

Excuse My French

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Music: "Excuse My French" by Caro Emerald, CD: "The Shocking Miss Emerald (Deluxe Edition)",
Track #11, Download from Amazon and other sites

Speed and Length: -10% (40.5 rpm equiv, 26.5 mpm), length edited and at speed: 3:28, length downloaded: 3:47

Editing: Cut 3:14.35 to end, fade out 3:12 to 3:14.35, cut 1st 4.2 secs of music, fade in 1st 1.0 sec

Style & Phase: Foxtrot, V + 2 (Link, Same Foot Lunge) + 3 (Jazz Box, Prepare, Heel Turn)

Degree of Difficulty: Average (18 phase IV, 13 phase V)

Steps: Opposite unless noted (W's steps in parentheses)

Timing: Unless noted: SQQ

Released: 8 July 2017, v1.0

Sequence: Introduction A B C A B C [1-12] End



Introduction

1-6 Wait 2 Meas ; ; to RLOD Front Vine 3 & Ronde ; Beh Vine 3 & Ronde ; XLIF Rec Sd Rec ; XLIF Tch on Toe X Arms & Look ;

- 1-2 { **Wait 2 Meas** } Wait 2 meas LOP both fc Wall no hnds jnd L ft free ; ;
QQS 3 { **Front Vine 3 & Ronde** } XLIF, sd R, XLIB, ronde R CW , ; (W XLIF, sd R, XLIB, ronde R CW , ;)
QQS 4 { **Beh Vine 3 & Ronde** } XRIB, sd L, XRIF, ronde L CW , ; (W XRIB, sd L, XRIF, ronde L CW , ;)
QQQQ 5 { **XLIF Rec Sd Rec** } XLIF chkg, rec R, sd L chkg, rec R ; (W XLIF chkg, rec R, sd L chkg, rec R ;)
-- 6 { **XLIF tch tip of toe X arms & Look** } XLIF w/ tip of toe tchng floor, X arms at chest, look at ptr & nod, ; (W XLIF w/ tip of toe tchng floor, X arms at chest, look at ptr & nod , ;)

7-10 Roll 4 fc LOD Tandem LOD ; S Point L Forward & Back ; Jazz Box ; W Turn LF M Forward Trans CP-DLC ;

- QQQQ 7 { **Solo Roll 4 Tandem LOD** } Fwd L LOD trn LF, sd & bk R cont trn, sd & fwd L fc LOD, fwd R tandem WIF fc LOD ; (W fwd L LOD trn LF, sd & bk R cont trn, sd & fwd L fc LOD, fwd R tandem fc LOD ;)
-- 8 { **S Pt L Fwd & Bk** } Pt L fwd w/o wgt trn bdy sltly LF rt arm fwd lft arm bk , , pt L bk w/o wgt trn bdy sltly RF lft arm fwd rt arm bk ; (W pt L fwd w/o wgt trn bdy sltly LF rt arm fwd lft arm bk , , pt L bk w/o wgt trn body sltly RF lft arm fwd rt arm bk ;)
QQQQ 9 { **Jazz Box** } XLIF, bk R, sd L, fwd R ; (W XLIF, bk R, sd L, fwd R ;)
QQQQ (SQQ) 10 { **W Trn LF M Fwd Trans CP-DLC** } Fwd L, fwd R, fwd L, fwd R crvg LF CP-DLC ; (W fwd L comm LF trn , , sd & bk R cont trn, bk L CP fac DRW ;)

Part A

1-4 Bounce Reverse Fallaway Slip ; Change of Direction ; Open Telemark LOD, Thru Bfly ; S Sd Draw Cls ;

