Through the Years

Released: February 20, 2010

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RECORD: "Through the Years", Kenny Rogers ("Kenny Rogers 21 Number Ones"; CD Universe)

FOOTWORK: Opposite (woman's footwork shown italicized in parentheses)

RHYTHM: Foxtrot

SPEED: reduced 10% original speed

TIME: 4:55 at reduced speed

PHASE: IV (Average)

TIMING: S.Q.Q; unless otherwise indicated

SEQUENCE: Intro ABC ABC BCD BCD

Special Thanks to David & Teri Meyer for helping smooth out the rough spots.

Introduction

1-4 (LOP/DRC) (lead hds joined) Wait Two Measures;; Rev Undrm Trn in 4 slo to fc DLW;;
1-2 [Wait Two Measures] Wait Two Measures;;
2-4 [Rev Undrm Trn in 4 slo to fc DLW] Fwd L raising L arm leading lady to right side, -, fwd R beginning RF trn, -, Fwd L continuing RF trn, -, cl R to CP/DLW, -; (Fwd R passing man on left, -, fwd L LF trn under man's arm, -, fwd R LF trn, -; cl L to CP, -;)

5-8 (CP/DLW) Hvr Tele; Op Nat; Bk Fthr; Fthr Fin; 5 [Hvr Tele] Fwd L, -, fwd R with RF upper body rotation, fwd L to SCP/LOD (Bk L, -, bk & sd R trng Rf, sd & fwd L to SCP)
6 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (Fwd L, -, fwd R, fwd L to Bjo)
7 [Bk Fthr] Bk L, -, bk R, bk L leading ptr to Bjo/DRC (Fwd R, fwd L, fwd R to Bjo);
8 [Fthr Fin] Bk R, -, sd & fwd L comm LF trn, fwd R to Bjo/DLW (Fwd L, -,sd & bk R comm LF trn, bk L to Bjo)

Part A

1-6 (BJO/DLW) Wisk; Thru, Semi-Chasse; Prom Weave;; Hvr Tele; Op Nat;
1 [Wisk] Fwd L, -, fwd & sd R, XLIB in tight SCP (Bk R, -, bk & sd L, XRIB in tight SCP);
2 [Thru, Semi-Chasse] Thru R staying in SCP, -, sd L, cl R, sd L (Thru R staying in SCP, -, sd R, cl L, sd R) [timing S,Q,Q];
3-4 [Prom Weave] Fwd R, -, fwd L comm LF trn, bk R; (Fwd L, -, fwd R, fwd L); Bk L, bk R comm upper body LF trn, sd L cont trn, fwd R to Bjo/DLW (Fwd R, fwd L comm upper body LF trn, sd R Cont trn, bk L to Bjo) [timing S,Q,Q; Q,Q,Q,Q;]
4-5 [Hvr Tele] Fwd L, -, fwd R with RF upper body rotation, fwd L to SCP/LOD (Bk L, -, bk & sd R trng Rf, sd & fwd L to SCP)
5 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (Fwd L, -, fwd R, fwd L to Bjo);
7-11 (BJO/RLOD) Outsd Chg to Bjo; Outsd Ck to SCAR; (3) X Hvr's (end in SCP);;;;
7 [Outsd Chg to Bjo] Bk L, -, bk trng LF, fwd & sd L to Bjo/DLC (Fwd R, -, fwd L trn LF, bk & sd R to Bjo)
8 [Outsd Ck to SCAR] Fwd R, -, rec L, sd & fwd R to SCAR/DLW (Bk L, -, rec R, sd & fwd L to SCAR)
9 [X Hvr] Fwd L acr body, -, sd & fwd R with slight rise, sd & sm fwd L to Bjo/DLC (Bk R beh body, -, sd & bk L with slight rise, sd & bk R to Bjo);
10 [X Hvr] Fwd R acr body, -, sd & fwd L with slight rise, rec R trng to Scar/DLW (Bk L beh body, -, sd & bk R with slight rise, rec L trng to Scar);
11 [X Hvr (end in SCP)] Fwd L acr body, -, sd & fwd R with slight rise, fwd & sd L to SCP/LOD (bk R beh body, -, sd & bk L with slight rise, sd & bk R to SCP);

12-14 (SCP/LOD) In & Out Runs;; Op Nat;
12-13 [In & Out Runs] Fwd R comm RF trn, -, sd & bk L CP, bk R to BJO (W fwd L, -, fwd R, fwd L to BJO); Bk L trng RF, -, sd & fwd R cont RF trn, fwd L to SCP/LOD (W fwd R comm RF trn, -, fwd & sd L cont RF trn, fwd R to SCP);
14 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (Fwd L, -, fwd R, fwd L to Bjo);
15-16 (BJO/RLC) Bk Fthr; Fthr Fin (ovr trn);
14 [Bk Fthr] Bk L, -, bk R, bk L leading ptr to Bjo/DRC (Fwd R, fwd L, fwd R to Bjo);
15 [Fthr Fin (ovr trn)] Bk R, -, sd & fwd L comm LF trn, fwd R cont LF turn to Bjo/DLC (Fwd L, -,sd & bk R comm LF trn, bk L cont LF trn to Bjo)

Part B

1-4 (BJO/DLC) Diamond Trn;;;
1-4 [Diamond Trn] Fwd L comm. LF trn, -, sd R cont LF trn, XLIB to Bjo/DRC (Bk R comm LF trn, -, sd L cont LF trn, XRF to Bjo); Bk R cont LF trn, -, sd L cont LF trn, XRF to Bjo/DRW (Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo); Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo/DLC (Bk R cont LF trn, -, sd L cont LF trn, XRF to Bjo); Bk R cont LF trn, -, sd L cont LF trn, XRF to Bjo/DLC (Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo);
NOTE: By cutting out measures 47-84 from the music and eliminating the first ABC, the time of the dance can be reduced to 3:32