THE SYNCOPATED CLOCK

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MUSIC: The Syncopated Clock, Sally Harmon, Pirouette, A Spin on the Classics, available as a download from Napster, etc. (slowed about 3%)
RHYTHM: Foxtrot/Jive, Ph IV+2 (curved feath, stop & go) FT SQQ unless otherwise noted
FOOTWORK: Opposite, directions for man (W in parentheses)
SEQUENCE: INTRO A B A (1-8) C B B BRIDGE A ENDING

INTRODUCTION

1-2 CHKD BJO DLC WAIT; FISHTAIL;
   1-2 BJO DLC WAIT; (fishtail) XLib beg curv RF, sd R, fwd L, lk R;

PART A

1-4 OPEN REVERSE TURN; BACK & CHASSE BJO; ½ NATURAL; BACK & R CHASSE ;
   2 SQ&Q [Bk & Chasse Bjo] Bk R trng LF to WALL, -, sd L/cl R to CP, fwd L to BJO;
   3 SQ&Q [1/2 Nat] Fwd R comm RF turn, -, cl R to L cont turn, bk L;
   4 (Bk & R Chasse) Bk L trng RF, -, sd R/cl L trng RF, sd R to CP DLC;

5-8 OPEN TELEMARK; IN & OUT RUNS;; THRU SIDE CLOSE CP;
   5 [Op Tele] Fwd L comm LF trn, -, sd R around W cont trn, sd & fwd L (W bk R comm. LF trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW;
   6 [Start In & Out Runs] Trn RF fwd R (W fwd L), -, sd & bk L to CP, bk R to CBJO DRC (W fwd L, -, fwhd R, between M's feet fwd L);
   7 SQ&Q [Fin In & Out Runs] Trn RF bk L, -, sd & fwd R between W's feet cont trn RF, fwd L to SCP DLC (W trng RF fwd R, -, fwd & sd L cont trn RF brush R to L, fwd R);
   8 [Thru Sd Cl] Thru R, -, sd L, cl R CP;

9-12 HOVER TELEMARK; CURVED FEATHER; BACK FEATHER; FEATHER FINISH;
   9 [Op Tele] Fwd L, -, sd & fwd R w/rise trng 1/8 RF, sm fwd L on toe to SCP DLW;
   10 [Curved Feath] Thru R comm RF trn, -, sd & fwd L trng more sharply, fwhd R ckg to BJO DRW (W fwd L comm LF trn, -, sd & bk R trng more sharply, bk L);
   11 [Bk Feath] Bk L, -, bk R to BJO w/R sh lead, bk L;
   12 [Feath Fin] Bk R trn ¼ LF to WALL, -, sd & fwd L LOD, fwd R to BJO DLW;

13-16 3 STEP; ½ NATURAL; CLOSED IMPETUS; FEATHER FINISH;
   13 [3 Stp] Fwd L blend to CP, -, fwd R, fwd L;
   14 [1/2 Nat] Fwd R comm RF turn, -, cl R to L cont turn, bk L;
   15 [Cl Imp] Bk L LOD turn RF, -, cl R to L cont turn, bk L DRC;
   16 [Feath Fin] Bk R, -, bk L trn LF, sd & fwd R to CBJO DLC;

PART B

1-4 DIAMOND TURN TO SCAR;;;;
   1 [Diamond Turn to SCAR] Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO;
   2 Bk R trng LF, -, sd R cont trng LF, bk L CBJO;
   3 Bk L trng on diag, -, sd R cont trng LF, bk L CBJO;
   4 Bk R, -, sd L, cl R to SCAR DLW;

5-8 X HOVER BJO; X HOVER SCAR; X HOVER SCP; FEATHER;
   5 [X Hover BJO] XLib, -, sd R w/ slight rise comm LF trn, rec L ending in BJO DLC (W XRib, -, sd L w/ slight rise comm. rec R);
   6 [X Hover SCAR] XRib, -, sd L w/ slight rise comm TRF trn, rec R to SCAR (W XLib, -, sd R w/ slight rise rec L);
   7 [X Hover SCP] XLib, -, sd R w/ slight rise trng LF, rec L to SCP (W XRib, -, sd L w/ slight rise trng LF, rec R to SCP);
   8 [Feath] Fwd R DLC, -, fwd L, fwd R to BJO DLC (W fwd L start LF trn, -, cont LF trn sd & bk R, bk L); [3rd time checking for fishtail]

REPEAT A (1-8)
PART C

1-4   SIDE TOUCH & SIDE CHASSE; RIGHT TO LEFT - LEFT TO RIGHT::
   1   {Sd Tch & Sd Chasse}  Sd L, tch R, sd R/cl L, sd R;
   2-4   {R to L ~ L to R}  Rk bk L SCP, rec R, sd chasse L/R, L (W fwd chasse start RF trn und ld hnds); In pl R/L, R trn ¼ LF (W fin RF trn L/R, L to fc ptr), rk apt L, rec R; Sd L/R, L to fc ptr (W fwd chasse R/L, R trng ¼ LF und ld hnds), sd chasse R/L, R to fc WALL;

