

SMILE FOXTROT

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Record CD Rod Stewart - As Time Goes By - The Great American Song Book Vol 2 Track 8

Rhythm Foxtrot

Revised Feb, 07

Level Roundalab Phase 5 plus one unphased (Rock Turn)

Footwork Directions for man, lady opposite footwork except as otherwise noted

Sequence Intro A B C B-Mod End

Increase speed to suit dancers

INTRODUCTION

1-4 SHAD FCG DLW BOTH WITH L FT, FREE WAIT 2 MEAS;; SOLO TRNS TO SHAD ;;

(1-2) Wait in shad pos fcg DLW with left hnds joined, M's right hnd on W's R shldr W's R hnd extended, both with L ft free; ;

(3-4) Both fwd L trng LF, -, cont trn sd R, clo L fcg RLOD; bk R trng LF, -, cont trn sd & fwd L, clo R to original hold and facing position;

PART A

1-4 WHISK; FWD TO L SHAD ; X HOV; X HOV;

(1) (Same footwork for next 6 meas) Fwd L, -, fwd & sd R comm rise, XLIB cont rise;

(2) In shad pos with L shldr lead fwd R, -, L, R to left shad pos;

(3-4) XLIF, -, sd R with slight rise trng left, rec L to shad; XRIF, -, sd L, rec R to L shad ;

5-8 X SWIV TCH TWICE; FWD TO R LUNGE (FWD TRN SD BK); RK TRNS;;

(5) XLIF swvl LF, tch R to L, XRIF swvl RF, tch L to R;

(6) Fwd L, -, Flex L knee move sd & slightly fwd R flex R knee with slight body trn to left to CP fcg LOD look at ptr, - (Fwd L trng LF, sd & small bk R, flex R knee move sd & slightly bk L keep R sd twd ptr and flex L knee as wt is taken with slight body trn to L, -);

(7-8) Bk L comm 1/4 RF trn, cont trn rk fwd R, rec bk L, -; bk R comm 1/4 LF trn, cont trn sd & fwd L, clo R to CP LOD, -;

9-16 DIAMOND TRNS;;; OP TELE; OP NAT TRN; Q O/S SWVL TWICE; WEAVE ENDING;

(9-12) Fwd L trng on diag, -, cont trn sd R, bk L to BJO; trng LF bk R, -, sd L, fwd R; Fwd L trng on diag, -, cont trn sd R, bk L to BJO; trng LF bk R, -, sd L, fwd R;

(13) Fwd L comm L trn, -, sd R cont trn, sd & slightly fwd L to tight SCP (Bk R trng LF bring L to R with no wt, -, trn LF on R heel and chng wt to L, sd & fwd R to tight SCP);

(14) Comm RF upper body trn fwd R heel to toe, -, sd L across LOD, cont Rf upper body trn leading ptr to stp outside bk R to CBMP (Comm RF upper body trn bk L, -, clo R with heel trn cont trn, fwd L outsd ptr to CBMP);

(15) Bk L XRIF no wt, -, fwd R to CBMP RLOD (fwd R swvl RF to SCP, -, fwd L swvl LF to CBMP);

(16) bk L DLC in CBMP, bk R trng body LF to CP, sd & slightly fwd L, fwd R to BJO DLW,

PART B

1-8 3 STP; NAT WEAVE;; HOV; IN & OUT RUN;; HOV FALLAWAY; SLIP PIV TCH;

(1) Passing stps fwd L, -, R, L;

(2-3) Fwd R comm RF trn, -, sd L with L sd stretch under 1/4 trn, with right sd lead bk R leading W to stp outsd; with R sd stretch bk L in CBMP, bk R comm LF trn passing thru CP, with L sd stretch fwd L trng 1/4 LF outsd ptr, with L sd stretch fwd R in CBMP DLW (bk L comm R trn, -, clo R to L heel trn with R sd stretch trng 1/4, fwd L with L sd lead stp outsd ptr, with L sd stretch fwd R in CBMP, fwd L comm L trn passing thru CP, with R sd stretch sd R 1/8 trn, with R sd stretch bk L 1/8 trn DLW) ;

(4) Fwd L to CP, -, fwd & sd R rise to ball of ft, rec L to tight SCP;

(5-6) Fwd R comm RF trn, -, sd & bk L to CP, bk R to CBMP; bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP (fwd L, -, fwd R between M's feet, fwd L in CBMP; fwd R comm RF trn, -, fwd & sd L cont trn, fwd R to SCP);

