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11/97

"SLOW BOAT FOXTROT"

Choreographers: Carlos & Nancy Esqueda, 2360 Leisure World, Mesa, AZ 85206
 Record: (602) 812-4154 - E-mail: nancetd@aol.com
 Special Pressing (Flip Adios Amigos Chg)
 Available from Choreographers - \$6.50 includes postage
 VI
 Phase: Speed 43
 Sequence: A B C B Released: Nov 1997

INTRO
 Open Face DW Lead Hnds Joined Normal Foot Work

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

- 1 (Wait)
 - 2 (Spiral) Tch Pwd 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) Pwd L,-, sd R trn LF draw L to R no wgt fc DC,-
- PART "A"**
- 1 - 8 **BOUNCE FALLAWAY, NEAVE ENDING, WELSK, 2 SLOW SWIVELS!**
 - 0000 1 (Bounce Fallaway) Pwd L, sd & fwd R, XLIB, bk R fc DC BJO;
 - 0000 2 (Wave Ending) Bk L, bk R, trn LF sd L fc WALL, fwd R DW BJO;
 - 3 (Wink) Pwd L, sd R, XLIB;
 - SS4 4 (2 Slow Swivels) Pwd R DC trn upper body slightly LF,-, rec L leave R pointing DC,-, on & count trn upper body slightly LF,-, rec L LOD cont R,-, on & count swivel RF point L thru DC;
 - 000 5-6 (Promenade Wave) Pwd 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;
 - 0000 7 (Bower) Pwd L,-, sd R high on toe right 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!

- 9-16 **DOUBLE NATURAL! END DEVELOPE; CHANGE DIRECTION!**
- 000 9 (Double Reverse Spin) Pwd 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, XLIP CP);
- SS4Q 10 (Check reverse & slip pivot) Pwd 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 trn to fc DW no sway;
- 000 11 (Double Natural) Pwd 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 to L heel trn/sd & fwd L around Rn; fwd R to BJO);
- SS 12 (Pw Develops) Pwd R,-, hold, hold (Bk L with relax knee,-, bring R up fwd knee with toe pointing down, kick R with toe still pointing down to full leg extension);
- SS 13 (Change direction) Pwd L,-, sd & fwd R trn LF draw L to R no wgt fc DC,-
- SSQ 14-15 (Double Open Feather) Pwd 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 to DC DW SCP;
- 16 (Curve Feather) Thru R,-, trn RF sd L wall, fwd R DW BJO;

1 - 8 REVERSE PIVOT, THROMAWAX, OPPOSITION POINT, REC & WEAVE!

- 1 (Reverse Pivot) Pwd L,-, trn LF sd R (Lady heel trn), cont trn sd L fc COH;
- SS 2 (Thromawax) trn Lady LF on heel 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;
- SS 3 (Opposition Point) Rise,-, on & count cl R to L (Tch L to R no wgt/Relax R knee & point L RLOD with right sd stretch (Relax R knee & point L LOD with right sd stretch);
- SSQ 4-5 (Rec & Weave) 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;
- SS 6 (Chg Direction) Pwd L,-, fwd R trn LF draw L to R no wgt fc DC,-

- SSQ 7-8 (Feather) Pwd 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/transer 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 TELMARK! OPEN NATURAL! OUTSIDE SPIN! FEATHER FINISH!

- 9 (Hover Telmark) NAT HOVER CROSS! L SLIDE APART!
- 10 (Open Natural) Pwd L blend CP,-, fwd R, trn RF sd & fwd L DW SCP;
- 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 (Pwd 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 Natural) Pwd L DC commence LF trn,-, cont LF trn sd & fwd R stretch t-light sd (heel trn), sd & fwd L DW SCP;
- SSQ 14 (Nat Hover Cross) Thru R commence RF trn,-, sd L (Pwd R), sd & fwd R DC CP;
- 0000 15 XLIP SCAR on toe trn body slightly LF, rec bk R, sd L DRC, fwd R DC BJO;
- SS 16 (Slide Apart) Pwd R, 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!**
- 0000 **LINK SCPI STEE/STEE NATURAL WEAVE! REVERSE WAVE!**
- 0000 1 (Cross CK Rec sd cross) XLIP (XRIF) with checking action extend right arm fwd DW, rec R, sd L COH, XRIF DC (XRIF DW) extend left arm fwd DC;
- 0000 2 (Roll 4) Roll LOD LF L, R, L, R (Roll LOD R, L, R, L to LOD);
- 3 (Man CK Lady Develops) Join lead fwd L BJO with checking action,-, hold 2 counts (Bk L with relax knee,-, bring R up fwd knee with toe pointing down, kick R with toe still pointing down to full leg extension);
- 4 (Link to SCF) Pwd R,-, tch L to R trn Lady RF SCP, fwd L DW;
- SSQ 5-6 (Step/Steep Natural Wave) 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) Pwd L trn LF,-, sd R cont trn (heel trn), bk L fwd WALL CP; bk R cont trn,-, bk L LOD, bk R CP;

9 - 16 CLOSED IMPACT! BK CHASER BJO! FEATHER, LEFT FEATHER!

- 9 (Closed Impact) Commence RF trn Bk L DW,-, cl R to L heel trn cont trn transer wgt to R, sd & bk L DRC (Commence RF trn fwd R pivot 1/2,-, sd & fwd L cont trn around Man brush R, fwd R to CP);
- SS4Q 10 (BK Chasere BJO) Bk R,-, trn LF sd L/cl R, sd L DC BJO;
- SSQ 11 (Feather) Thru R DC,-, fwd L, fwd R BJO (thru L trn LF,-, sd & bk R, bk L);
- SSQ 12-14 (Left Feather) Pwd 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;
- SSS (Bk to Promenade Sway & Change Sway) 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 DW BJO;

REPEAT "B"

1 - 6 CROSS CK REC SD CROSS! ROLL 4! MAN CK LADY DEVELOPE!

- 1 (Cross CK Rec sd cross) Repeat Meas 1 Part "C"
- 2 (Roll 4) Repeat Meas 2 Part "C"
- 3 (Man CK Lady Develops) Repeat Meas 3 Part "C"
- 4 (Curved Feather) Pwd R DW,-, trn RF sd L WALL, fwd R DW BJO;
- 5 (2 1/2 Zag 4) Bk L LOD, trn RF sd R LOD, cont trn fwd L DC SCAR, trn LF bk R fc DRC BJO;
- SS 6 (Preparation trn Same Foot Point) Bk under body still fc DRC,-, on & count cl R to L fc COH/relax R point under RLOD look RLOD (Pwd R,-, on & count swivel RF/relax R point L, wd 7 look RLOD)-

PALOMINO RECORDS, INC.
1404 WEAVERS RUN RD.
WEST POINT, KY 40177