WATCH OVER ME FOXTROT

By: Bill & Carol Goss, 10641 Celston Way, San Diego, CA 92126 (619)-693-0887
Record: Contact Choreographer (Filip Cuban Tango)  Released: 7/1/95
Footwork: Opposite unless otherwise noted  Speed: 43  Phase: IV +1
Sequence: INTRO, A, B, C, B(1-15), END

INTRO

1-4 WAIT: SLOW ROCKS:: HOVER:
SS 2 After a 1 meas wait fc ptr & DW no hnds joined M's L & W's R ft free
rock sd L with L shoulder leading and high, - , drop L shoulder to rck sd
R with R shoulder leading and high,-;
SS 3 Repeat meas 2;
SQQ 4 Blend to CP slowly as step fwd L,-, fwd & sd R rising to ball of ft, recov
fwd L to SCP DC;

PART A

1-4 FEATHER: REVERSE TURN: THREE STEP:
SQQ 1 Fwd R,,-, fwd L, fwd R in BJO ( W thru L trn LF twd ptr,-, sd & bk R to
BJO, bk L);
SQQ 2 Fwd L commence LF body trn,-, sd R cont trn, bk L down LOD to CP
(W bk R commence LF body trn,-, cl L to R (heel trn) cont trn, fwd R);
SQQ 3 Bk R cont LF trn,-, sd & fwd L DW, fwd R to BJO pos ( W fwd L cont LF
trn,-, sd R to DW, bk L to BJO);
SQQ 4 Fwd L blend to CP,-, fwd R with heel lead, fwd L;
5-8 NATURAL TURN ONE HALF: CLOSED IMPETUS: BACK HOVER TO SCAR:

HOVER CROSS ENDING:
SQQ 5 Fwd R commence RF trn,-, sd DW on L, bk R to LOD (W bk L commence
RF trn,-, cl R to L ( heel trn) as trn cont, fwd L in CP);
SQQ 6 Bk L trn RF,,-, cl R to L (heel trn) cont RF trn, sd & bk L to CP fc DW
( W fwd R betw M's feet,-, sd & fwd L around M trn RF, brush R to L to
step fwd on R betw M's feet);
SQQ 7 Bk R,-, bk L rising to ball of foot, recov fwd R to SCAR;
QQQQ 8 Fwd L across R on toe with R sd stretch, recov R, sd & fwd L, with
L sd lead fwd R to BJO DC;
9-12 TELEMARK TO SCP: OPEN NATURAL: OUTSIDE SWIVEL TWICE: IMPETUS
TO SCP:
SQQ 9 Fwd L blend to CP commence LF trn,-, sd R cont trn, sd & fwd L to end
SCP DW ( W bk R commence LF trn,-, cl L to R (heel trn) cont trn LF,
sd & fwd R);
SQQ 10 Fwd R commence RF trn,-, sd L DW, bk R down LOD BJO ( W fwd L,-,
fwd R betw M's feet, fwd L to BJO);
SS 11 Bk L with RF body trn fwd ptr & XRIIF of L no wgt,-, recov fwd R with
LF body trn to BJO ( W fwd R with swivel RF on ball of RF to SCP,-, fwd
L swivel LF to BJO),
SQQ 12 Bk L commence RF trn,-, cl R to L (heel trn) to cont trn, sd & fwd L to
SCP DC ( W fwd R commence RF trn,-, sd & fwd L cont trn bring R to
brush L, fwd R in SCP);
13-16 WING: OPEN REVERSE TURN: LEFT WHISK: UNWIND IN 4:
SQQ  13 Fwd R, draw L twd R with LF body tm, tch L to R cont body tm to DC
     (W fwd L, fwd R arrm M tmr LF, fwd L arrm M cont tmr to SCAR);
SQQ  14 Fwd L commence LF tmr, cont LF tmr ad R, bk L to BJO (W bk R
     commence LF tmr, cont tmr ad L, fwd R to BJO);
SQQ  15 Bk R commence LF tmr, ad L to fc well, XRIB of L to RSCP wgt on
     both feet (W fwd L, ad & bk R to CP, XLIB of R);
QQQQ  16 On heel of front ft and toe of bk foot unwind RF to CP fc DC (W fwd
     R, L, R, L, unwind M end on M's R ad in CP);

