

I. KNOW NOW. (International Slow Fox Trot)

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RECORD: TELEMAR 898A (If I Knew Then What I Know Now)

SEQUENCE: INTRO, A, A, B, A, A, B, 1-14, TAG

INTRODUCTION

1-4 OP fac Wall & LOD WAIT 2 MEAS; ; APT, -, POINT, -, TOG TO CP LOD & WALL, -, TCH, -;

PART A

1-8 HOVER TO SCP L, -, R, L; (Feather Finish) THRU, -, BLEND BJO; (Reverse Wave) LF TRN, -, SID, BK (W Heel Trn); BK R, -, L, R curve LF; (Clos Impetus) BK TRN, -, CLOS, SID & BK; (Feather Finish) BK, -, SID, FWD Contra Bjo; REV FALLAWAY SLIP PIVOT (L, R, L, R); FWD (Trn LF), -, SID, DRAW;

SQQ 1 (Hover) CP Wall & LOD Fwd L, -, Sid R Hover on toe, sid & fwd COH & LOD L in SCP;

SQQ 2 (Feather Finish) Thru R X thighs, -, sid & fwd L left shoulder, leading, fwd R X thighs Contra Bjo COH & LOD (W thru L X thighs, -, trn LF, sid, & bk R, Bk L X thighs in Contra Bjo);

SQQ 3,4 (Reverse Wave) Fwd L COH & LOD blend CP & commence LF trn, -, sid R COH & LOD, Bk L Wall & LOD (W Bk R commence LF trn bring L to R no wt, -, heel trn on R trans wt to L, fwd R LOD & Wall); Bk R LOD & Wall toe heel, -, Bk L toe curve LF, Bk R LOD toe heel (W fwd L Wall & LOD Heel, -, Fwd R Curve LF Heel Toe, Fwd L LOD toe);

SQQ 5 (Clos Impetus) Bk L LOD commence RF trn, -, Clos R to L no wt continue RF turn o L heel trans wt to R, sid & Bk L toe twd COH & RLOD (W R fwd heel between M's feet commence RF trn, -, sid L toe twd LOD & Wall, brush or tch R to L fwd R toe between M's feet) end CP fac LOD & Wall;

SQQ 6 (Feather Finish) Bk R twd RLOD & COH, -, Sid L, Fwd R blend Contra Bjo fac LOD & COH (W fwd L, -, sid & bk R diag LOD & COH, Bk L blend Contra Bjo);

QQQQ 7 (Rev Fallaway & Slip Pivot) Contra Bjo LOD & COH Fwd L trn LF, sid & bk R LOD in narrow SCP, bk L LOD X thighs, Bk R toe in pivot LF to fac Wall in CP leave L leg extended fwd (W bk R COH & LOD trn LF, Sid & Bk L LOD in narrow SCP, Bk R X thighs pivot LF to fac partner leave L leg extended fwd, slip L between M's feet & pivot to fac COH CP);

SS 8 (Change of Direction) CP Wall Fwd L trn LF, -, Sid R continue LF trn (CP LOD & Wall making 1/8 turn), -;

9-16 REPEAT PART A measures 1-9

PART B

1-8 WHISK; WING TO SCAR; OPEN TELEMAR TO SCP; CHAIR & SLIP TO CP; CURVING THREE STEP; FEATHER FINISH; THREE STEP; (Natural Turn) RF TRN, -, SID, BK (W Heel Turn);

SQQ 1 (Whisk) Contra Bjo Fwd L Wall & LOD blend CP, -, Sid & Fwd R, XLIB of R loosely high on toes (WXIB) blend narrow SCP COH & LOD;

SQQ 2 (Wing) SCP LOD & COH Fwd R, -, draw L to R tch, - (W fwd L, -, Fwd R, L around M to SCAR) COH & LOD;

SQQ 3 (Open Telemark to SCP) SCAR fac COH & LOD Fwd L commence LF trn, -, Continue LF trn Sid R twd COH & RLOD (CP M fac Wall & RLOD), Sid L twd Wall & LOD blend narrow SCP (W bk R COH & LOD commence LF trn bring L to R no wt, -, continue trn on R heel & trans wt to L toe (CP M fac Wall & RLOD), Sid & fwd R blend SCP) LOD & Wall;

