

LONG BEFORE YOUR TIME

Choreographer: Oberdan & Vanessa Otto	Music: "Long Long Before Your Time" Artist: Phil Coulter, Timeless Tranquility CD Available from iTunes or Amazon, \$0.99 download
3286 Penzance Ave	Footwork: W opposite to M except where indicated
Camarillo, CA 93012	Rhythm: Slow Two Step
805-389-0063	Phase: V + 2 (Pull Pass, Passing Cross Chassee) +3 unphased: The Square, Forearm Spin, Rt Spot Turn w rondes
Email: Ootto@Ootto.com	Release Date: July 2013
Sequence: A B C B Amod Ending	Time & Speed: as on CD, 3:27

PART A

1-2	Wait 1; Step Side to Bow&Curtsey	M facing partner & wall, trail feet free, wait 1 measure [Step Side to Bow&Curtsey] to RLOD side R drawing L to R, -, M bows from the waist (W side L drawing R to L, bending left knee touching R foot behind L);
3-4	Side Basic; Open Basic Man Across for;	[Side Basic] Side L, -, XRIB (W XLIB), Rec L; [Open Basic Man Across for] Side R to Half Open, XLIB, Rec & Fwd R commence turning RF toward WALL (W Side L to Half Open, XRIB, Rec L);
5-6	Traveling Right Turn; to Zigzag;	[Traveling Right Turn] Continue turn RF crossing in front of W side & back L to face RLOD, -, XRIB, twist turn RF 5/8 on both feet shifting weight to L to CP DLW (W fwd R between M's feet, -, fwd L curving RF around M, fwd R curving RF to CP); [Zigzag] Fwd R DLW turning 1/8 RF, side L turning 1/8 RF, back R facing DRW;
7-8	Underarm Turn; Open Break;	[Underarm Turn] Side & back L raising lead hands for her turn, -, XRIB toward DLC, Rec L toward DRW turning to face (W Fwd & side R commence RF turn, Fwd L DLC turning to DRW, Rec R turning to face); [Open Break] With lead hands joined Side R, break apart L, Rec Fwd R;
9-10	Forearm Spin end M face COH; Open Basic Man Across for;	[Forearm Spin] Fwd L catching her R forearm w/palm of R hand push against her arm leading her RF spin, Fwd R turning LF, Rec L to face partner & COH (W Fwd R commence RF spin 1-1/2, -, L spin RF, R spin RF to face partner & WALL); [Open Basic Man Across for] same as A-4;
11-16	Traveling Right Turn; to Zigzag; Underarm Turn; Open Break; Forearm Spin end M face WALL; Basic Ending;	Repeat 5-9, but opposite facing directions traveling to Reverse;;;;; [Basic Ending facing WALL]: Side R, XLIB (W XRIB), Rec R;
17	Slow Rock 2;	[Rock with sway to LOD the RLOD]: Side L stretching L rib cage, -, Side R stretching R rib cage, -;

PART B

1-2	Open Basics;;	[Open Basics] Side L to L Half Open, XRIB (W XLIB), Rec L to face; Side R to Half Open, XLIB (W XRIB), Rec R staying in Half Open;
3-6	Arm to Arm 4 times;;;;	[Arm to Arm 4 times : Lady switches 4 times, traveling down line on each] Leading W to cross in front Fwd L between W's feet, -, Side & Fwd R shaping to partner in L Half Open, XLIF (W turning LF side & back R across M's line, -, Side & Fwd L shaping to partner, XRIF); Leading W to cross in front Fwd R between W's feet, -, Side & Fwd L shaping to partner in Half Open, XRIF (W turning RF side & back L across M's line, -, Side & Fwd R shaping to partner, XLIF); Repeat 3; Repeat 4;
7-10	The Square;;;;	[The Square : Like 4 underturned switches to COH, to RLOD, to WALL, to LOD]: In Half Open M XIF of W sd L to L Half Open facing COH shaping to partner, -, Side & Fwd R toward COH, XLIF (W Fwd between M's feet to L Half Open facing COH shaping to partner, -, Side & Fwd L toward COH, XRIF); Fwd R between W's feet to Half Open facing RLOD shaping to partner, -; Side & Fwd L toward RLOD, XRIF (W XIF of M sd L to Half Open facing RLOD shaping to partner, -, Side & Fwd R, XLIF); repeat 7 toward WALL; repeat 8 toward LOD;
11-12	Underarm Turn; Open Break;	same as A:7-8

13-16	Right Spot Turn with Rondes;;;;	<p>[Right Spot Turn with Rondes: Similar to a natural top w M and W alternating action in CP] Commencing a 1/2 RF turn M side L & ronde R CW, -, XRIB cont RF turn, side L continue RF trn (W commencing 1/2 RF turn XRIF between partner's feet,-, side L continue RF turn, XRIF continue RF turn); Commencing another 1/2 RF turn XRIF between partner's feet,-, side L continue RF turn, XRIF continue RF turn (W side L ronde R CW continue RF turn,-, XRIB continue RF turn, side L continue RF trn); Repeat Measure 13; Repeat Measure 14 End facing WALL; <i>Alternate brief explanation (with 1/2 R rotation each measure):</i> <i>A = Side L as R foot ronde CW, RXIB, Side L;</i> <i>B = XRIF between partners feet, Side L, XRIF</i> <i>M does A; B; A; B; while W does B; A; B; A; 1/2 RF turn each measure</i></p>
17	Slow Rock 2;	Same as A:15: (Rock with sway to line then reverse) Side L stretching L rib cage, -, Side R stretching R rib cage, -;