- QQQQ 1 { **Bounce Reverse Fallaway Slip** } Fwd L LOD w/ qk rise comm LF trn, sd & bk R lwrg, bk L in CBMP, sml bk R as L ft stays fwd in CBMP trn LF turn CP-DLW ; (W bk R trn bdy LF, bk & sd L, bk R in CBMP comm LF trn, fwd L cont LF trn CP fc DRC ;)
SS 2 { **Change of Direction** } Fwd L comm LF trn , , fwd & sd R cont trn draw L to R CP-DLC , ; (W bk R comm LF trn , , bk & sd L cont trn draw R to L CP fc DRW , ;)
QQQQ 3 { **Open Telemark LOD, Thru Bfly** } Fwd L comm LF trn, cont trn sd R, cont trn sd & fwd L LOD in SCP, thru R to fc Bfly ; (W bk R comm LF trn, cont trn cl L to R [heel trn], cont trn fwd R LOD in SCP, thru L to fc Bfly ;)
S-Q 4 { **S Sd Draw Cls** } Sd L w/ rt sway , , draw R to L, cl R to L remove sway ; (W sd R w/ lft sway , , draw L to R, cl L to R remove sway ;)

- 5-8 Vine 3 Cl/Pt ; to RLOD Front Vine 3 Cl/Pt ; Fwd & Open Natural Turn ; Heel Pull SCAR-DLW ;**
- QQQ&- 5 { *Vine 3 Cl/Pt* } sd L, XRIB, sd L / cl R to L, pt L sd ; (W sd R, XLIB, sd R / cl L to R, pt R sd ;)
- QQQ&- 6 { *to RLOD Front Vine 3 Cl/Pt* } XLIF, sd R, XLIB / cl R to L, pt L sd twd LOD ; (W XRIF, sd L, XLIB / cl L to R, pt R sd twd LOD ;)
- QQQQ 7 { *Fwd & Open Natural Turn* } Fwd L blend SCP, fwd R comm RF trn, cont trn sd L CP, cont trn bk R prep to stp in BJO-DRC ; (W fwd R blend SCP, fwd L bdy trn RF, fwd R CP cont bdy trn, fwd L cont body trn DLW prep to stp in BJO ;)
- SS 8 { *Heel Pull SCAR-DLW* } Bk L BJO comm RF turn , , sd R sml stp cont trn SCAR-DLW , ; (W fwd R BJO comm RF trn , , sd L cont trn, draw R to L SCAR ;)
- 9-12 Hover Cross Ending ; Reverse Turn 1/2 ; M's Q LF Heel Trn , Run 2 DLW ; Right Lunge , Rock 2 ;**
- QQQQ 9 { *Hover Cross Ending* } W/ rt sd stretch fwd L in CBMP on toe, rec R trn RF, w/ lft sd lead sd & fwd L, fwd R BJO-DLC ; (W w/ lft sd stretch bk R in CBMP on toe, rec L trn RF, w/ rt sd lead sd & bk R sml stp, bk L BJO ;)
- QQQQ 10 { *Reverse Turn 1/2* } fwd L comm LF trn , , sd R cont trn, bk L CP-RLOD ; (W bk R comm LF trn , , cl L to R [heel trn] cont trn, fwd R CP fc LOD ;)
- QQQQ 11 { *M's Q LF Heel Turn, Run 2 Twd DLW* } Bk R comm LF trn, cont trn cls L to R [heel trn] fc DLW, fwd R, fwd L CP-DLW ; (W fwd L comm LF trn, sd R cont trn, bk L, bk R CP fc DRC ;)
- 12 { *Right Lunge, Rock 2* } Flex L knee LF trn sd & fwd R twd DLW flex rt knee sway rt & look rt chkg , , rec L, fwd & sd R chkg ; (W flex R knee comm LF trn sd & bk L twd DLW flex lft knee sway lft & look lft chkg , , rec R, bk & sd L chkg ;)
- 13-16 Roll & Q Feather Finish Chkg ; Top Spin (DRW) ; Double Reverse Spin (DRC) ; Contra Check and Switch (DLW) ;**
- QQQQ 13 { *Roll & Q Feather Finish Chkg* } Rec L bdy trn RF CP, bk R trng LF, sd & fwd L cont trn, fwd R chkg BJO-DLC ; (W rec R bdy trn RF, fwd L trng LF, sd & bk R cont trn, bk L chkg BJO ;)
- QQQQ 14 { *Top Spin* } On ball of R spin LF then bk L, bk R trn LF, sd & stly fwd L, fwd R BJO-DRW ; (W on ball of L spin LF then fwd R, fwd L trn LF, sd & stly bk R, bk L BJO ;)
- SQ- (SQ&Q) 15 { *Double Reverse Spin* } Fwd L comm LF trn , , sd R cont LF trn, spin LF on R tch L to R CP-DRC ; (W bk R comm LF trn , , cl L to R [heel turn]/sd & stly bk R cont trn, XLIF of R CP fc DLW ;)
- 16 { *Contra Check and Switch* } fwd L chkg in CBMP stly flexing knees bdy trn LF look rt , , rec R comm RF trn leaving L in plc, cont RF trn rec L chkg w/ R xtnded fwd CP-DLW ; (W bk R chkg in CBMP stly flexing knees bdy trn LF look lft , , rec L comm RF leaving L in plc, cont RF trn rec R chkg w/ L xtnded bk CP fc DRC ;)

