

MEMORIES OF YOU(Slow Fox Trot)

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(Moonlight & Roses)

SEQUENCE: INTRO, PART A, PART B, PART A, PART B, PART A(1-8), TAG

INTRODUCTION

1-4 DIAG OPEN FAC WALL & LOD WAIT 2 MEAS; ;APART,-,POINT,-;TO CP WALL & LOD,-,TCH,-;

PART A

1-8 HOVER TELE TO SCP;FEATHER TO CONTRA BJO;DBLE REV SPIN;CURVING 3;FEATHER FINISH  
CONTRA BJO;THREE STEP(CP);NAT TRN;OPEN IMPETUS TO SCP;

- SQQ 1 (Hover Telemark)CP Wall & LOD Fwd L X thighs,-,fwd & sid R hover & sway right trn head to look at W, trn RF recov sid twd LOD & COH to SCP changing sway(W bk R X thighs,-,bk & sid L sway left keep head trn to left, trn RF sid & fwd R COH & LOD change sway trn head to right);
- SQQ 2 (Feather Finish)Thru R COH & LOD X thighs,-,Fwd L COH & LOD left shoulder leading,Fwd R X thighs in Contra Bjo COH & LOD(W thru L X thighs commence LF trn,R sid & bk COH & LOD,L bk X thighs in Contra Bjo);
- SQQ 3 (Dble Reverse Spin)Fwd L COH & LOD blend CP commence LF trn,Sid R COH & LOD Spin LF on R/tch L to R continue spin on R toe fac LOD remain in CP(W bk R commence LF trn bring L to R no wt heel trn on R to fac COH & LOD,-,trans wt to L & continue LF trn fac COH/sid & bk R Wall & LOD,continue LF trn on R strong body trn allow L to X snug IF of R transfer wt to L end CP M fac LOD W keep head to left thru out dble reverse spin);
- SQQ 4 (Curving Three Step)Make 1/2 circle LF fwd L heel lead trn LF strong body trn,-,fwd R on toe curve LF/lift right side of body sway left,Fwd L small step X thighs high on toe M fac RLOD look to left over hds(W bk R trn LF strong body trn,-,bk L curve LF,sway right XRIB of L high on toe trn head to right between 2 & 3);
- SQQ 5 (Feather Finish)Bk R LOD & COH blend CP,-,sid L LOD & Wall,fwd R LOD & Wall blend Contra Bjo;
- SQQ 6 (Three Step)Fwd L curve LF (heel lead)blend CP,-,Fwd R heel right shoulder leading,Fwd L(toe)CP LOD;
- SQQ 7 (Natural Trn)Fwd R heel LOD commence RF trn,-,Continue RF trn sid L toe LOD & Wall,Bk R LOD toe heel(W bk L commence RF trn toe heel bring R to L no wt,-,continue heel trn on L transfer wt to R,fwd L toe LOD)end CP RLOD;
- SQQ 8 (Open Impetus Trn to SCP)Bk L LOD commence RF trn toe heel bring R to L no wt,-,continue heel trn on L transfer wt to R,sid & fwd L toe LOD & COH(W fwd R heel commence RF trn,-,sid & bk L LOD & Wall,continue RF trn brush R to L sid & fwd R LOD & COH)end narrow SCP;

9-16 THRU FEATHER FINISH CONTRA BJO;REVERSE TRN 3;CHECK & WEAVE; ;THREE STEP(CP);  
NATURAL TRN;CLOS IMPETUS(CP);BK FEATHER FINISH CONTRA BJO;

- SQQ 9 (SCP LOD & COH)Thru R heel,-,Fwd L toe left shoulder leading,Fwd R Contra Bjo fac COH & LOD(W thru L commence LF trn,-,Sid & Bk R COH & LOD,Bk L Contra Bjo);
- SQQ 10 (Under Trn 2 of Reverse Trn)Fwd L COH & LOD heel commence LF trn blend Cp,-,Sid R LOD & COH toe,Bk L toe Wall & LOD(W bk R LOD & COH toe heel commence LF trn bring L to R no wt,-,continue heel trn on R transfer wt to L,Fwd R toe between H's feet)CP RLOD & COH;
- SQQ 11 (Check & Weave)Bk R toe LOD & Wall check & trn 1/8 LF,-,Recov L,Sid & Bk R toe;
- QQQQ 12 Bk L LOD & COH right shoulder lead blend Contra Bjo,Bk R toe blend CP,Sid L toe LOD & Wall,Fwd R toe Contra Bjo LOD & Wall(W fwd R heel checking & trn 1/8 LF,-,Recover R toe,sid & fwd L toe;Fwd R toe Contra Bjo,Fwd L toe blend CP,Sid & Bk R toe heel Wall & LOD,Bk L toe heel Contra Bjo);
- SQQ 13 (Three Step)Fwd L heel,-,(blend CP)curving to fac LOD fwd R heel,Fwd L (CP LOD);

