

AM I BLUE V

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Music: Am I Blue - Linda Ronstadt, on album "Round Midnight With Nelson Riddle And His Orchestra"

MP3 download avail: at Amazon.com

Time/Speed Time@RPM: 2:59@45 Footwork: Opposite unless noted – Woman: (W)

Timing, SQQ unless otherwise indicated - reflects actual weight changes.

RAL Rhythm/Phase: Foxtrot V

Degree of Difficulty: AVG

Sequence: INTRO, A, B, A, B, END

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MEAS:

INTRODUCTION

1-4 CP DLW WAIT 2 MEAS ; ; WHISK ; FEATHER ;

[1-2] Wait 2 meas. in CP DLW w/ lead feet free ; ;

[3] {Whisk} Fwd L,-, sd & fwd R, XLIB to SCP DLC ;

[4] {Feather} Thru R (thru L) ,- , fwd L (fwd R trng lt fc) , fwd R to CBJO DLC ;

5-8 TELEMARK [SCP] ; CURV'D FEATHER ; IMPETUS [SCP] ; FEATHER ;

[5] {Tele} Fwd L start lt fc bdy trn ,- , sd R cont lt fc trn (cl L to R heel trn) fwd L (fwd R) to SCP DLW ;

[6] {Curv'd Feath} Fwd R comm rt fc trn (fwd L) ,- , fwd L(sd R) cont rt fc trn, fwd R to CBMP DRW ;

[7] {Imp to SCP} Bk L trng rt fc (fwd R heel to toe pvt rt fc),-, bring R heel to L heel trn cont rt fc trn (brushR to L) , fwd L (fwd R) to SCP DLC ;

[8] {Feather} Thru R (thru L) ,- , fwd L (fwd R trng lt fc) , fwd R to CBJO DLC ;

PART A

1-4 DIAMOND TURN ; ; ; ;

[1] {Diamond Trn} Fwd L ,- , trng 1/4 lt fc sd R , bk L to CBJO ;

[2] Bk R ,- , trng 1/4 lt fc sd L , fwd R staying in CBJO ;

[3-4] Repeat measure 1 & 2 of part A. end in CBJO DLC ;

5-8 REVERSE WAVE ; ; BK FEATHER ; FEATHER FIN ;

[5-6] {Reverse Wave} Fwd L start lt fc bdy trn ,- , sd R cont lt fc trn (cl L to R heel turn), bk L to CP DRC , Bk R ,- , bk L , bk R to CP RLOD ;

[7] {Bk Feather} Bk L,-, bk R, bk L to CBJO RLOD ;

[8] {Feath Fin} Bk R trng lt fc ,- , sd & fwd L , fwd R outside ptrn to CBJO DLW ;

9-12 HOVER TELEMARK ; NAT'L WEAVE ; ; 3 STEP ;

[9] {Hov Tele} Fwd L ,- , fwd R rising slightly w/ L sd lead while trng slightly rt fc , fwd L to SCP DLW ;

[10-11] {Nat'l Weave} Fwd R comm rt fc trn (fwd L) ,- , sd L (fwd R) cont rt fc trn , bk R (fwd L) to CBJO DRW ;
QQQQ - Bk L , bk R comm. lt fc trn , sd & fwd L cont lf trn , fwd R to CBJO DLW ;

[12] {Three Step} Fwd L ,- , fwd R, fwd L to CP DLW ;

13-16 OPEN NAT'L ; O.S. SPIN ; O.S. CHECK ; IMPETUS SCP ;

[13] {Opn Nat} Fwd R comm rt fc trn (bk L) ,- , sd L (cl R to L heel trn), bk R (fwd L) CBJO DRW ;

[14] {O.S. Spin} Toe in L & comm rt fc upper body trn outside ptrn (fwd R) ,- , fwd R cont rt fc trn outside ptrn , (cl L to R pvt rf on toes) sd L cont rt fc trn (fwd R) to CP DRW ;

[15] {O.S. Chk} Bk R ,- , sd L , fwd R to CBJO DRW ;

[16] {Imp to SCP} Bk L trng rt fc (fwd R heel to toe pvt rt fc),-, bring R heel to L heel trn cont rt fc trn (brush R to L), fwd L (fwd R) to SCP DLC ;

PART B

1-4 PROM WEAVE ; ; HOVER SCP ; FEATHER ;

