

I COULD WRITE A BOOK

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Music: "I Could Write a Book", CD: "Best of Vic Damone", Curb D2-77476, Track #9
(Music has been slowed. Contact choreographers)
Rhythm/Phase: Foxtrot, Phase VI
Footwork: Described for M (W opposite, or as noted)
Timing: SQQ, except where noted. Timing reflects actual wgt chgs (W in parentheses)
Sequence: **INTRO A B C B(Meas 1-12) ENDING** Released: November, 2005



INTRO

1 - 4 -, -, LOOK UP; HOLD; ROLL APT 3 & PT; HOLD, -, HIP RKS:

- 1. Wt fcg DLC (W fcg DLW) w/ wgt on M's R & W's L and M's free L ft pointed fwd twd COH and W's free R ft pointed fwd twd Wall w/ arms folded and hds dwn w/ M's R and W's L shldr touching, -, -, on the "ding" in the music look up sharply;
- 2. Hold bt one, w/o changing wgt use rest of meas to slowly roll upper bdy twd ptr to look at each other by end of meas, -, -;
- QQS 3. Roll $\frac{3}{4}$ LF twd COH (W roll $\frac{3}{4}$ RF twd Wall) L,R,L to end fcg ptr & Wall about 6' apt, pt R fwd twd ptr;
- QQ 4. Hold, -, in plc rk on R, rk on L;

5 - 8 THRU VINE 4; FTNR (W ROLL LF 4 TO SHDW); X PT TWICE; QK X CK & FTNR (W TRANS):

- QQQQ 5. Moving twd LOD and diag twd ptr stp thru LOD R, sd L, XRib of L (bth Xib), sd LOD L to close up the gap by the end of the meas w/ no contact;
- SQQ (QQQQ) 6. Thru LOD R, -, sd & fwd L, thru LOD R (W roll $\frac{3}{4}$ LF dwn LOD L,R,L,R) blending to SHDW LOD;
- SS 7. With identical footwork XLif of R, pt sd R [M points bhd W], XRif of L, pt sd L (W points in frnt of M);
- QQQQ (QQ& QQ) 8. XLif of R checking, rec R, sd L COH, fwd R DLC (W XLif of R checking, rec R/trng LF stp fwd L twd COH, sd COH R, bk L) to BJO DLC;

PART A

1 - 3 REV TRN;; THREE STP:

1. Fwd L commence LF bdy trn, -, sd R cont trn, bk L LOD to CP (W bk R commence LF bdy trn, -, cl L to R for heel trn cont trn, fwd R);
2. Bk R cont LF trn, -, sd & fwd L DLW, fwd R to BJO (W fwd L cont LF trn, -, sd R to DLW, bk L to BJO);
3. Fwd L heel ld blending to CP, -, fwd R heel ld rising to toe, fwd L to CP DLW;

4 - 8 CONT HVR X;; -, TO SLOW TUMBLE; BK & CHASSE TO BJO; CRVD FTNR CK:

- QQQQ 4. Fwd R comm RF trn, -, fwd & arnd W L (W heel trn), cont RF trn so that bdy faces DLC but stepping sd R w/ ft pointing almost to DLW;
5. Fwd L DLW outsd ptr, cl R to L commence RF bdy trn, bk L cont RF bdy trn fc WALL, bk R blend to CP DLW commence LF trn (W bk R, allow L to brush past R then stp sd L arnd ptr, fwd R outsd ptr, fwd L commence LF trn);
- QSQ 6. Cont LF trn sd & fwd L DLC, fwd R outsd ptr rising to toe stretching R sd and trng LF, -, sm fwd L w/ toe pointing DRC softening L knee (W sd & bk R in BJO, bk L rising and trng LF, -, bk R w/ hd to R softening R knee) to CP DRC;
- SQ&Q 7. Bk R trng LF to CP Wall, -, sd LOD L/cl R, sd & fwd L (W fwd L trng LF, -, sd LOD R/cl L, sd & bk R) to BJO DLW;
8. Fwd R outsd ptr commence to trn RF, -, sd & fwd L cont RF trn, cont RF trn fwd R cng outsd W DRW (W bk L, -, sd & bk R, bk L);

9 - 12 BK TIPPLE CHASSE PVT; IMP TO SCP LOD; DBL LILT; QK WHIPLASH:

- SQ&Q 9. Bk L comm RF trn, -, w/ slight R sway sd R cont RF trn/cl L to R then lose sway, fwd LOD R between W's ft pivoting RF to CP fcg almost RLOD;
Bk L trng RF, -, cl R to L cont RF trn on L heel transferring wgt to R, cont bdy trn RF sd & fwd L ovrtrn
10. slightly to SCP LOD (W fwd R trn RF, -, sd & fwd L trn RF brush R to L, trn RF sd & fwd R to SCP);

11. Thru R on heel rising to toe, sm fwd L lowering at end of stp, thru R on heel rising to toe, sm fwd L lowering at end of stp;
 12. Thru R, sharp LF bdy trn xtnd L fwd to BJO DLW (W thru L, sharp LF trn xtnd R bk w/ hd L in BJO),-,-;

