

Swing, La La

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Record: Special Pressing.

Phase IV

Sequence: ABAABA(1-11) End

Footwork: Opposite throughout(directions given for man)(W in Parenthesis)

Intro: Closed pos. feg. LOD Wait 4 bells;

A

1-8 Fwd & Run 2; Fwd & Run 2; Two Left Turns CP Wall;; Whisk; Wing; Open Telemark; Pickup Scar;

(1-2) In CP LOD fwd L,-,fwd R,fwd L; fwd R,-,fwd L, fwd R; (3-4)starting LF trn fwd L,-, sd R,cl L; cont LF turn bk R,-,sd L,cl R to L to CP WALL; (5) fwd L,-,sd R,XLIB; (6)fwd R,-, drw L toR, teh Lto R trng upper body Lft fc (fwd L XIF of M trng slightly lft fc,-, fwd R arnd M cont trn, fwd L arnd M cont trn)end SCAR/DLC; (7)fwd L start lft fc trn,-, sd R cont trn, sd & fwd L (bk R start lft fc trn bring L to R,-, heel trn on R chg weight to L,sd & fwd R) ending tight SCP/LOD; (8) small stps fwd R,-,Fwd L, Fwd R(W fwd R trng lft fc in frnt of M,-,bk & sd L, bk L) ending SCAR/DLW

9-12 Cross Hover Bjo; Cross Hover Scar; Cross Hover Semi; Feather;

~~(9) rlf L,-, sd R with rise & trn, rec L, (10) rlf R,-, sd L with rise & trn, rec R; (11)repeat measure 9 part A ending tight SCP/LOD; (12)fwd R,-,fwd L, fwd R(W fwd L trng lft fc,-, sd & bk R cont trn, bk L) ending ContraBJO; Note: last time thru A Omit meas 12~~

B

1-8 Diamond Turn half;; Qk diamond in 4; Dip Bk,-,Rec,-(CP/LOD); Diamond Turn half;; Qk diamond in 4; Dip Bk,-,Rec,-(CP/LOD)

(1-2)fwd L trng lft fc on diag to Bjo,-, cont trn sd R, bk L; trng lft fc bk R on diag,-, cont trn sd L, bk R; (3)fwd L trng lft fc on diag, cont trn sd R, bk L, bk R; (4) dip bk L taking full weight with relaxed knee keep R leg extended and toe on floor,-, rec R, draw L to R, (4-8) repeat meas 1-4 Part B

Ending: Thru side close; Lunge Side,, Twist,;

From SCP fwd R trng rf 1/4,-, sd L, close R to L; Lunge sd L bending the knee and chkg,, Start the upper body in a lft fc rotation turning heads to look towards RLOD,;