

"TODO O NADA FOXTROT"

Choreographers: Carlos & Nancy Esqueda, 2360 Leisure World, Mesa, AZ 85206-5409
(480) 832-4154 E-mail nancar@aol.com - FAX (480) 832-4854
Record: Roper 160 (All Or Nothing At All)
Phase: VI FOXTROT Speed 37
Sequence: A A B A Release: November 1999



INTRO

Shake Hnds Fc LOD Lead Foot Free Extend Free Arms To Side

- 1-8 WAIT; OPEN CONTRA CHECK; LADY ROLL LF TO BJO; SLOW AERIAL SWIVEL; FEATHER; OPEN TELEMAR; OPEN NATURAL; OPEN IMPETUS;
- 1 (Wait);
 - 2 (Open Contra Check SS) Flex right knee step fwd L with right shoulder lead bring left arm in twd body,-, hold and extend arm with elbow leading to DRC (DW) looking at Lady,- (Head to the left,-);
 - 3 (Lady Roll LF to BJO QQS) Bk R, bk L, bk R BJO fc LOD,-;
 - 4 (Slow Aerial Swivel) Bk L DRW trn upper body RF to lead Lady to swivel RF,-, leave R pointing DC,- (Fwd R commence to swivel with L leg lifted back looking over shoulder slowly rotate take the whole measure SCP);
 - 5 (Feather) Fwd R,-, sd & fwd L, fwd R DC BJO;
 - 6 (Open Telemark) Fwd L DC commence LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW SCP;
 - 7 (Open Natural) Thru R DW commence RF trn,-, sd & bk L, bk R DW BJO;
 - 8 (Open Impetus) Bk L DW trn RF,-, cl R to L no wgt heel trn with hover action trn Lady SCP, fwd L DC SCP;

PART "A"

- 1-8 PROM WEAVE;; 3 STEP; NATURAL TRN; HEEL PULL COH; CONTRA CK & SWITCH; HAIRPIN; HEEL PULL RUMBA CROSS;
- 1-2 (Prom Weave SQ QQQ) Thru R trng Lady LF to CP,-, fwd L trn LF, sd R LOD cont trn; bk L DW BJO, bk R LOD CP, sd L prepare to trn to BJO, fwd R DW BJO;
 - 3 (3 Step) Fwd L CP,-, fwd R, fwd L DW;
 - 4 (Natural Trn) Fwd R commence RF trn,-, sd L DW (Heel trn), bk R LOD CP;
 - 5 (Heel Pull COH) Bk L DW,-, bring R twd L, trn RF on L cl R CP COH;
 - 6 (Contra Ck & Switch) Flex right knee step fwd L with right shoulder lead,-, rec R, trn RF slip L bk past R DW CP;
 - 7 (Hairpin) Fwd R DW,-, sd & fwd L strong RF trn, cont trn fwd R DRW BJO;
 - 8 (Heel Pull Rumba Cross QQQ) Bk L trn RF, cont trn on L pull R heel twd L & chg wgt to R (sd L around Man) CP LOD, fwd L LOD left sd lead, XRIB (XLIF) trn RF fc RL0D;
- 9-16 SPIN & TWIST SCP;; FEATHER; REV WAVE; CK & WEAVE;; TRN & CHASSEE; BK HOVER TELEMAR;
- 9-10 (Spin & Twist SCP SQ QQS) Bk L commence RF pivot 1/2,-, fwd R between Lady,s feet rising, fwd & sd L; XRIB with partial wgt/unwind RF chg wgt to R, cont trn RF, sd & fwd L DC SCP,- (Fwd R between Man's feet pivot RF,-, bk L, cl R; fwd L/R around Man, fwd L cont trn, brush R fwd R DC SCP,-);
 - 11 (Feather) Thru R,-, sd & fwd L, fwd R DC BJO;
 - 12 (Rev Wave) Fwd L trn LF,-, sd R cont trn (Heel trn), bk L DW;
 - 13-14 (Ck & Weave SQQQQQ) Ck bk R,-, fwd L commence LF trn, sd & bk R; bk L DC BJO, cont trn bk R CP, sd & fwd L DW, fwd R DW BJO;
 - 15 (Trn & Chassee SQ&Q) Fwd L trn LF,-, sd R/cl L, bk R DW BJO;
 - 16 (Bk Hover Telemark) Bk L DW trn RF,-, sd & fwd R between Lady's feet with hover action trn Lady SCP, fwd L DC SCP; (NOTE) 2nd & 3rd time Fc DW