13 - 16 QK ZIG ZAG AND X SWVL; X SWVL TO SAME FT LUNGE LINE; TELEFTHR ENDING; QK CHG DIR;

13. Bk L RLOD, cl R to L trng RF to SCAR RLOD, fwd L outsd ptr and swvl LF to BJO DLW (W fwd R RLOD outsd ptr trng RF, sm bk L to SCAR, bk R outsd ptr and swvl LF to BJO),-;
 14. Fwd R outsd ptr swvl RF fc WALL,-,lower on R to Sameft Lun Line (W bk L and swvl RF,-/cl R, lower on R w/ L hip insd M's rt hip extending L ft fwd LOD),-;
 15. On "&" ct of previous meas swvl LF on R ft while folding W to CP LOD then stp fwd DLC L trng LF, sd R cont trn, sd & slightly fwd L to BJO DLW, fwd R DLW outsd W (On "&" ct of previous meas W stp fwd L trng LF to fold to CP then stp bk R comm LF trn bringing L beside R w/ no wgt, cont LF trn on R heel and chg wgt to L, cont LF trn stp sd & slightly bk R to BJO, bk L) to BJO DLW;
 16. Fwd L DLW to CP trng LF, sd R, draw L to R to CP DLC,-;

PART B

1 - 4 HVR TELE; FTHR; REV FALWY & SLP; AND DRAG TO SCAR;

1. Fwd L,-,fwd & slightly sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLC;
 2. Thru R,-,fwd L ld W to trn LF, fwd R outsd ptr (W thru L trn LF twd ptr,-,sd & bk R to BJO, bk L) to BJO DLC;
 3. Fwd L comm LF trn, cont LF trn sd & bk R w/ R sd leading, bk L well undr bdy rising & trng LF, trn LF slp R past L (W bk R, bk L w/ L sd leading, bk R well undr bdy trng LF, slp LF on R and stp fwd L into CP) to CP DLW;
 4. Fwd DLW L in CP trng 1/8 LF, fwd & sd R cont trng upper bdy slightly LF to end w/ bdy fcg almost COH prepared to stp outsd ptr in SCAR,-,-;

5 - 8 HVR X ENDG (GO TO RLOD); REV PVT TO THRWD OVRSWAY; -,-,W SWVL TO SAME FT LUNGE LINE; -,-,AND REV PVT TO FC WALL;

5. Ck fwd L outsd ptr in SCAR, rec R commencing to trn LF twd RLOD, sd RLOD L, cont LF trn stepping fwd RLOD R in BJO keeping W's hips in frnt of M;
 6. Fwd L blending to CP and commencing LF trn, fwd & sd R cont LF trn to CP LOD, sd & bk L swiveling on L to fc COH and leading W to stp fwd (W bk R, cl L to R w/ heel trn, strong stp fwd & sd R swiveling LF to CP),-;
 7. Cont to trn slightly LF and xtnd the line by bringing R sd thru to W while leaving R ft extended bk twd LOD,-,rise on L while trng bdy RF (W xtnd L ft bk w/ hd well to L,-,rise on R trng RF to fc M),-;
 8. On "&" ct of prev meas cl R then lower to Sameft Lun Line,-/on "&" ct after bt 2 trn bdy LF to CP RLOD, fwd L pivoting LF, stp bk R checking in CP DLW (W lower on R extending L fwd in Sameft Lun Line,-/on "&" ct after bt 2 stp fwd L trng LF to CP, bk R pvt LF, fwd L checking in CP);

9 - 12 HVR; PROM WEV;; HVR TO SCP LOD;

9. Fwd L,-,fwd & sd R rising to ball of ft, rec fwd L to SCP DLC;
 10-11. Thru R DLC,-,blending to CP fwd L DLC trng LF, sd & bk R LOD; Bk L LOD in BJO, bk R cont LF trn blending to CP, sd & fwd L DLW to BJO, fwd R;
 12. Fwd L,-,fwd & sd R rising to ball of ft trng slightly RF, rec fwd L to SCP LOD;

13 - 16 SLOW THRU,-,QK SD, BEHIND; UNWIND TO FC; VINE 4; QK SD, TCH, AND SLIDE,-;

13. Thru R,-,sd LOD L to fc ptr, XRib of L (bth Xib) to CP WALL but lowering ld hnds;
 14. Releasing ptr take full meas to unwind RF on heel of L and toe of R (W unwind LF on heel of R and toe of L) making a full trn to end fcg ptr and Wall w/ no hnds jnd,-,-,-;
 15. With no hnds jnd stp sd LOD L, XRib of L (bth Xib), sd L, XRif of L (bth Xif);
 16. Sd LOD L, tch R to L bringing arms in acrs chest, strong slide R twd RLOD extending arms to sds but not joining hnds w/ ptr,-;

PART C

1 - 4 CROSS CK,-,REC, SD; HOLD,-/SYNC VINE 3; ROLL TO HALF OP; OP NAT;