MEMORIES OF YOUPART A(continued)

- SQQ 14 (Natural Trn)Fwd R commence RF trn,-,Sid L diag LOD & Wall,Bk R twd LOD (W bk L twd LOD toe heel commence RF trn bring R to L no wt,-,continue heel trn on L to fac LOD transfer wt to R,fwd LOD L between M's feet);
- SQQ 15 (Clos Impetus Trn(CP)M Bk L LOD commence RF trn toe heel bring R to L no wt,-,continue heel trn on L transfer wt to R,continue RF trn step sid & slightly bk on L diag COH & RLOD end CP fac diag Wall & LOD(W fwd R between M's feet commence RF trn,-,continue RF trn step sid L diag wall & LOD,continue RF trn brush R to L step fwd R between M's feet CP);  
NOTE: Remain in CP for CLOS IMPETUS TRN.
- SQQ 16 (Bk Feather Finish)CP diag Wall & LOD Bk R COH & RLOD commence LF trn,-, Sid & slightly fwd L diag COH & LOD,Fwd R twd COH & LOD end Contra Bjo fac diag COH & LOD(W fwd L COH & RLOD,-,sid R twd LOD & COH,Bk L twd LOD & COH Contra Bjo);

PART B

- 1-8 OPEN TELE TO SCP;OPEN NATURAL TRN;DEVELOPE;RISE & CHANGE SWAY; WEAVE; ;WHISK; FEATHER FINISH CONTRA BJO;
- SQQ 1 (Open Telemark to SCP)Contra Bjo Fwd L twd COH & LOD blend CP commence LF trn,-,Sid R twd COH & LOD trn LF leave L extended,Sid L twd Wall end SCP (W bk R toe heel commence LF trn bring L to R no wt,-,continue heel trn on R transfer wt to L,sid R twd Wall & LOD blend SCP);
- SQQ 2 (Open Nat Trn)SCP LOD & Wall thru R heel commence RF trn stay in SCP,-, Fwd L toe continue RF trn,Sid R twd Wall toe flat M's body fac LOD head tr twd COH(W keep head to R step thru L heel LOD & Wall commence RF trn,-, Fwd R toe pointing between M's feet still in SCP,sid L Wall toe flat body fac RLOD head still to R look twd COH);
- SQQ 3 (Develope)Relax R knee X L long step sid twd Wall toes pointing twd partne sway left no wt on L,-,transfer wt to L relax L knee & sway upper body to right look at W(W X R long step twd wall no wt toes pointing twd partner sway twd COH relax L knee,-,transfer wt to R swivel on ball of R trn LF, bring L foot up R leg to knee then kick straight out twd wall & RLOD approx waist high rising on R toe);
- SQQ 4 Recover R rise hold right sway,-,tch L to R,change sway to upright position very short step fwd on L toe in SCP LOD & COH(W lower flat on R small step bk on L,-,trn RF on L tch R to L,very short step sid & fwd R SCP LOD & COH)
- SQQ 5 (Weave)SCP LOD & COH Fwd R,-,Fwd L commence LF trn,sid & slightly Bk R
- QQQQ 6 CP 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(W fwd L commence LF trn,-,continue trn sid & bk R toeto fac RLOD & Wall,Continue trn sid L(toe) LOD;Continue trn fwd R toe LOD outside partner in Contra Bjo,Fwd L toe blend CP commence LF trn,continue trn sid R toe heel,Bk L toe heel LOD & Wall in Contra Bjo);
- SQQ 7 (Whisk)Contra Bjo Wall & LOD Fwd L heel,-,Sid & Fwd R toe,XLIB of R toe loosely (not hook) end SCP LOD & COH;
- SQQ 8 (Feather Finish)SCP diag COH & LOD Fwd R,-,Fwd L left shoulder leading, Fwd R to Contra Bjo fac diag COH & LOD(W fwd L LOD & Coh,-,Sid R LOD & COH,Bk L LOD & COH to Contra Bjo);

