

THE FOXTROT WAY

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Release 1.3, March 2006

Record: STAR 129A, Flip of „Little Papillon“ available thru Palomino Records

Rhythm & Phase: SF V

Sequence: INTRO - A - B - C - D - C - INTER - A - C - END

INTRO

1 - 4 (LOP DLW) WAIT 1; STEP TOG, TOUCH; FEATHER FINISH; TELEMAR TO SCP;

1-2 LOP DLW wait 1 meas; Fwd L, tch R to L;

Wait 1: SS:

3-4 Back R, sd & fwd L, XRIFL outside ptr; Fwd L blend to CP commence LF trn, arnd R complete 7/8 LF trn, fwd L to SCP

sq: sq: LOD; [W: bk R commence LF trn, cl L to R complete 7/8 LF trn on heels, fwd R twd LOD in SCP;]

PART A

1 - 4 NATURAL HOVER CROSS;; TELEMAR TO SCP; START NATURAL FALLAWAY WEAVE;

1-2 Fwd R DLW comm RF Trn in front of W,-, sd L cont RF trn [W small fwd R], sd & fwd R cont RF trn to DLC; Fwd L

sq: sq: outside ptr, rec back R, sd & fwd L change to CBJO [W small sd R], fwd R outside ptr to DLC;

3-4 Repeat meas 4 of INTRO; Fwd R comm RF trn stay in SCP,-, fwd L trn RF to DRW stay in SCP and rise to toes, sq: sq:
brush R to L, step bk R stay in SCP; [W: Fwd L,-, fwd R in SCP trn ¼ RF brush L to R, rec bk L;]

5 - 8 FINISH NATURAL FALLAWAY WEAVE; THREE STEP; HALF NATURAL TURN; HESITATION CHANGE;

5-6 Bk L [W: bk R trn LF to BJO], bk R blend to CP, sd & fwd L, fwd R outside ptr in CBJO DLW; Fwd L blend to CP,-,
sq: sq: fwd R, fwd L;

7-8 Fwd R comm RF trn in front of Woman,-, sd & arnd L [W: heel trn], bk R; Bk L commence RF trn,-, sd R end RF trn in
sq: ss: CP DLC,-;

PART B

1 - 4 REVERSE TURN;; THREE STEP; HALF NATURAL TURN;

1-2 Fwd L DLC trn LF,-, sd & arnd R cont LF trn [W: heel trn], bk L complete 3/8 LF trn; Bk R DLC cont LF trn,-, sd &

sq: sq: fwd L cont Lf trn to DLW, fwd R outside ptr;

3-4 Repeat actions meas 6-7 PART A;;

5 - 8 IMPETUS TO SCP; PROMENADE WEAVE;; CHANGE OF DIRECTION;

5-6 Bk L commence RF trn, cl R to L (heel trn) rising to toes cont RF trn, trng to SCP/DC sd & fwd L; [W: Fwd R with
sq: sq: strong step, fwd & arnd ptr L rising & brush R to L, trng to SCP\DC sd & fwd R;]

(COMMENCE PROM WEAVE) Thru R,-, trng to CP/DC fwd L, cont LF trn sd R twd DC;

7-8 (FINISH PROM WEAVE) Bk L, adjusting to CP bk R, trng to CBJO sd & fwd L twd DLW, Fwd R outside ptr;

sq: ss: Fwd L DLW trn LF,-, sd R DLW, draw L to R with no weight blend to CP feg DLC;

PART C

1 - 4 DOUBLE REV SPIN: CURVING THREE: BACK CURVING THREE: THREE STEP:

1-2 Fwd L twd DC rising strongly, trng LF swing R fwd twd DC past ptr, drawing L to R spin LF on R to end in CP fcg LOD;
ss: sqq: [W: Bk R toe to heel rising body only, cl L to R heel trn LF, fwd & arnd R twd DW/cont LF trn small fwd L XIF of R ending CP backing LOD; (Timing: S Q& Q;)]

Fwd L DLC curve LF,-, fwd R cont LF curve, fwd R rotate body LF cross thighs strongly to CP fcg RLOD;

3-4 Bk R LOD curve LF,-, bk L cont LF trn, bk R rotate body LF strongly to CP fcg DLW; Repeat meas 3, PART B;
sqq: sqq:

5 - 8 HALF NATURAL TURN: IMPETUS TO SCP: PROMENADE WEAVE::

5-6 Repeat actions meas 4 - 5, PART B;;

7-8 Repeat actions meas 6 - 7, PART B;;

PART D

1 - 4 THREE STEP: FEATHER: THREE STEP: OPEN NATURAL:

1-2 Repeat actions meas 3, PART B; Fwd R switch to lft sd lead,-, fwd L, fwd R outside ptr;

sqq: sqq:

3-4 Repeat actions meas 3, PART B; Fwd R comm RF trn in front of Woman,-, sd & arnd L [W: heel trn], bk R with strong sqq;
sqq: R sd ld prep outside step for W;

5 - 8 BACK FEATHER: BACK THREE STEP: IMPETUS TO SCP: FEATHER:

5-6 Bk L [W outside ptr fwd R],-, bk R, bk L [W outside ptr fwd R]; Bk R blend to CP,-, bk L, bk R;

sqq: sqq:

7-8 Repeat action meas 5, PART A; Fwd R DLC [W comm LF trn twds Man],-, fwd L DLC [W sd & bk R cont LF trn],

sqq: sqq: fwd R outside ptr to CBJO fcg DLC;

INTER

1 - 4 REVERSE TURN HALF: CHECK & WEAVE:: TELEMARK TO SCP:

1-2 Fwd L DLC trn LF,-, sd & arnd R cont LF trn [W: heel trn], bk L complete 3/8 LF trn;

sqq: sqq: (COMMENCE CHECK & WEAVE) Check bk R to DLW,-, rec fwd L comm LF trn, sd & bk R cont LF trn;

3-4 (FINISH CHECK & WEAVE) Bk L DLC to CBJO, bk R cont LF trn, sd & fwd L to DLC, fwd R outside ptr to CBJO

qqq: sqq: fcg DLC; Repeat actions meas 4, INTRO;

END

1 - 4 REVERSE TURN HALF: CHECK & WEAVE:: TELEMARK TO SCP:

1-4 Repeat actions meas 1-4, INTER;;;;

5 - 6 STEP THRU TO PROMENADE SWAY: CHANGE OF SWAY:

5-6 Fwd R in SCP,-, sd & fwd L with R sd stretched, ptrs look down LOD; Lower slightly into leading knees, lady changes
ss: very S: head position to the left, stretching her head up & bk while man provides space with his right arm, changing from the R sd stretch to a more lft sd stretch;