- [1-2] {**Prom Weave**} Fwd R trng slightly lt fc ,-, fwd L to CP , fwd & sd R to CBJO RLOD ;
QQQQ - Bk L , Bk R trng lt fc , sd & fwd L cont lf trn , fwd R outside ptrn to CBJO DLW ;
[3] {**Hov SCP**} Fwd L,-, fwd & sd R, rec L SCP DLC ;
[4] {**Feather**} Thru R (thru L) ,-, fwd L (fwd R trng lt fc) , fwd R to CBJO DLC ;

5-8 REV WAVE CHECK & WEAVE ; ; HOVER TELEMARK ;

- [5] {**Rev Wave**} Fwd L start lt fc bdy trn ,-, sd R cont lt fc trn (cl L to R heel turn), bk L to CP DRC ;
[6-7] {**Chk & Weave**} Chk bk R ,-, rec fwd L , sd R leading ptrn to CBJO RLOD ,
QQQQ - BK L , bk R comm. lt fc trn , sd & fwd L cont lf trn , fwd R to CBJO DLW ;
[8] {**Hov Tele**} Fwd L ,-, fwd R rising slightly w/ L sd lead while trng slightly rt fc , fwd L to SCP DLW ;

9-12 NAT'L HOVER CROSS ; ; REVERSE TURN ; ;

- [9-10] {**Nat'l Hov Cross**} Thru R (fwd L) comm rt fc trn ,-, sd L (fwd R) cont rt fc trn , fwd R (fwd L) SCAR DLC ;
QQQQ - Fwd L , rec R , sd L outside ptrn, fwd R to CBJO DLC ;
[11-12] {**Rev Turn**} Fwd L start lt fc trn ,-, (bk R heel trn) sd R cont trng lt fc , bk L to CP RLOD ;
Bk R cont lt fc trn ,-, sd & fwd L to DLW , fwd R to CBJO DLW ;

13-16 HOVER SCP ; FEATHER [OT & CHK'D] ; TOPSPIN ; CURVING LOCK 4 ;

- [13] {**Hov SCP**} Fwd L,-, fwd & sd R, rec L SCP DLC ;
[14] {**Feather**} Thru R (thru L) ,-, fwd L (fwd R trng lt fc) , turn'g lt fc fwd R to DRC chk'g ;
QQQQ [15] {**Top Spin**} Bk L , bk R comm. lt fc trn , sd & fwd L , fwd R to CBJO DLW ;
QQQQ [16] {**Curve Lock**} Fwd L , XRIB, fwd R, XRIB curv'g slightly lf to CBJO DLC ;

REPEAT PART A & B [1-15] THEN DO MEAS 16 AS INDICATED BELOW

NOTE: Second time thru Part B adjust ending pos for the LOCK 4 to end CBJO DLW.

ENDING

1-4 WHISK ; FEATHER ; TELEMARK SCP ; CURV'D FEATH ;

- [1] {**Whisk**} Fwd L,-, sd & fwd R, XLIB to SCP ;
[2] {**Feather**} Thru R (thru L) ,-, fwd L (fwd R trng lt fc) , fwd R to CBJO DLC ;
[3] {**Telemark**} Fwd L start lt fc bdy trn ,-, sd R cont lt fc trn (cl L to R heel trn) fwd L (fwd R) to SCP DLW ;
[4] {**Curv'd Feath**} Fwd R com rt fc trn ,-, sd L cont rf trn, fwd R to CBJO DRW ;

5-8 IMPETUS SCP ; FEATHER ; FWD TO RIGHT LUNGE ; REC BK TO PROM SWAY & CHANGE ;

- [5] {**Imp to SCP**} Bk L trng rt fc (fwd R heel to toe pvt rt fc),-, bring R heel to L heel trn cont rt fc trn
(brush R to L) , fwd L (fwd R) to SCP DLC ;
[6] {**Feather**} Thru R (thru L) ,-, fwd L (fwd R trng lt fc) , fwd R to CBJO DLC ;
SS [7] {**Fwd Right Lunge**} Fwd L w/ upper body lf rotation, -, fwd R w lunge to rt (lt) ,-,
[8] {**Bk to Prom Sway & Change**} Rec on L ,-, bk R , bk L turn'g lf & lunge to lt looking well to left (right) ,
rotate upper body lf & look to right (W left) ;