(7) Stay in SCP fwd R, -, fwd L rise to ball of ft checking, rec bk R;

(8) Bk L, -, bk R trng LF keeping L leg extended, tch L to R no wgt (bk R start LF piv, -, fwd L cont LF trn place L ft near M's R ft, tch R to L no wgt);

9-16 TRN L & R CHASSE; OP IMP; WEAVE 6;; NAT TRN ½; CLO IMP; FEATHER FIN; FWD SD DRAW; <See note>

- (9) Fwd L, -, comm upper body trn fwd R trng left /clo L, sd R to BJO;
 (10) Comm upper RF body trn bk L, -, clo R to L heel trn cont trn, fwd L in tight SCP (comm RF upper body trn fwd R between M's feet heel to toe pvt ½ RF, -, sd & fwd L cont trn around M brush R to L, fwd R);
 (11-12) Fwd R, -, fwd L trng LF to CP, sd & slightly bk R; bk L trng W to CBMP, -, bk R trng body LF to CP, sd & fwd L trng W to CBMP;
 (13) Comm RF upper body trn fwd R, -, sd L across LOD, bk R (comm RF upper body trn bk L, -, clo R heel trn cont trn, fwd L);
 (14) Comm Rf upper body trn bk L, -, clo R to L heel trn cont trn, sd & bk L to CP (Comm RF upper body trn fwd R between M's feet trng ½ Rf, - sd & fwd L cont trn around M brush R to L, fwd R between M's feet to CP);
 (15) bk R trng LF, -, sd & fwd L, fwd R outsd W cross R in front to CBMP;
 (16) Fwd L, -, sd & fwd R, draw L to R no wgt in CP DLC;
<Note> Second time through Part B where music has an added pause
 Change meas (16) to fwd, L-, Fwd R checking, -; rk bk L, -, rec R, -;

PART C**1-8 DIAMOND TRN TO SCAR ;;;; X HOV TWICE;; X HOV TO SCP; CHAIR & SLIP;**

- (1-4) Repeat meas 9-12 of part A;;;;
 (5-6) Repeat meas 7-8 of Part A;; (7) XLIF, -, sd R with slight rise, rec L to SCP fcg LOD;
 (7) Ck thru R with lunge action, -, rec L no rise, with slight LF upper body trn slip R beh L cont 1/8 LF trn to CP DLC (ck thru L, -, rec R, swvl LF on R & stp fwd L outsd M's R ft to CP);

9-16 ½ REV WAVE; CK & WEAVE;; CHNG OF DIRECTION DLC; REV TRN;; HOV; FEATH;

- (9) Fwd L start LF body trn 1/8, -, sd R, bk L on diag (bk R start 1/8 trn, -, clo L to R heel trn, fwd R);
 (10-11) Slip R bk under body with slight contra ck action, -, fwd L comm LF trn, sd R trn 1/8 with R sd lead leading W outsd ptr; with R sd stretch bk L in CBMP cont 1/8 trn, bk R thru CP cont left trn, sd & fwd L 1/4 trn, fwd R to fc DLW in CBMP;
 (12) Fwd L DLW, -, fwd R with right shldr lead trn LF, draw L to R & brush to fc DLC;
 (13-14) Fwd L start LF trn, - sd R cont trn, bk L LOD to CP; bk R cont LF trn, -, sd & slightly fwd L DLW, fwd R to CBMP (bk R comm LF trn, -, clo L to R heel trn cont trn, fwd R to CP; fwd L cont LF trn, -, sd R DLW, bk L to CBMP DLW);
 (15) Fwd L to CP, -, fwd & sd R rise to ball of ft., rec L to tight SCP;
 (16) Fwd R, -, fwd L, fwd R in CBMP (thru L trng LF toward ptr, -, sd & bk R to CBMP, bk L);

END**1-9 DIAMOND TRN TO SCAR;;;; X HOV TWICE;; X HOV TO SCP; CHAIR & SLIP; FWD TO R LUNGE;**

- (1-8) Repeat meas 1-8 of Part C;,,,,,;
 (9) Fwd L DLC, -, Flex L knee move sd & slightly fwd R flex R knee with slight body trn to left look at ptr, - (bk L, sd & bk R, flex R knee move sd & slightly bk L keep R sd twd ptr and flex L knee as wt is taken with slight body trn to L, -);