

"SLOW BOAT FOXTROT"

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Record: Special Pressing (Flip Adios Amigos Cha)
Available from Choreographer - \$7.00 includes postage

Phase: VI Speed 43

Sequence: A B C B

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INTRO

Open Face DW Lead Hnds Joined Normal Foot Work

1 - 4 WAIT; SPIRAL TCH; FEATHER FINISH; CHG DIRECTION;

- 1 (Wait);
- 2 (Spiral Tch SS) Fwd L trn 1/4 RF,-, tch R to L stretch right sd,-;
- 3 (Feather Finish) Bk R trn LF,-, sd & fwd L, fwd R DW BJO;
- 4 (Change Direction SS) Fwd L,-, fwd R trn LF draw L to R no wgt fc DC,-;

PART "A"

1 - 8 BOUNCE FALLAWAY; WEAWE ENDING; WHISK; 2 SLOW SWIVELS; PROMENADE WEAWE;; HOVER; FEATHER;

- 1 (Bounce Fallaway QQQQ) Fwd L, sd & fwd R, XLIB, bk R fc DRC BJO;
- 2 (Weawe Ending QQQQ) Bk L, bk R, trn LF sd L fc WALL, fwd R DW BJO;
- 3 (Whisk) Fwd L,-, sd R, XLIB;
- 4 (2 Slow Swivels SS&) Fwd R DC trn upper body slightly LF,-, rec L leave R pntg DC,-, on & count trn upper body slightly RF (Fwd L swivel LF,-, fwd R,-, on & count swivel RF point L thru DC);
- 5-6 (Promenade Weawe SQQ QQQQ) Fwd R trng Lady LF to CP,-, fwd L trng LF, sd R LOD cont trn; bk L DW BJO, bk R LOD CP, sd L prep to trn to BJO, fwd R DW BJO;
- 7 (Hover) Fwd L,-, sd R high on toe rt sd stretch hovering action, fwd L DC SCP;
- 8 (Feather) Thru R,-, fwd L, fwd R DC BJO (Thru L trng LF,-, sd & bk R, bk L);
- 9-16 DOUBLE REVERSE SPIN; CHECK REVERSE & SLIP PIVOT; DOUBLE NATURAL; FWD DEVELOPE; CHANGE DIRECTION; DOUBLE OPEN TELEMARKE;; CURVED FEATHER;
- 9 (Double Reverse Spin SQ&Q) Fwd L commence LF trn,-, sd R DC cont LF spin fc DW, tch L to R no wgt (Bk R,-, cl L to R heel trn/sd & bk R, XLIF CP);
- 10 (Check reverse & Slip Pivot) Fwd L no sway,-, fwd R on toe trn LF checking fwd motion with right sd stretch (Cl L to R rise on toes), trn RF rec bk L cont to fc DW no sway;
- 11 (Double Natural SQQ [SQ&Q]) Fwd R trn RF,-, fwd & sd L cont RF trn with spin action, tch R to L no wgt fc DW BJO (Bk L,-, cl R heel trn/sd & fwd L around Man, fwd R to BJO);
- 12 (Fwd Develope) Fwd R,-, hold, hold (Bk L with relax knee,-, bring R up twd knee with toe point down, kick R with toe still point down to full leg extension);
- 13 (Change Direction SS) Fwd L,-, sd & fwd R trn LF draw L to R no wgt fc DC,-;
- 14-15 (Double Open Telemark SQQ SQ&Q) Fwd L commence LF trn,-, cont trn sd & fwd R (Heel trn), cont trn sd & fwd L DC SCP; Thru R trng Lady LF to CP,-, fwd L DC commence LF trn/cont trn sd & fwd R (Heel trn), cont trn sd & fwd L fc DW SCP;
- 16 (Curve Feather) Thru R,-, trn RF sd L wall, fwd R DRW BJO;

PART "B"

1 - 8 REVERSE PIVOT; THROWAWAY; OPPOSITION POINT; REC & WEAWE;;CHANGE DIRECTION; TELEFEATHER;;

- 1 (Reverse Pivot) Fwd L,-, trn LF sd R (Lady Heel trn), cont trn sd L fc COH;
- 2 (Throwaway SS) Trn Lady LF on her R to Fc LOD as Man trns LF on L fc RLOD,-, Relax Man's left Lady's right knees Lady extends L bk DRC on tip of toe Man extends R bk LOD upper body well up Lady's head to left looking up,-;
- 3 (Opposition Point S&S) Rise,-, on & count cl R (Tch L no wgt)/Relax R knee & pnt L RLOD with right sd stretch (Relax R knee & pnt L LOD with right sd stretch)-;
- 4-5 (Rec & Weawe SQQ QQQQ) Rise tch L to R no wgt (Rise cl L to R),-, fwd L commence LF trn, sd & bk R BJO; cont trn bk L DC BJO, bk R cont trn CP, sd & fwd L DW, fwd R DW BJO;
- 6 (Chg Direction SS) Fwd L,-, fwd R trn LF draw L to R no wgt fc DC,-;