Part B

- 1-4 Extended Natural Weave ; ; , Tipple Chassé Pivot ; Feather DLC ;**
- SQQ QQ 1 { *Extended Natural Weave* } Fwd R comm RF trn , , cont trn RF sd L, bk R ; bk L BJO, bk R, bk L BJO, bk R comm LF trn ; sd & fwd L cont trn, fwd R BJO-DLW , (W bk L comm RF trn , , cls R to L cont RF trn [heel turn], fwd L ; fwd R BJO, fwd L, fwd R BJO, fwd L comm to trn LF ; sd R & bk R cont trn, bk L BJO ,)
- QQQ 3.5 { *Tipple Chassé Pivot* } Trng RF sd L DLW/cls R to L cont RF trn, sd & bk L pivot RF CP-DLC ; (W trng RF sd R/cls L to R cont RF trn, fwd R pivot RF CP fc DRW ;)
- Q&Q 4 { *Feather* } Fwd R , , bdy trn RF fwd & sd L, fwd R BJO-DLC ; (W bk L , , bdy trn RF bk & sd R, bk L BJO ;)

5-8 Reverse Turn 1/2 ; Back 3 SCAR Chkg ; Cross Swvl BJO, Link to SCP-DLW ; Running Open Natural Turn ;

- 5 { *Reverse Turn 1/2* } fwd L comm LF trn , , sd R cont trn, bk L CP-RL0D ; (W bk R comm LF trn , , cl L to R [heel trn] cont trn, fwd R CP fc LOD ;)
- 6 { *Back 3 SCAR Chkg* } Bk R comm LF body trn , , bk L cont LF body trn, bk R SCAR-RL0D chkg ; (W fwd L comm LF body trn , , fwd R cont LF body trn, fwd L SCAR chkg ;)
- 7 { *Cross Swvl BJO, Link to SCP* } Fwd L swvl LF BJO-LOD , , fwd R brush L to R body trn RF, sd & fwd L SCP-DLW ; (W bk R swvl LF BJO , , bk L brush R to L trn RF, fwd R SCP ;)
- 8 { *Running Open Natural Turn* } Fwd R comm RF trn , , sd & bk L cont trn CP/bk R cont trn, bk L BJO-DRC ; (W fwd L comm RF bdy trn , , fwd R cont bdy trn/fwd L cont bdy trn, fwd R BJO ;)