## MEMORIES OF YOU

## PART B (continued)

- 9-16 (Mini TeleSpin) OPEN TELE SCP LOD; M HOLD (W Run/Run), SPIN STEP, HOLD; CONTRA CHECK, -, RECOV, SWITCH; NATURAL WEAVE; ; TRN (LF), -, SID, DRAW; OPEN TELE SCP; FEATHER FINISH;
- SQQ 9 (Mini TeleSpin) Contra Bjo COH LOD (Open Telemark SCP) Fwd L COH & LOD heel commence LF trn, -, continue LF trn sid R toe COH & RLOD, continue LF trn sid & fwd L LOD & slightly COH (W bk R toe heel commence LF trn bring L to R no wt, -, continue LF trn on R heel transfer wt to L, sid & fwd R to LOD)
- Q&QS 10 end SCP LOD; M hold 1 ct leave feet apart as W runs fwd ard M toe Q& L/R M trns body following W, ct 2 M spöns LF on L to CP RLOD & COH step sid & R (W spins on R bring L to R no wt as M steps R W transfers wt to L), hold, - end CP RLOD & COH;
- SQQ 11 (Contra Check & Switch) CP fac RLOD & COH Fwd L heel strong step X thighs & check toes trn slightly left wt on L but body between both feet (W reach well bk R toe X thighs wait for M to move your weight on to R toe check keep heel of R off floor head trn well to L toes trn slightly left) NOTE: All four feet now on one line), -, transfer wt to R commence 1/2 RF trn, slip L toe bk continue trn end CP LOD & Wall R leg extended fwd wt on L (W commence 1/2 RF trn on L, slip R fwd between M's feet continue RF trn L foot extended bk); NOTE: Stay in CP for CONTRA CHECK & SWITCH.
- SQQ 12 (Natural Weave) CP LOD & Wall fwd R commence RF trn, -, sid & slightly bk L twd LOD & Wall, Bk R twd COH & LOD (W bk L twd LOD commence RF trn bring R to L no wt, -, continue RF trn on L heel trans wt to R, fwd L prepare to blend to Contra Bjo); Bk L in Contra Bjo, Bk R blend CP commence LF trn, sid L twd Wall & LOD, Fwd R twd Wall & LOD in Contra Bjo (W fwd R in Contra Bjo, Fwd L commence LF trn, Sid R twd LOD & Wall, Bk L in Contra Bjo);
- SQQ 14 Contra Bjo LOD & Wall Fwd L trn LF, -, Sid, draw end CP LOD & Coh;
- SQQ 15 (Open Tele to SCP) Fwd L heel LOD & COH commence LF trn, -, Continue trn sid R toe COH & RLOD, Sid & fwd L LOD & Wall SCP (W bk R commence LF trn toe heel bring L to R no wt, -, continue trn on R heel transfer wt to L, sid & fwd R LOD & Wall) SCP;
- SQQ 16 (feather Finish) Thru R heel, -, Fwd L toe left shoulder leading, Fwd R toe in Contra Bjo Wall & LOD (W thru L heel commence LF trn, -, continue trn sid & bk R toe heel, Bk L LOD & Wall toe heel Contra Bjo);

REPEAT ENTIRE DANCE

REPEAT PART A MEASURES 1-8

TAG

- 1-4 WEAVE; ; LF PIVOT, 2, SID RISE, -; THROW AWAY OVERSWAY;
- 1,2 (SCP LOD & COH) WEAVE as in Meas 5 & 6 PART B but end CONTRA BJO fac LOD; ;
- 3 Pivot LF L, R CP RLOD & Wall, Sid L LOD & Wall leave R leg extended rise & both look out over lead hds twd LOD (W bk R trn LF, 1, continue trn sid R LOD & Wall rise leave L leg extended look well over lead hds twd LOD, -);
- 4 (Throw Away Oversway) W swivel on R toe trn LF LOD bring L to R, -, Slide L toe bk down LOD leg well extended R knee relaxed back arched & slightly sway to left head also to left, - (M swivel on L relax knee trn hips to fac LOD arch back & sway slightly right R knee veered tin R toe pointing down RLOD relax R arm allow W freedom of movement), -;