- 7-8 (**Telefeather SQ&QQQQ**) Fwd L trn LF with left sd stretch,-, fwd & sd R cont trn, sd & bk L partial wgt (Bk R,-, cl L heel trn, fwd R LOD); on & count trn body LF/transfer full wgt to L trn LF, sd & bk R cont trn no sway, sd & fwd L BJO with left sd stretch, fwd R DW BJO (On & count fwd L past Man trn LF/sd & fwd R spin LF, almost cl L cont LF trn, cont trn sd & bk R, bk L DW BJO);
- 9 - 16 **HOVER TELEMARK; OPEN NATURAL; OUTSIDE SPIN; FEATHER FINISH; OPEN TELEMARK; NAT HOVER CROSS;; SLIDE APART;**
- 9 (**Hover Telemark**) Fwd L blend CP,-, fwd R, trn RF sd & fwd L DW SCP;
- 10 (**Open Natural**) Fwd R DW,-, trn RF sd & bk L (Heel trn) bk R DW BJO;
- 11 (**Outside Spin**) Very small step bk L pivot 1/2 RF on L keep shoulders parallel,-, fwd R heel lead around Lady rise on toe cont RF trn, sd & bk L DC (Fwd R around Man,-, cl L to R toe trn, fwd R between Man's feet CP);
- 12 (**Feather Finish DC**) Bk R trn LF,-, sd & fwd L DC, fwd R DC BJO;
- 13 (**Open Telemark**) Fwd L DC commence LF trn,-, cont LF trn sd & fwd R stretch right sd (Heel trn), sd & fwd L DW SCP;
- 14-15 (**Nat Hover Cross SQQ QQQQ**) Thru R commence RF trn,-, sd L (Fwd R), sd & fwd R DC CP; XLIF SCAR on toe trn body slightly LF, rec bk R, sd L DRC, fwd R DC BJO;
- 16 (**Slide Apart SS**) Fwd L LOD,-, sd R DW with right sd stretch look at partner bring arms in & then extend out (Sd & bk R commence LF trn,-, cont trn sd & fwd L DC with left sd stretch look at partner bring arms in & then extend out)-;
- PART "C"**
- 1 - 8 **CROSS CK REC SD CROSS; ROLL 4; MAN CK LADY DEVELOPE; LINK SCP; STEP/STEP NATURAL WEAVE;; REVERSE WAVE;;**
- 1 (**Cross Ck Rec Sd Cross QQQQ**) XLIF (XRIF) with checking action extend right arm twd DW, rec R, sd L COH, XRIF DC (XLIF DW) extend left arm twd DC;
- 2 (**Roll 4 QQQQ**) Roll LOD LF L,R,L,R (Roll LOD R,L,R,L fc RLOD);
- 3 (**Man Ck Lady Develope**) Join lead hnd fwd L BJO with checking action,-, hold 2 counts (Bk L with relax knee,-, bring R up twd knee with toe pointing down, kick R with toe still pointing down to full leg extension);
- 4 (**Link to SCP**) Fwd R,-, tch L to R trn Lady RF SCP, fwd L DW;
- 5-6 (**Step/Step Natural Weave & QQ QQQQQQ**) Ck R fwd/rec L, fwd R, trn 1/4 RF sd & bk L DC right shoulder lead, blend BJO bk R; bk L, bk R slightly trn LF commence blend CP, sd L trn BJO, fwd R DW BJO;
- 7-8 (**Reverse Wave**) Fwd L trn LF,-, sd R cont trn (Heel trn), bk L twd WALL CP; bk R cont trn,-, bk L LOD, bk R CP;
- 9 - 16 **CLOSED IMPETUS; BK CHASSEE BJO; FEATHER; LEFT FEATHER;; BK to PROMENADE SWAY & CHANGE SWAY;; BK HOVER SCP; CURVED FEATHER;**
- 9 (**Closed Impetus**) Commence RF trn bk L DW,-, cl R to L heel trn cont trn transf r wgt to R, sd & bk L DRC (Commence RF trn fwd R pivot 1/2,-, sd & fwd L cont around Man brush R, fwd R to CP);
- 10 (**Bk Chasseé BJO SQ&Q**) Bk R,-, trn LF sd L/cl R, sd L DC BJO;
- **** 11 (**Feather**) Fwd R DC,-, fwd L, fwd R BJO;
- 12-14 (**Left Feather SQQ QQS**) Fwd L CP,-, fwd R with right sd stretch, fwd L SCAR with right sd stretch; sd R trn LF CP with right sd stretch, cont trn bk L with left sd stretch fc RLOD BJO,
- (**Bk to Promenade Sway & Change Sway SS**) Bk R,-; trn LF sd L with sway to left fc WALL,-, trn upper body LF (Lady close head)-;
- 15 (**Bk Hover SCP**) Rec R rising to toe,-, brush L, fwd L DW SCP;
- 16 (**Curved Feather**) Thru R,-, trn RF sd L WALL, fwd R DRW BJO;
- REPEAT "B"**
- ENDING**
- 1 - 6 **CROSS CK REC SD CROSS; ROLL 4; MAN CK LADY DEVELOPE; CURVED FEATHER; ZIG ZAG 4; PREPARATION TURN to SAME FOOT POINT;**
- 1 (**Cross Ck Rec Sd Cross**) Repeat Meas 1 Part "C"
- 2 (**Roll 4**) Repeat Meas 2 Part "C"
- 3 (**Man Ck Lady Develope**) Repeat Meas 3 Part "C"
- 4 (**Curved Feather**) Fwd R DW,-, trn RF sd L WALL, fwd R DRW BJO;
- 5 (**Zig Zag 4 QQQQ**) Bk L LOD, trn RF sd R LOD, cont trn fwd L DC SCAR, trn LF bk R fc DRC BJO;
- 6 (**Preparation Trn Same Foot Point S&S**) Bk L under body still fcg DRC,-, on & count cl R to L fc COH/relax R point L twd RLOD look RLOD (Fwd R,-, on & count swivel RF/relax R point L twd RLOD look RLOD)-;