Part C

1-4 Right Turning Lock LOD ; Open Natural Turn ; Outside Spin 4 ; Back Hover

- 1 { *Right Turning Lock LOD* } Bk R trn RF/XLIF of R cont RF trn, fwd & sd R trn SCP, fwd & sd L SCP-LOD , ; (W fwd L trn RF/XRIB of L cont RF trn, sd & bk L trn SCP, fwd R SCP , ;)
- 2 { *Open Natural Turn* } Fwd R comm RF trn , , sd & bk L cont trn CP, bk R cont trn prep to stp BJO-DRC ; (W fwd L comm RF bdy trn , , fwd R cont bdy trn, fwd L cont RF bdy trn prep to stp BJO ;)
- 3 { *Outside Spin 4* } Bk L trng RF sml stp , fwd R BJO-DLW trng RF, cont RF turn sd L CP, bk R CP-DRC ; (W fwd R DLW BJO trng RF, cl L to R cont trn RF on toes, cont trn fwd R CP, fwd L CP fc DLW ;)
- 4 { *Back Hover Telemark* } Bk L comm RF trn , , sd & bk R slt rise cont trn, fwd & sd L SCP-DLC ; (W fwd R comm RF trn , , sd & fwd L slt rise cont trn brush R to L, fwd R SCP ;)

5-8 Promenade Weave ; ; Forward, Open Natural Turn ; Double Outside Swivel ;

- 5-6 { *Promenade Weave* } Fwd R , , fwd L comm LF trn CP, sd & bk R ; bk L in BJO, bk R to CP comm LF trn, sd & fwd L cont trn, fwd R DLW BJO-DLW ; (W fwd L comm LF trn , , sd & sltly bk R cont trn, sd & fwd L ; fwd R BJO, fwd L to CP comm LF trn, sd & bk R cont trn, bk L BJO
- 7 { *Forward, Open Natural Turn* } Fwd L, fwd R comm RF trn, sd & bk L cont trn CP, bk R cont trn prep to stp BJO-DRC ; (W bk R, bk L comm RF trn, fwd R cont trn, fwd L cont trn prep to stp BJO ;)
- 8 { *Double Outside Swivel* } Bk L DLW trn RF to SCP , , fwd R DRC trn LF prep to stp BJO-DRC ; (W fwd R DLW swvl RF to SCP , , fwd L DRC swvl LF prep to stp BJO ;)

9-12 Back Feather ; Check and Weave ; ; Hover Telemark LOD ;

- 9 { *Back Feather* } Bk L , , bk & sd R RF bdy trn, bk L BJO-DRC ; (W fwd R , , fwd & sd L RF bdy trn, fwd R BJO ;)
- 10-11 { *Check and Weave* } Bk & sd R CP LF bdy trn chkg , , fwd L comm LF trn, sd R cont trn ; bk L in BJO, bk R comm LF trn, sd & fwd L cont LF trn, fwd R BJO-DLW ; (W fwd L CP LF bdy trn chkg , , bk R comm LF trn, sd L cont trn ; fwd R in BJO, fwd L comm LF trn, sd & bk R cont LF trn, bk L BJO ;)
- 12 { *Hover Telemark LOD* } Fwd L , , fwd R trn RF, fwd & sd L SCP-LOD ; (W bk R , , bk L trn RF, fwd R SCP ;)

13-16 Through Prepare, Same Foot Lunge ; , Change Sway / W Pickup ; Open Reverse Turn ; Q Back to Left Whisk ;

- 13 { *Through Prepare, Start Same Foot lunge* } Thru R trn RF fc Wall, cls L to R w/ lft sway, flex lft knee xtnd R sd & fwd xfer wgt remove sway , ; (W thru L, tch R to L w/ rt sway, flex lft knee xtnd R bk xfer wgt remove sway , ;)
- 14 { *Finish Same Foot Lunge & Chg Sway / W Pickup* } Cont sway chg to rt & look rt , , bdy trn RF chg to lft sway & look lft , / w/o wgt chg trn LF lead W to pickup CP-LOD ; (W cont sway chg & look lft , , body trn RF chg to rt sway & look rt , / rec L & trn sharply LF CP ;)