5-8   SHOULDER SHOVE - LINK ROCK TO SCP;;; DOUBLE ROCK;
   5-7   {Sh Shove ~ Link Rk}  Rk apt L, rec R sd L/R, sd L toward ptrn bring M’s L and W’s R shoulders tog; Bk L/R, L trng LF (W RF) to fc, rk bk L, rec R; Sd L/cl R to loose CP, sd L, sd R/cl L, sd R trng to SCP;
   8   {Dbl Rk}  Rk bk L, rec R, rk bk L, rec R;

9-12   R TURNING TRIPLE TO SCP RLOD; RIGHT TO LEFT TO RLOD ~ CHANGE HANDS BEH BACK::
   9   {R Trng Triple}  Trng ¼ RF sd L/cl R, sd L, trng ¼ RF sd R/cl L, sd R to SCP RLOD;
   10-12  {R to L ~ Chg Hnds Beh Bk}  Rk bk L SCP, rec R, sd chasse L/R, L (W fwd chasse R/L, R, start RF trn und ld hnds); In pl R/L, R trn ¼ LF to fc RLOD (W fin RF trn L/R, L to fc ptr), rk apt L, rec R; Chasse fwd L/R, L trng ¼ LF chng W’s R hnd to M’s R hnd beh M’s bk (W fwd R/L, R, trng ¼ RF), chasse sd & bk R/L, R cont trng ¼ LF chng W’s R hnd to M’s L to fc RLOD (W sd L/R, L, sd & bk L trng ¼ RF);

13-16  LEFT TO RIGHT - AMERICAN SPIN;;; ROCK RECOVER SIDE CLOSE;
   13-15  {L to R ~ Am Spin}  Rk apt L, rec R, sd L/R, L to fc ptr (W fwd chasse R/L, R trng ¼ LF und ld hnds); Sd chasse R/L, R to fc WALL, rk apt L, rec R; Tog L/R, L, sd R/L, R (W tog R/L, R, start RF spin on last stp, spin L/R, L);
   16   {Rk Rec Sd Cl}  Rk bk L, rec R, sd L, cl R;

17-20  PRETZEL TURN; DBL ROCK W/ SNAPS; UNWRAP PRETZEL; DBL ROCK;
   17-18  {Pretzel turn & Dbl Rk w/ snaps}  Retaining M’s L & W’s R hnds M trn RF (W LF) L/R, L/R, R end both fcg LOD hnds joined beh bk free hnd extended LOD; Rk fwd L & snap, rec R, rk fwd L & snap, rec R;
   19-20  {Unwrap Pretzel & Dbl Rk}  Progressing RLOD unwind L/R, L, R/L, R to fc; In SCP rk bk L, rec R, rk bk L, rec R;

21-24  THROWAWAY; STOP & GO;;; ROCK RECOVER SIDE CLOSE TO CP RLOD;
   21  {Throwaway}  Fwd L/cl/R, fwd L (fwd R/cl L, fwd R trng ½ front of man), sd R/cl L, sd & fwd R (sd L/cl R, sd & bk L) LOP LOD;
   22-23  {Stop & Go}  Rk bk L, rec R, Fwd L/cl R, fwd L (W rk bk R, rec L, fwd R/L, R trng ¼ LF und ld hnds to end at M’s R sd) catch W w/ R hnd on L shld blade; Rk fwd R, rec L, sm bk R/cl L, bk R (W rk bk L, rec R, fwd L/R, L trng ½ LF und ld hnds) to LOP FCG WALL;
   24  {Rk Rec Sd Cl}  Rk bk L, rec R, sd L, cl R to CP;

REPEAT B
REPEAT B CHECKING

BRIDGE

1  FISHTAIL;
   1  {Fishtail}  XLib beg curv RF, sd R, fwd L, lk R;

REPEAT A

ENDING

1-4  REVERSE TURN ½; ROCK BACK & REC; BOX FIN BFLLY WALL; SYNC TWISTY VINE 3 CLOSE PT;
   1  {Start Rev Turn}  Fwd L comm. LF trn, -, fwd & sd R twd COH, bk L to CP RLOD (W bk R heel trn, -, cl L to R, fwd R);
   2  {Rk Bk & Rec}  Rk bk R, -, rec L, -;
   3  {Box Fin}  Bk R trn ¼ LF, -, sd L, LOD, cl R BFLLY WALL;
   4  {Sync Twisty Vine 3 Cl Pt}  Trng slightly RF sd L/XRib (W XLib), trng slightly LF sd L/XRif (W XLib), trng slightly RF sd L/XRib (W XLib), cl L/pt R (W L) RLOD; [ soft knees - a1a2a3a4]