

C'EST SI BON FOXTROT

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Release Date: June, 1986 Speed: 45 Rhythm: Foxtrot
Sequence: Intro-A-B-C-A-B-C-Ending
Roundalab Phase Rating: Phase VI

INTRO

1-4 (CP/LOD)WAIT; WAIT; CONTRA CHECK,-,REC,-; DIP BK,-,REC,-;
1-2 In CP/LOD wait 2 meas;;
SS 3-4 Flex R knee stepping fwd DC on L with R shoulder lead look at W
SS (W flex L knee stepping bk R with R sd fwd look L),-,rec on R,-;
In CP dip bk on L,-,rec R to CP/LOD,-;

PART A

1-4 CKD REVERSE SLIP; NAT TURN; SPIN & TWIST;;
SQQ 1-2 Fwd L DC,-,fwd R on toe trng LF ck fwd motion,trng RF rec bk on
L cont trn to fc DW(W bk R,-,cl L on toes trng LF ck bk motion,
trng RF slip R fwd to CP cont trng RF); Note: Step 2 for W can
SQQ be with feet closed or slightly sd L). Fwd R trng RF,-,sd L,
bk R(W bk L start RF trn bring R to L no wgt,-,cont heel trn on
L trans to R,fwd L between M's feet)to CP/LOD;
SQQ 3-4 Bk L pivot RF,-,fwd R cont trn, sd L twd DW(W fwd R between M's
Q&QS feet,-,fwd L trng RF,cl R to L); XRIB of L/unwind RF,cont trng
RF chg wgt to R,sd & bk L(W fwd L/R around M,fwd L trng RF,fwd R
between M's feet) to CP/Wall,-;
5-8 BK FEATHER FINISH; REVERSE TRN CHECK & WEAVE;;;
SQQ 5-6 Bk R trng LF,-,sd & fwd L,fwd R outside W to Contra Bjo/DC; Fwd
SQQ L starting LF trn blend CP,-,sd R across LOD,bk L(W bk R start
LF trn bring L to R no wgt,-,cont heel trn on R trans to L,fwd
R between M's feet)to CP/LOD;
SQQ 7-8 Ck bk to LOD on R,-,rec L,sd & bk R; Bk L with R shoulder lead
Q&QS blend Contra Bjo,bk R blend CP,sd L twd DW,fwd R to CBjo/DW;
9-12 THREE STEP; CKD NATURAL SLIP; TELESPIN;;
SQQ 9-10 Fwd L curve LF blend CP,-,fwd R with R shldr lead,fwd L(CP/LOD);
SQQ Fwd R DW,-,fwd L on toe trng RF ck fwd motion,trng LF rec bk on
R cont trn to fc DC(W bk L,-,cl R on toes trng RF ck bk motion,
trng LF slip L fwd to CP cont trng LF); Note: Step 2 for W can
SQQ with feet closed or slightly sd R).
SQQ 11-12 Fwd L,-,fwd R trng LF,sd & bk L keeping L sd fwd twd W(W bk R
start LF trn bring L to R no wgt,-,cont heel trn on R trans to
SQQ L,fwd R keeping R sd in twd M); Spin LF on L,sd R cont trn,cont
SQQ trng fwd L DW(W fwd L/R staying close to M,cont trng cl L,fwd
R)to SCP/DW,-;

13-16 NATURAL HOVER FALLAWAY; SLIP PIVOT TO BJO; NATURAL HOVER CROSS;;

SQQ 13-14 In SCP/DW fwd R with slight body trn to R,-,fwd L trng to R with
SQQ rise,rec bk on R(W fwd L,-,fwd R bet M's ft trn RF with rise,rec
SQQ bk on L)to SCP/DRW; Bk L,-,bk R keeping L leg extended,fwd L (W
bk R starting LF pivot on ball of foot with thighs locked & L
leg extended,-,fwd L bet M's ft cont LF trn,bk R)to CBjo/DW;
SQQ 15-16 Fwd R,-,fwd L trng RF,fwd R(W bk L starting RF trn bring R to L
Q&QS no wgt,-,cont heel trn on L trans to R,bk L)to SCar/DC; XLIF of
SQQ R outside ptr,rec R,sd L,XRIF of L outside ptr(W XRIB of L,rec
SQQ L,sd R,XLIB of R)to Bjo/DC;

PART B

1-4 OPEN TELEMAR; OPEN NATURAL; OUTSIDE SPIN; RUDOLPH RONDE SLIP TO CP;
SQQ 1-2 Blend to CP fwd L trng LF,-,fwd & sd R around W cont LF trn,step
SQQ fwd & sd L(W bk R start LF trn bring L to R no wgt,-,cont heel
SQQ trn on R trans to L,fwd & sd R)to SCP/DW; Fwd R start RF trn,-,
sd & bk L cont trn,bk R(W fwd L,-,fwd R bet M's ft,fwd L)to
Contra Bjo/DRC;