- 15 **{ Open Reverse Turn }** Fwd L comm LF trn , , sd & bk R cont trn, bk L BJO-LOD ; (W bk R comm LF trn , , sd & fwd L cont trn, fwd R BJO ;)
- 16 **{ Q Back to Left Whisk }** Bk & sd R comm LF trn, sd & fwd L cont trn, lwr into lft knee and loosely XRIB partial wgt w/ knees tog fc DLW look at ptr , ; (W fwd L comm LF trn, sd & bk R cont trn, XLIB loosely and flex lft knee pt R fwd fc RLOD look lft , ; [option: W flick R ft lftward & acrs lft knee])
- 17 **Unwind 4 CP-DLC ;**
- 17 **{ Unwind 4 CP-DLC }** Trn RF as W circles gradually xfer full wgt to R CP-DLC , , , ; (W fwd R BJO trn RF, fwd L cont RF trn, fwd R cont RF trn, fwd L fold CP ;)

Part A

Part B

Part C (1-12)

End

- 1-4 Through Prepare, Same Foot Lunge ; , Change Sway / Both Rec ; W Slow**
Developé ; Q Same Foot Lunge.
- 1 **{ Through Prepare, Start Same Foot lunge }** Thru R trn RF fc Wall, cls L to R w/ lft sway, flex lft knee xtnd R sd & fwd xfer wgt remove sway , ; (W thru L, tch R to L w/ rt sway, flex lft knee xtnd R bk xfer wgt remove sway , ;)
- 2 **{ Finish Same Foot Lunge & Chg Sway / Both Rec }** Cont sway chg to rt & look rt , , bdy trn RF chg to lft sway & look lft , / rec L remove sway fc Wall ; (W cont sway chg & look lft , , body trn RF chg to rt sway & look rt , / rec L remove sway fc LOD ;)
- 3 **{ W Slow Developé }** Hold , , , ; (W lift R along lft leg until ft even w/ lft knee , , xtnd R fwd twd LOD , / tch R to L prep stp bk ;)
- 4 **{ Q Same Foot Lunge }** With cont mvmt flex lft knee xtnd R sd & fwd xfer wgt remove sway - chg sway to rt & trn head to rt , (W w/ cont mvmt flex lft knee xtnd R bk xfer wgt remove sway - chg to rt sway & look lft ,)

Introduction

Wait 2 Meas ; ; to RLOD Front Vine 3 & Ronde ; Beh Vine 3 & Ronde ; XLIF Rec Sd Rec ; XLIF Tch on Toe X Arms & Roll 4 fc LOD Tandem LOD ; S Point L Forward & Back ; Jazz Box ; W Turn LF M Forward Trans CP-DLC ;

Part A

Bounce Reverse Fallaway Slip ; Change of Direction ; Open Telemark LOD, Thru Bfly; S Sd Draw Cls ; Vine 3 Cl/Pt ; to RLOD Front Vine 3 Cl/Pt ; Fwd & Open Natural Turn ; Heel Pull SCAR-DLW ; Hover Cross Ending ; Reverse Turn 1/2 ; M's Q LF Heel Trn , Run 2 DLW ; Right Lunge , Rock 2 ; Roll & Q Feather Finish Chkg ; Top Spin (DRW) ; Double Reverse Spin (DRC) ; Contra Check and Switch (DLW) ;

Part B

Extended Natural Weave ; ; , Tipple Chassé Pivot ; Feather DLC ; Reverse Turn 1/2 ; Back 3 SCAR Chkg ; Cross Swvl BJO, Link to SCP-DLW ; Running Open Natural Turn ;

Part C

Right Turning Lock LOD ; Open Natural Turn ; Outside Spin 4 ; Back Hover Telemark ; Promenade Weave ; ; Forward, Open Natural Turn ; Double Outside Swivel ; Back Feather ; Check and Weave ; ; Hover Telemark LOD ; * Through Prepare, Same Foot Lunge ; , Change Sway / W Pickup ; Open Reverse Turn ; Q Back to Left Whisk ; Unwind 4 CP-DLC ;

Part A

Part B

Part C to *

End

Through Prepare, Same Foot Lunge ; , Change Sway / Both Rec ; W Slow Développé ; Q Same Foot Lunge.