SQQ 4 Thru R LOD & Wall flex knee & check, -, Recov L, Bk R toe in trn 1/8 LF (W thru L flex knee check, -, Recov R, trn LF on R step L between M's feet) CP LOD;

SQQ 5 (Curving 3-step) (Make 1/2 circle LF) Fwd L heel lead trn LF strong body trn, -, fwd R on toe curve LF lift R sid of body, fwd L small step IF of R high on toe M fac RLOD look left over hands (W bk R trn LF strong body trn, -, Bk L curve LF XRIB of L high on toe W's head trn to right between steps 2 & 3);

SQQ 6 (Feather Finish) Bk R LOD, -, Sid L LOD & Wall, Blend Contra Bjo fwd R Wall & LOD

SQQ 7 (Three Step) (Contra Bjo LOD & Wall) Fwd L (heel) blend CP, -, Fwd R (heel) R shoulder leading, Fwd L toe;

SQQ 8 (Natural Trn) Fwd R (heel) commence RF trn, -, continue RF trn Sid L toe twd LOD & Wall, complete trn & step Bk R toe LOD (W bk L commence RF trn, -, tch R beside L heel trn on L trans wt to R, fwd L toe LOD) end CP M fac RLOD;

I KNOW NOW (continued)

PART B (continued)

- 9-16 CLOS IMPETUS; FEATHER FINISH; OPEN TELEMARK TO SCP; R-TRN FALLAWAY; DEVELOPE;
RECOV, -, TCHFWD (SCP); THRU, -, WEAVE, 2; 3, 4, 5, 6 (Contra Bjo);
- SQQ 9 (Clos Impetus Trn) Bk L LOD commence RF trn, -, Clos R to L no wt continue RF trn on L heel trans wt to R, sid & Bk L toe twd COH & RLOD (W R fwd heel between M's feet commence RF trn, -, Sid L toe twd LOD & Wall, brush or tch R, to L, fwd, R toe between M's feet) end CP fac LOD & Wall;
- SQQ 10 (Feather Finish) Bk R twd RLOD & COH, -, Sid L, Fwd R, blend Contra Bjo, fac LOD & COH (W fwd L, -, sid & Bk R diag LOD & COH, Bk L blend Contra Bjo);
- SQQ 11 (Open Telemark to SCP) Fwd L COH & LOD blend CP commence LF trn, -, Sid R COH & RLOD continue LF trn leave L leg extended, Sid & Fwd L LOD & Wall in SCP (W bk R toe heel commence LF trn bring L to R no wt, -, continue trn on R heel & trans wt to L, continue LF trn step sid & fwd R in SCP) LOD & Wall;
- SQQ 12 (RF Fallaway) SCP LOD & Wall thru R trn RF, -, continue RF trn sid L Wall & RLOD; continue strong RF trn sid & back R to Wall narrow V SCP fac COH (W thru L, -, fwd R between M's feet leave head to right (SCP), trn RF, sid & bk L twd wall head still to right);
- SQQ 13 (Develope) Relax R knee XL long step twd Wall toe point twd partner sway upper body to COH no wt on L head twd COH, -, trans wt to L relax L knee & sway upper body to wall look at W (W X R long step twd wall) no wt toes point twd partner sway twd COH relax L knee, -, trans wt to R & swivel on ball of R trn LF, bring L foot up to R knee then kick straight out twd Wall & RLOD approx waist height rising on R toe);
- SQQ 14 Recover on R rise & tch L to R, small step sid & fwd SCP LOD & COH (W lower fl on R & small step bk L, -, trn RF on L tch R to L, small step sid & fwd to SCP);
- SQQ 15, 16 (Weave) SCP LOD & COH Fwd R, -, Fwd L commence LF trn, sid & slightly Bk R CP
- QQQQ fac RLOD & COH; Bk L LOD in Contra Bjo, Bk R LOD CP commence LF trn, Sid & fwd L Wall & LOD, blend Contra Bjo fwd R Wall & LOD;

REPEAT ENTIRE DANCE through Part B meas 14 then add TAG:

15, 16 Weave 4 & side dip twd LOD to RevSCP;;