

THE VERY THOUGHT OF YOU

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Music: "The Very Thought of You", The New Stanton Band, "Mirror Lake Pavilion Presents the New Stanton Band" CD or iTunes

Seq: Intro, A, B, A, B, Interlude, C, B, End Time: 2:15 Release: March 2015

Rhythm & Phase: Slow Foxtrot, Phase 6

Difficulty Level: Average Note: Dance begins with Meas. 2 of part A, then do all of Part A 2nd time through.



PART A

1-4 **DLC CLSD TELEMAR; [Start Dance Here BJO DLW Trail Ft Free] HLF NAT; BK FEATHER; FEATHER FNISH;**

- 1 [Clsd Telemark] CP DLC Fwd L trng LF, -, sd R twd COH (*W heel turn*) to CP, cont trng sd fwd L to BJO DLW;
- 2 [Hlf Natural] BJO DLW Fwd R outsd ptrn twd DLW, -, sd L twd Wall, bk R to CP RLOD;
- 3 [Bk Feather] Bk L, -, bk R rt side lead, bk L BJO;
- 4 [Feather Finish] Bk R trng LF, -, sd fwd L twd DLW, fwd R outside ptrn to BJO DLW;

5-8 **3 STEP; RUNNING CLSD HVR; HAIRPIN; HEST CHG;**

- 5 [3 Step] Fwd L, -, fwd R btwn ptrn's feet, fwd L to CP DLW;
- 6 SQ&Q [Running Hvr] Fwd R, -, fwd L /fwd R between ptrn's feet rising to toe, sd & fwd L (*W bk L, sd & bk R, bk L quick rise, sd & bk R*) to CP DLW;
- 7 [Hairpin] Fwd R btwn ptrn's feet twd DLW, -, fwd L twd wall slight rise strong trn RF, cont trng fwd R outside ptrn to BJO DRC;
- 8 SS [Hest Chg] Bk L trng RF blnd CP, -, sd fwd R twd LOD to CP DLC, -;

PART B

1-4 **DIAMOND TURN w/ REVERSE TWIRL;-;-;-;**

- 1 [Diam Turn w/ Reverse Twirl] Fwd L trn LF raise lead hands, -, sd bk R to BJO trng LF, bk L to BJO (*W bk R comm LF turn, -, fwd L cont LF trn, sd bk R finish turn to BJO*); bk R trn LF, -, sd fwd L DRW, fwd R BJO; fwd L trn LF raise lead hands, -, sd bk R to BJO trng LF, bk L to BJO (*W bk R comm LF trn, -, fwd L cont LF trn, sd bk R finish trn to BJO*); bk R trn LF, -, sd fwd L, fwd R to BJO DLC;

OPTION: Standard Diamond Turn without Reverse Twirl

5-8 **DOUBLE OPEN TELEMAR SCP;-; FEATHER; CHANGE OF DIRECTION;**

- 5 SQQ [Double Open Telemark] Fwd L trng LF, -, sd fwd R twd COH (*W heel turn*), fwd L to SCP fcg LOD;
- 6 &QQS Fwd R PU woman CP LOD (*W fwd L trng LF to CP*)/fwd L trng LF, sd fwd R twd COH (*W heel turn*), fwd L to SCP DLW, -;
- 7 [Feather] Fwd R twd DLW, -, fwd L lead W to BJO, fwd R to BJO DLW (*W fwd L, -, fwd R trng LF, bk L to BJO*);
- 8 SS [Chg of Dir] Fwd L twd DLW blnd CP trng LF, -, sd R twd DLW trng to CP DLC, -;

INTERLUDE

1-4 **DOUBLE REVERSE SPIN DLW; 3 STEP; RUNNING HALF NATURAL; RISING LOCK;**

- 1 (SQ&Q) [Double Reverse] Fwd L blnd CP trng LF, -, sd R cont trng, spin LF on R (*W bk R trng LF, -, heel trn L/sd bk R cont trng, XLIF*) CP DLW;
- 2 [3 Step] Fwd L, -, fwd R btwn ptrn's feet, fwd L CP DLW;
- 3 SQ&Q [Running Half Natural] Fwd R btwn ptrn's feet twd DLW trng RF, -, fwd L twd Wall/sd bk R, bk L to CP RLOD;
- 4 [Rising Lock] Bk R trng LF, -, sd L twd LOD trng LF, XRIB to CP DLW;

PART C

1-4 **HOVER TELEMAR; NATURAL TWIST TURN DLW;-; FEATHER FINISH DLC;**

- 1 [Hover Telemark] Fwd L blnd CP DLW, -, fwd R btwn ptrn's feet trng RF, fwd L to SCP DLW;
- 2-3 [Natural Twist Turn] Fwd R across W twd DLW, -, sd bk L twd Wall to CP DRW, XRIB; (*W fwd L, -, fwd R btwn ptrn's feet, fwd L to M's rt side*); weight on both feet unwind RF, - transfer weight to R foot, bk L to CP DLW (*W fwd R arnd M, -, swvl RF on R cls L, fwd R CP*);
- 4 [Feather Finish] Bk R trng LF, -, sd fwd L twd DLC, fwd R outside ptrn to BJO DLC;



5-8 REVERSE WAVE-CHECK & WEAWE;-;-; CHANGE OF DIRECTION;

- 5 [Reverse Wave-Chk & Weave] Fwd L blnd CP trng LF, -, sd R twd LOD, bk L to CP DRC;
6 [Chk & Weave] Chk bk R well under body, -, rec fwd L to CP, sd R with rt side stretch lead W to BJO;
7 QQQQ Bk L, bk R trng LF to momentary CP, sd fwd L twd DLW, fwd R outside ptrn to BJO DLW;
8 SS [Chg of Dir] Fwd L twd DLW blnd CP trng LF, -, sd R twd DLW trng to CP DLC, -;

END

1-4 DBLE REV SPIN DLW; 3 STEP; RUNNING HALF NATURAL; BK TO THROWAWAY;

- 1 (SQ&Q) [Double Reverse] Fwd L blnd CP trng LF, -, sd R cont trng, spin LF on R (*W bk R trng LF, -, heel trn L/sd bk R cont trng, XLIF*) CP DLW;
2 [3 Step] Fwd L, -, fwd R btwn ptrn's feet, fwd L CP DLW;
3 SQ&Q [Running Half Natural] Fwd R btwn ptrn's feet twd DLW trng RF, -, fwd L twd Wall/sd bk R, bk L to CP RLOD;
4 SS [Throwaway] Bk R trng LF twd Wall, -, sd L twd LOD soften left knee allow R ft to extend twd RLOD rotate uper body slightly LF with left side stretch keeping rt side twd ptrn, -, (*W fwd L, -, sd fwd R trng LF relax R knee and slide L foot back under body past R foot look well to left and keep left side twd ptrn,-*);