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SQQ 3-4 Bk L short step trng RF,-,fwd R around W trng RF,bk L(W fwd R around M start RF toe spin bringing L to R no wgt,-,cont RF toe spin on R trans wgt to L toe,fwd R bet M's ft)to CP/DC;
SQQ Fwd R bet ptrs' ft start RF pivot but stop pivot action flex R knee keep L ft bk with L sd in twd W,-,rec on L,Rise & slip R bk trng LF(W bk L trng RF to SCP ronde R leg CW keep R sd in twd M,-,cross R leg behind in fallaway pos,rise on R trng LF and slip L fwd)to CP/DC;

5-8 REV TURN; (QQS)BK TO THROWAWAY OVERSWAY; LINK TO SCP(W Fan); CURVED FEATHER CK;

SQQ 5-6 Repeat meas 6 of Part A; IN CP/RL0D bk on R trng LF,sd & fwd L with relaxed L knee & R toe ptd twd RL0D keeping R sd in twd W (W fwd L trng LF,sd & fwd R,trng LF relax R knee & slide L ft bk past R foot under body look L & keep L sd in twd M),-;

SQQ 7-8 M draw R ft up to L as W fans L leg CW,-,cl R(W cl L),rise & step fwd L(W-R)to SCP/LOD; Thru R start RF trn,-,sd & fwd L cont RF trn,swivel on L & ck fwd R outside ptr(W thru L,-,sd R, bk L crossing thighs)to Contra Bjo;

9-12 FALLAWAY WHISK; QUICK OPEN REVERSE; FEATHER FINISH; THREE STEP;

SQQ 9-10 Bk L LOD startg RF trn,-,sd R DW cont trn,XLIB of R(W fwd R outsd M start RF trn,-,sd L DW cont trn,trn RF on ball of L & XRIB of L)to SCP/DC; Thru R,-,fwd L trng LF/sd & bk R,bk L(W thru L,-,fwd R trng LF/sd & fwd L,fwd R)to Bjo/RL0D;

SQQ 11-12 Bk R trng LF,-,sd L DW,fwd R(W fwd L trng LF,-,sd R cont trn, bk L)to CBjo/DW; Repeat meas 9 of Part A;

13-16 NATURAL WEAVE;; DOUBLE REVERSE SPIN; DRAG HESITATION;

SQQ 13-14 Fwd R,-,fwd L trng RF to fc DRW,bk R(W bk L start RF trn bring R to L no wgt,-,cont heel trn on L trans to R,fwd L)to CP/DRW; Bk L,bk R trn LF,sd L cont trn,fwd R outsd ptr(W fwd R outsd M, fwd L to CP trng LF,cont trn sd R,bk L)to Bjo/LOD;

SQ&Q 15-16 Blend CP fwd L trng LF,-,fwd & sd R around W spin on ball of R, cont LF spin on R bringing L to R with no wgt(W bk R startg 1/2 LF heel trn on R heel bring L to R no wgt,-,cont LF heel trn on R trans to L,fwd & sd R around M trng LF/lock LIF ofR)to CP/DW; SQQ Fwd L trng 1/4 LF,-,sd R,dr L to R(W bk R trng LF,-,sd L trng LF,dr R to L)to Bjo/DRC;

PART C

1-4 IMPETUS TO SCP; LILT TO THE CHAIR; REC & BK HOVER; FEATHER FINISH;

SQQ 1-2 Bk & sd L start RF trn bring R to L no wgt,-,cont heel trn on L trans to R,fwd L(W fwd R pivot RF 1/2,-,sd & fwd L around M cont pivoting bring R ft bk & brush,fwd R)to SCP/DC; Thru R heel to toe rise,-/small Q step fwd L,fwd R & ck in a fwd poise chair both looking fwd,-;

SQQ 3-4 Rec bk L,-,bk R hover,rec fwd L staying in SCP; Thru R,-,sd & fwd L,fwd R outsd ptr(W thru L,-,sd & bk R,bk L)to Bjo/DC;

5-8 DIAMOND TRN 1/2(Bjo/DRW);; TOP SPIN(Bjo/DW); CHG OF DIRECTION;

SQQ 5-6 Fwd Trn LF on L,-,sd R,XLIB(WXRIF); Bk Trn LF on R,-,sd L,XRIF (WXLIB)ckg motion in Bjo/DRW;

QQQQ 7-8 Bk L start LF trn,bk R cont LF trn,fwd L,fwd R(W fwd R,fwd L, bk R,bk L)to Bjo/DW; Fwd L trng LF,-,sd R,dr L to R(W bk R trng LF,-,sd L,dr R to L)to CP/DC;

END

1-4 REV FALL SLIP; CHG OF DIRECTION; REV FALL SLIP; THROWAWAY OVERSWAY;

QQQQ 1-2 Fwd L trng LF,sd R,XLIB of R well under body, trng LF slip R past L & step bk R(W bk R trn LF,sd L,XRIB,swivel LF on R & pl L fwd)CP/DW; Repeat action of meas 8 of Part C;

QQQQ 3-4 Repeat meas 1 of End(to CP/DRW); Trng LF sd & fwd L relax L knee allow R to pt sd & bk twd RL0D keep R sd in twd W(W sd & fwd R trng LF relax R knee & slide L ft bk past R twd LOD); SS