THE SYNCOPATED CLOCK
(revised Nov, 2008)

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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 6% or as desired)

RHYTHM: Foxtrot/Jive, Ph IV+2 (curved feather and 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; OUTSIDE CHECK; OPEN IMPETUS; SLOW SIDE LK;
1  {Op Rev} Fwd L trn LF ¼, -, cont trn sd R, bk L in CBJO;
2  {Outside Ck} Bk R trng slightly LF, -, cont trn sd & fwd L, fwd R to BJO DRW;
3  {Op Imp} Bk L trng RF, -, cl R to L cont trn (W fwd L around M brush R to L), fwd L to SCP DLC;
4  {Sl Sd Lk} Thru R, -, sd & fwd L XRib trng LF to CP DLC (Thru L, -, P/UP sd R, XLif);

5-8 OPEN TELEYARK; 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, -, fwd R, between M's feet fwd L);
7  {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 TELEYARK; CURVED FEATHER; BACK FEATHER; FEATHER FINISH;
9  {Hov 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, fwd 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  Fwd 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 Hov BJO} XLif, -, 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  {Hov SCAR} XRif, -, sd L w/ slight rise comm RF trn, rec R to SCAR (W XLif, -, sd R w/ slight rise rec L);
7  {X Hov SCP} XLif, -, 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 ¾ 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 ¾ 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;

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 ¾ 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 ¾ LF chng W’s R hnd to M’s R hnd beh M’s bk (W fwd R/L, R, trng ¾ RF), chasse sd & bk R/L, R cont trng ¾ LF chng W’s R hnd to M’s L to fc LOD (W sd L/R, R, & bk & L trng ¾ 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 ¾ 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 & Db1 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 & Db1 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 LOD:

21  {Throwaway}  Fwd L/el R, fwd L (fwd R/el L, fwd R trng ½ front of man), sd R/el L, sd & fwd R (sd L/el R, sd & bk L) LOP LOD;

22-23  {Stop & Go}  Rk bk L, rec R, Fwd L/el R, fwd L (W rk bk R, rec L, fwd R/L, R trng ½ LF und ld hnds to end at M’s R sd) catch W r W hnd on L shld blade; Rk fwd R, rec L, sm bk R/el L, bk R (W rk bk L, rec R, fwd L/R, L trng ½ RF 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

1-5  REVERSE TURN½; ROCK BK & REC; QB BOX FIN BFLY WALL; SYNC TWISTY VINE 6 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  QQS  {Box Fin}  Bk R trn ¾ LF, sd L LOD, cl R BFLY WALL, -; **

4-5  {Sync Twisty Vine 6 Cl Prt}  Trng slightly RF small sd L/XRib (W XLif), -, trng slightly LF sd L/XRib (W XLib), -; Trng slightly RF sd L/XRib (W XLif), -, cl L/pf R (W L) RLOD & hold, -;

[soft knees - a1a2a3a4 feeling]

** SQQ works also, but QQS gives more time to get ready for the sync twisty vine.