REPEAT PART "A"

PART "B"

- 1-8 TRAVEL HOVER CROSS;; DBLE REV SPIN; WHISK; FWD SWIVEL & BK CK;
CURVING 3 STEP; FEATHER FINISH; 3 STEP;
- 1-2 (Travel Hover Cross SQQ QQQQ) Fwd R DW,-, trn RF sd & bk L, cont trn sd & fwd R LOD; fwd L, fwd R CP LOD, fwd L, fwd R BJO DC;
- 3 (Dble Rev Spin SQ&Q) Fwd L commence LF trn,-, fwd R DC cont LF spin Fc DW, tch L to R (Bk R,-, cl L to R heel trn/fwd R, XLIF CP);
- 4 (Whisk) Fwd L,-, sd R, XLIB;
- 5 (Fwd Swivel & Bk Ck) Fwd R trn upper body LF to lead Lady to swivel on L LF,-, bk L BJO, bk R CP with checking action, (Fwd L swivel 1/2 LF fc RLOD,-, fwd R BJO, fwd L CP);
- 6 (Curving 3 Step) Fwd L LOD,-, trn LF fwd R, sharp LF trn check fwd L on toes DRC (Trn head right between 2&3);
- 7 (Feather Finish) Bk R DW,-, sd & fwd L DW, fwd R DW BJO;
- 8 (3 Step) Fwd L CP,-, fwd R, fwd L DW;
- 9-16 OPEN NATURAL; OUTSIDE SPIN; P/U SIDE LOCK; OPEN TELEMAR;
CURVED FEATHER; BK FEATHER; BK 3 STEP; BK TRNG WHISK;
- 9 (Open Natural) Fwd R DW commence RF trn,-, sd & bk L (Heel trn), bk R DW BJO;
- 10 (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 LOD (Fwd R around Man,-, cl L toe trn, fwd R between Man's feet CP);
- 11 (P/U Side Lock) Bk R trn LF,-, sd & fwd L LOD, XRIB (XLIF);
- 12 (Open Telemark) Fwd L DC commence LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW SCP;
- 13 (Curved Feather) Thru R DW,-, sd & fwd L strong RF trn CP prepare to step to BJO, cont trn fwd R DRW BJO right shoulder lead;
- 14 (Bk Feather) Bk L LOD,-, bk R with right sd stretch (Head to right), bk L BJO;
- 15 (Bk 3 Step) Bk R LOD blend to CP,-, bk L, bk R;
- 16 (Bk Trng Whisk) Bk L DW with right sd lead,-, trn RF sd R DW, XLIB (XRIB) fc DC SCP;

REPEAT AA≈

ENDING

- 1-6 THRU TO THROWAWAY & EXTEND;; LINK SCP;
ROLL LADY SD BY SD MAN IN 2; GRAPE VINE;
FENCE LINE LADY LOOK AT MAN;
- 1-2 (Thru to Throwaway & Extend SSSS) Thru R,-, sd L both look DW trn Lady LF on her R to fc DRC as Man trns LF on L to fc DW,-, relax M's left Lady's right knees Lady extends L toe bk DW Man extends R bk DRC upper body well up Lady's head to left looking up,-, extend,-;
- 3 (Link SCP) Rise on L,-, cl R, fwd L LOD SCP;
- 4 (Roll Lady Sd By Sd Man In 2) Thru R,-, sd L LOD lead Lady to roll LF LOD both fc WALL both R free lead hnds joined,- (Thru L,-, trn LF sd & bk R, cont trn sd L LOD fc WALL);
- 5 (Grape Vine QQQQ) Identical foot work LOD XRIF, sd L, XRIB, sd L with liling action;
- 6 (Fence Line Lady Look At Man) Release hnds relax L knee thru R bring both arms in & extend out to sd shoulder height,-, hold on last 2 beats of music Lady trn head RF to look at man,-;