

ANYTHING GOES WITH FOXTROT

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TELEPHONE: (978) 729-0395 **EMAIL:** Ipswich711@aol.com **RELEASE DATE:** July 2009
RECORD: CD - Songs For Swingin' Lovers - Capitol Records - Track # 14 **SPEED:** As is on CD
ARTIST & AVAILABILITY: Frank Sinatra - Available from iTunes & Walmart Download **TIME:** 2:43 mins
SEQUENCE: Intro - A - B - C - B Mod - A Mod - Ending **PHASE:** III + 2 Foxtrot (Diamond Turn & Telemark)

INTRODUCTION

1-4 CP DLW WAIT 2;; HVR; PICKUP RUN 2;

- 1-2 In CP DLW wait 2 meas;;
- 3-4 Fwd L, -, sd R rising, rec L SCP; Fwd R, -, fwd L, fwd R (W fwd L trng LF in fron of M, -, bk R, bk L) to CP LOD;

PART A

1-4 FWD, RUN 2; MANUV, SD CL; SPIN TRN; BOX FINISH;

- 1-2 Fwd, L, -, fwd R, fwd L; maneuver R in front of W, -, sd L, cl R;
- 3-4 Bk L trng rfc, -, sd/fwd R cont trn LOD, bk L; bk R trng lfc DLC, -, sd L, cl R;

5-8 2 LEFT TRNS CP/ WALL;; WHISK; WING TO SCAR;

- 5-6 Fwd L trng lfc, -, sd/bk R, cl L; bk R trng lfc, -, sd/bkL, cl R DLW;
- 7-8 Fwd L, -, sd/fwd R slight rise, lock LIB; Fwd R, -, draw, tch (W Fwd L, -, fwd R trn, fwd trn L to SCAR);

9-12 TELE SCP; HVR FALLAWAY; SLIP PVT BJO; MANUV;

- 9-10 Fwd L outsd ptr beg LF trn, -, sd R cont trn, sd & slightly fwd L (W bk R beg LF trn bring L bedside R no wt, -, trn LF on R & chg wt to L, sd & slightly fwd R) to SCP DW; fwd R, -, fwd L rise to ball of ft & ck, rec bk R;
- 11-12 Bk L, -, bk R trn L keep L leg ext, fwd L (W bk R beg LF piv on ball of ft thighs lkd L ext, -, fwd L cont LF trn place L near M's R, bk R) to BJO DW; Comm rf trn fwd R, -, cont RF trn to fc ptr sd L, comp trn cl R to CP RLOD (W bk L trn RF, -, cont RF trn to fc ptr sd R, cl L);

13-16 SPIN OVRTRN; BOX FINISH; HVR; PICKUP RUN 2;

- 13-14 Comm upper body trn RF bk L pivot 1/2 RF to fc LOD, fwd R between W's feet cont trn 3/8 leave leg L bk & sd, rec sd & bk L (W comm upper body trn fwd R between M's feet pivot 1/2 RF, bk L cont trn brush R to L, sd & fwd R) end CP DRW; bk R, -, sd L, cl R CP WALL;
- 15-16 Fwd L, -, sd R rising, rec L SCP; Fwd R, -, fwd L, fwd R (W fwd L trng LF in front of M, -, bk R, bk L) to CP LOD;

PART B

1-4 DIAMOND TRN;; BLEND TO SCAR/ DLW;

- 1-2 Fwd L trng LF on diag, -, cont LF trn sd R, bk L outsd ptr in CBMP; stay in CBMP cont LF trn bk R, -, sd L, fwd R outsd ptr in CBMP;
- 3-4 Fwd L, -, sd/bk R, bkL DW; bk R, -, sm sd L ldg W to SCAR DLW, cl R (W fwd L, -, sd R to SCAR, cl L);

5-8 X HVR BJO; X HVR SCAR; X HVR BJO; MANUV;

- 5-6 XLIF, sd & fwd R with slight rise, sd & fwd L to BJO DLC; XRIF, sd & fwd L with slight rise, sd & fwd R to SCAR DLW;
- 7-8 XLIF, sd & fwd R with slight rise, sd & fwd L to BJO DLC; fwd R maneuver, -, sd L, cl R, CP RLOD;

PART B (Continued)

- 9-12** **SPIN TRN; BOX FINISH CP/ LOD; PROGRESSIVE BOX;;**
 9-10 Bk L trng rfc, -, sd/fwd R cont trn LOD, bk L,; bk R trng lfc DLC, -, sd L, cl R;
 11-12 Fwd L, -, sd R, cl L; fwd R, -, sd L, cl R;
- 13-16** **2 LEFT TRNS CP/ WALL;; HVR; THRU FC CL BFLY/ WALL;**
 13-14 Fwd L trng lfc, -, sd/bk R, cl L; bk R trng lfc, -, sd/bkL, cl R DLW;
 15-16 Fwd L, -, sd R rising, rec L SCP; thru R trn to fc ptr, sd L, cl R end BFLY WALL;

PART C

- 1-4** **VINE 3; THRU FC CL; VINE 3; THRU SD BHD;**
 1-2 Sd L, -, XRIB L, sd L; step R thru, -, sd L, cl R;
 3-4 Sd L, -, XRIB L, sd L; step R thru, -, sd L, XRIB L;
- 5-8** **ROLL 3 SCP; CHAIR & SLIP; 2 LEFT TRNS CP/ WALL;;**
 5-6 Trng LF roll L, -, R, L blending to SCP LOD; lunge thru R, -,
 rec L, slip R bhd L (W lunge thru L, -, rec R, swivel LF on R &
 step fwd L outsd M's R ft to CP LOD);
 7-8 Fwd L trng lfc, -, sd/bk R, cl L,; bk R trng lfc, -, sd/bkL, cl R DLW;
- 9-12** **WHISK; THRU FC CL; TWIST VINE 3; FWD FC CL;**
 9-10 Fwd L, -, sd/fwd R slight rise, lock LIB; step R thru, -, sd L, cl R;
 11-12 Sd L, -, XRIB L (W XIF), sd L to BJO; fwd R, -, fwd & sd L trng to fc ptr, cl R;
- 13-16** **TWIST VINE 3; MANUV; SPIN TRN; BOX FINISH;**
 13-14 Sd L, -, XRIB L (W XIF), sd L to BJO; fwd R manuver, -, sd L, cl R, CP RLOD;
 15-16 Bk L trng rfc, -, sd/fwd R cont trn LOD, bk L; bk R trng lfc DLC, -, sd L, cl R;

PART B (Modified)

- 1-16** **REPEAT MEAS 1-15 PART B;,,,,,,,,,,,,; PICKUP RUN 2;**
 1-15 Repeat Meas 1-15 of Part B;,,,,,,,,,,,,;
 16 Fwd R, -, fwd L, fwd R (W fwd L trng LF in front of M, -, bk R, bk L) to CP LOD;

PART A (Modified)

- 1-8** **REPEAT MEAS 1-7 PART A;,,,,; THRU FC CL BFLY/ WALL;**
 1-7 Repeat Meas 1-7 of Part A;,,,,;
 8 Thru R trn to fc ptr, sd L, cl R end BFLY WALL;

ENDING

- 1-4** **VINE 3; THRU SD BHD; ROLL 3 SCP; CHAIR & HOLD;**
 1-2 Sd L, -, XRIB L, sd L; step R thru, -, sd L, XRIB (W XLIB);
 3-4 Trng LF roll L, -, R, L blending to SCP LOD; lunge thru R, -,
 & hold position as music fades;