- SQS
--&QQ
1. [Note: Meas 1 and 2 of PART C are danced to the heavy notes in the music] Without joining hnds XLif of R (bth Xif) twd RLOD,-,rec R bring arms in acrs chest, sd LOD L extend free arms to sds;
 2. -,-/on "&" ct after bt 2 stp thru twd LOD R, sd LOD L, XRib of L (bth Xib) w/ hnds still not joined;
 3. Roll ¾ LF (W ¾ RF) dwn LOD L,-,R,L to ½ OP LOD;
 4. Fwd R comm RF trn,-, fwd & sd L cont RF trn, cont RF trn sd & bk R (W fwd L,-,fwd R between M's feet, sd & fwd L) to CBJO DRC;

5 - 8 BK ZIG ZAG 4; OUTSD SWVL TWICE; HESIT CHANGE; CONTRA CK TRANS (W CURL) TO SHDW;

- QQQQ
SS
SS
SS
(SQQ)
5. Bk L, cl R to L heel trn to SCAR, fwd L outsd ptr, trng LF sd & bk R (W fwd R outsd ptr, trng RF sd & bk L, bk R, trng RF sd & fwd L) to CBJO DRC;
 6. Bk L leaving R extended fwd and causing W to swvl RF,-,fwd R leaving L extended bk and causing W to swvl LF (W fwd R outsd ptr, swvl RF to SCP RLOD, fwd L, swvl LF to BJO),-;
 7. Bk L trng RF,-,sd R to CP DLC, draw L to R w/ R sd stretch and hds open;
 8. In CP ck fwd L w/ R shldr ld,-,rec R raising jnd ld hnds for W's Curl, tch L to R (W ck bk R w/ L shldr ld,-,rec L, fwd R twd M's R sd trng ½ LF undr jnd ld hnds) to SHDW DLC;

9 - 12 OP REV; BK & CHASSE LOD; FRONT VINE 4; OP RT TRN;

- SQ&Q
QQQQ
9. [Note: Meas 9-14 have identical footwork and remain in SHDW POS] Fwd DLC L commencing LF trn,-,sd & bk R to fc RLOD, bk L;
 10. Bk R commencing LF trn,-,sd L LOD to fc Wall/cl R to L, sd & fwd L to fc DLW;
 11. Moving LOD XRif of L, sd L, XRib of L, sd L to fc DLW;
 12. Fwd R DLW commencing RF trn,-,fwd & sd L cont RF trn to fc RLOD, bk R;

13 - 16 QK BK TO LEG SWEEP; SLOW RK L & R; W ROLL ACRS & LUNGE APT; M SPN LF (W ROLL TO PU);

- QS-
SS
SS
(QQS)
SS
(QQQQ)
13. Bk L trng RF to fc COH, keeping W in frnt of M's R hip stp sd LOD R, swing L leg acrs R leg twd LOD while wrapping jnd L hnds in frnt of W's waist and leaving M's R hnd on W's R hip and W's R hnd on M's L forearm,-;
 14. Rk sd L RLOD,-,rk sd LOD R,-;
 15. Rk sd L RLOD,-,lun sd LOD R (W roll 1 full revolution LF acrs frnt of M L,R, lun sd RLOD L) changing hnds to LOP COH while looking at ptr,-;
 16. Rec L lead W to mv acrs frnt of M then rel hnds and spn 7/8 LF on L ft to fc DLC,-,cl R to L,- (W roll 1 5/8 RF twd LOD R,L,R,L passing M's R sd) to fc ptr & DLC jng ld hnds and prep to blend to CP;

ENDING

1 - 4 OP IN & OUT RUNS (2X):::

1. Fwd R commence RF trn,-,sd & fwd L to fc RLOD, trn RF to stp fwd R fc LOD in LEFT HALF OP LOD (W fwd L,-,R,L);
2. Fwd L,-,R,L (W fwd R commence RF trn,-,sd & fwd L to fc RLOD, trn RF to stp fwd R fc LOD) to HALF OP LOD;
- 3-4. Rpt meas 1-2 of ENDING;;

5 - 8 SLOW THRU,-,QK SD, BEHIND; UNWIND TO BK-TO-BK; ROLL APT 3 & PT; HOLD,-,HIP RKS;

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5. Rpt meas 13 of PART B;
 6. Releasing ptr take full meas to unwind 5/8 RF on heel of L and toe of R (W unwind LF on heel of R and toe of L) to end fcg DLC (W fcg DLW) w/ wgt on M's R & W's L,-,-,-;
 - 7-8. Rpt meas 3-4 of INTRO;

9 - 10 SLOW WALK TOG 3; -,-,TRN BK-TO-BK & HOLD,-;

- SS
S--
9. Wlk fwd twd ptr R,-,L,-;
 10. Wlk fwd twd ptr R,-,swvl 3/8 LF (W RF) on R ft to end fcg DLC (W fcg DLW) w/ wgt on M's R & W's L and M's R and L's L shldrs touching while folding arms and looking ovr shldr at each other,-;