PART B

1-4 REVERSE WAVE:: BACK FEATHER: BACK THREE STEP:
SQQ  1 Fwd L commence LF tmr, ad R fc DRC, bk L (W bk R commence LF
     tmr, cl L to R (heel tmr) cont LF tmr, fwd R in CP);
SQQ  2 Bk R, bk L commence curve LF, bk R to end CP fc RLOD (W fwd
     L, fwd R commence curve LF, fwd L);
SQQ  3 Bk L, R, bk R with R shoulder lead, bk L to BJO;
SQQ  4 Bk R commence L shoulder lead, bk L to CP, bk R;
5-8 IMPETUS TO SCP; PROMENADE WEAVE:: CHANGE OF DIRECTION:
SQQ  5 Bk L commence RF tmr, cl R to L (heel tmr) cont tmr, ad & fwd L SCP
     DC (W fwd R betw M's feet commence RF tmr, fwd L arrm M brush R to
     L, ad & fwd R to SCP);
SQQ  6 Fwd R, fwd L commence LF tmr to CP, ad & bk on R to BJO fc DRC
     (W fwd L, fwd & ad R to CP, cont tmr on R then ad & fwd L to BJO);
QQQQ  7 Bk L LOD, bk R tmr LF to CP, ad & fwd L, fwd R to BJO DW (W fwd R In
     BJO, fwd L tmr LF to CP, ad & bk R, bk L to BJO);
SQQ  8 Fwd L, fwd R DW R shoulder lead to tmr LF, draw L to R no wgt
     (W bk R, bk L with L shoulder lead to tmr LF, draw R to L no wgt);
9-12 DIAMOND TRN 1/2:: OUTSIDE CHANGE TO SCP: CHAIR & SLIP;
SQQ  9 Fwd L commence LF tmr, ad R, bk L in BJO fc DRC;
SQQ 10 Bk R commence LF tmr, ad L, fwd R checking In BJO DRW;
SQQ 11 Bk L, bk R tmr LF, ad & fwd L to SCP LOD (W fwd R, fwd L
     commence tmr LF, ad & fwd R to SCP);
SQQ 12 Check thru R with lunge action, recov L, small bk R on toe end CP
     DC (W check thru L with lunge action, recov R, swivel LF on R to step
     fwd to CP);
13-16 TELEMARK TO SCP: OPEN IN & OUT RUNS:: THRU:: VINE 2;
SQQ 13 Fwd L commence LF tmr, ad R cont tmr, ad & fwd L to SCP DW
     (W bk R commence LF tmr, cl L to R (heel tmr) cont tmr, ad & fwd R);
SQQ 14 Fwd R commence RF tmr, ad & bk DW on L to CP, cont tmr on L to
     step fwd R in L half OP (W fwd L, fwd R betw M's feet, fwd L);
SQQ 15 Fwd L, fwd R betw W's feet, fwd L to half OP (W fwd R commence
     RF tmr, fwd & ad across M L, cont to tmr on L to step fwd R);
SQQ 16 Thru R to fc ptr, ad L, XRIB of L;

PART C

1-4 STEP, POINT,STEP, POINT: STEP, POINT,STEP, POINT: ROLL 3: SLOW ROCKS:
QQQQ  1 Fwd L to half OP LOD, point R twd LOD, fwd R to tmr twd ptr, point L
     fwd LOD tch lead palms;
QQQQ  2 Repeat meas 1;
QQS  3 Roll LF LOD L, R, L to fc ptr & wall with checking action,;
SS  4 Rk R with R shoulder high, rk L chg to L shoulder high,
5-8  ROLL 3: SLOW ROCKS; VINE 4: SIDE, DRAW, CLOSE.;
QQS  5  Roll RF to RLOD R, L, R to fc ptr & wall;
SS  6  Rk L with L shoulder high., rk R chg to R shoulder high;
QQQQ  7  Join lead hnds to vine & L, XRIB of L, ed L, XRIF of L;
QQS  8  Sd L, draw R to L, cl R.,;
9-12  STEP, PT. STEP, PT; STEP, PT, STEP, PT; ROLL 3: SLOW ROCKS:
13-16  ROLL 3: SLOW ROCKS: VINE 4: FWD, PICK-UP.;
SS  13-15 Repeat meas 5-7 part C
SS  16  Fwd L to SCP., fwd R ( W fwd L to fold in front of M to CP),;
REPEAT B MEAS 1-15

ENDING

1-2  THRU TO PROMENADE SWAY; CHANGE SWAY:
SS  1  Thru R blend to SCP., sd & fwd L stretching body upward to look
     over joined lead hnds.;
SS  2  Relax knee to lower an chg sway to R away slowly over entire meas
     heads move to RLOD through out away chg;
WAIT
-----
SLOW ROCKS
HOVER

A
FEATHER
-----
REVERSE TURN
THREE STEP
NATURAL TURN
CLOSED IMPETUS
BACK HOVER SCAR
HOVER CROSS ENDING

TELEMARK TO SEMI
OUTSIDE SWIVEL TWICE
WING
LEFT WHISK

OPEN NATURAL
IMPETUS TO SEMI
OPEN REVERSE TURN
UNWIND IN 4

B
REVERSE WAVE
-----
BACK FEATHER
BACK THREE STEP
IMPETUS TO SEMI
PHOMENADE WEAVE
-----
CHANGE OF DIRECTION

DIAMOND TURN 1/2
OUTSIDE CHANGE SEMI
TELEMARK TO SEMI
THRU & VINE 2

C
STEP & POINT 4 TIMES
-----
ROLL 3
SLOW ROCKS
ROLL 3 TO REVERSE
SLOW ROCKS
VINE 4
SIDE DRAW CLOSE

STEP & POINT 4 TIME
-----
ROLL 3
SLOW ROCKS
ROLL 3 TO REVERSE
SLOW ROCKS
VINE 4
WALK & PICKUP

END THRU TO PROMANDE SWAY
CHANGE SWAY

WATCH OVER ME FOXTROT
(WAIT NO HANDS JOINED MAN'S L, LADY'S R FREE)