PART C

1-2	Loose Side Basic; Reverse Underarm Turn;	<p>[Loose Side Basic] Side L, -, XRIB, rec L (W side R, -, XLIB, rec R); [Reverse Underarm Turn] Side R raising lead hands for her inside turn, -; XLIF toward DRW, Rec R toward DLC turning to face with W slightly to M's L side (W side L commence LF turn, Fwd R DRW turning 1/2 LF to DLC, Rec L turning to face);</p>
3-4	Reverse Lariat;;	<p>[Reverse Lariat] Retaining lead hands and M keeping L elbow down and in front, Close L to R shaping slightly LF toward W, -, small side R, rec L (W fwd R beginning LF progression behind M, -; fwd L, fwd R); Close R to L shaping slightly RF toward W, -; small side L, rec R (W Fwd L continuing LF progression around to front of M to face LOD, -, Fwd R, Fwd L);</p>
5-6	Pick Up to a Traveling Cross Chasse; Man's Passing Cross Chassee;	<p>[PU to Traveling Cross Chasse] In low Bfly Small Fwd L to Line, -, Side & Fwd R DLW, XLIF shaping to W the couple heading DLW (In a PU action Fwd R to down line of M swiveling to face M, -, Back L, XRIF shaping to M the couple heading DLW); [Man's Passing Cross Chasse] Fwd R LOD, -, Side & Fwd L begin passing W, XRIF shaping to W finish passing W (Back L to LOD, -, turning RF small Back & Side R to LOD allowing M to pass, XLIF shaping to M);</p>
7-8	Pull Pass; Lady Ronde Beh and Fwd, Man Swivel LF;	<p>[Pull Pass] In low Bfly Step L to LOD well past W swiveling RF to face COH with gentle pull on W, -, Side R to LOD to R lunge, - (W Fwd R resisting M's pull, -, run fwd L, run fwd R slightly passing M); [Lady Ronde behind & fwd, Man Swivel LF] M no steps—lead W to step & ronde w L arm pressure, -, -, swivel L on R foot to face Rev lifting lead hands over head to LOP facing RLOD (W fwd L to LOD swiveling RF to Ronde R foot across M's line, XRIB to face RLOD, side & fwd L toward DRW ending LOP facing RLOD);</p>
9	to RLOD Fwd & Cross Chasse to Bfly WALL;	<p>[Fwd & Cross Chasse to Bfly] To RLOD Fwd L shaping toward W, side R, XLIF ending in Bfly WALL (To RLOD Fwd R shaping toward M, Side & Fwd L to RLOD, XRIF to RLOD);</p>
10-17	Reverse Underarm Turn; Reverse Lariat;; Pick up to a Traveling Cross Chasse; Man Passing Cross Chasse; Pull Pass; Lady Ronde Beh and Fwd, Man Swivel LF; to RLOD Fwd & Cross Chasse to Closed Pos;	Repeat bars 2-9 still traveling to line;;;;;;; to Closed Pos;
18	Slowing...Basic ending;	(slight ritard in the music here) [Basic Ending] Facing WALL Sd R, -, XLIB (W XRIB), Rec R

Repeat PART B

PART Amod

1-2	Side Basic giving right hands; Open Break to Varsou RLOD;	<p>[Side Basic giving right hands] Side L, XRIB (W XLIB) separating and giving R hands, Rec L; [Open Break to Varsou RLOD] With R hands joined Side R, Break apart L, Fwd R turning 1/4 RF (W Fwd L turning 1/4 LF) into Varsou RLOD;</p>
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3-4	Wheel to LOD; Fwd & Cross Chasse blending to SCP Man Across for;	[Wheel to LOD] In Varsou Wheel RF fwd L, fwd R, fwd L to LOD (W back wheel RF bk R, Bk L, Bk R to LOD); [Fwd & Cross Chasse blending to SCP Man Across for] Releasing Varsou and Blending to SCP Fwd R shaping to W, Side & Fwd L, XRIF commencing RF rotation to WALL (W Fwd L shaping to M, Side & Fwd R, XLIF);
5-10	Traveling Right Turn; to Zigzag; Underarm Turn; Open Break; Forearm Spin end M face COH; Open Basic Man Across for;	Same as A:5-10;:::
11-16	Traveling Right Turn; to Zigzag; Underarm Turn; Open Break; Forearm Spin end M face WALL; Open Basic;	Same as A:11-16;:::
17	Slow Fwd and Through to LOD Man Across for;	[Slow Fwd & Through to LOD Man Across for] In SCP facing LOD Fwd L, -, Fwd R commencing RF rotation to WALL, - (W Fwd R, -, Fwd L, -);

Ending

1-2	Traveling Right Turn; to a Zigzag;	Same as A:5-6;:
3	Underarm Turn to CP;	same as A:7 to CP;
4	Slow Rock 2 with sway to SCP	[Slow Rock2 with sway to SCP] Reverse of A:15] (Rock with sway to reverse then line) Side R stretching R rib cage, -, Side L stretching L rib cage to SCP, -;
5-6+	Thru Side Close; Side to Promenade Sway & Oversway	[Thru Side Close] Thru R, -, Sd L, Close R to L to CP; [Side to Promenade Sway] Side L to SCP stretching L rib cage to a Hi-Line [& Oversway] Relaxing L knee and leaving R foot pointed to RLOD rotate upper body about 1/8 LF increasing stretch of L rib cage (W leaving L foot pointed to RLOD swivel R foot and body about 1/4 LF to match M's oversway line with shoulders parallel to M's)

NOTES: This instrumental recording is by Phil Coulter. The original song, named Long Before Your Time was Irish singer/songwriter Johnny McEvoy's first composition in the early 1970's. See YouTube recording: <http://www.youtube.com/watch?v=38agIV4AOLo>

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