold}  Thru R,-, fwd & sd L trng to fc wall in CP with flexed soft L knee leaving R
extended, hold;