

WATCH OVER ME FOXTROT

Composer: Bill & Carol Goss, 10641 Calston Way, San Diego, CA 92126 (619)- 693-0887
Record: Contact Choreographer Speed: 43 Released: 7/1/95
Rhythm/Phase: Foxtrot/IV+1
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: INTRO, A, B, C, B(1-15), END

INTRO

1-4 WAIT; SLOW ROCK:S; -, HOVER;
SS SS 1-2 Wait 1 Meas; Fc ptr & DLW no hnds jnd ld ft free rk sd L w/L shldr ldg & high,-, drop L shldr to rk sd R
W/R shldr ldg & high, -;
SS SQQ 3-4 Repeat meas 2; Blend to CP slowly as step fwd L, -, fwd & sd R rising to ball of ft, rec fwd L to SCP/DLC;

PART A

1-4 **FEATHER; REVERSE TRN;; THREE STEP;**
SQQ SQQ 1-2 Fwd R, -, fwd L, fwd R in BJO (W thru L trn LF twd ptr, -, sd & bk R to BJO, bk L); Fwd L comm LF body
trn, -, sd R cont trn, bk L down LOD .to CP (W bk R comm LF body trn, -, cl L to R (heel trn) cont trn, fwd R);
SQQ SQQ 3-4 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);
Fwd L blend to CP, -, fwd R w/heel lead, fwd L;
5-8 **NATURAL TURN ½; CLOSED IMPETUS; BK HOVER TO SCAR; HOVER CROSS ENDING;**
SQQ SQQ 5-6 Fwd R comm RF trn, -, sd DLW on L, bk R to LOD (W bk L comm RF trn, -, cl R to L (heel trn) as trn cont,
fwd L in CP); Bk L trn RF, -, cl R to L (heel trn) cont RF trn, sd & bk L to CP fc DLW (W fwd R btwn M's
feet, -, sd & fwd L arnd M trn RF, brush R to L to step fwd on R btwn M's feet);
SQQ QQQQ 7-8 Bk R, -, bk L rising to ball of foot, rec fwd R to SCAR; Fwd L across R on toe w/R sd stretch, rec R, sd &
fwd L with L sd ld fwd R to BJO DLC;
9-12 **TELEMARK TO SCP; OPEN NATURAL; OUTSIDE SWIVEL TWICE; IMPETUS TO SCP;**
SS SS 9-10 Fwd L blend to CP comm LF trn, -, sd R cont trn, sd & fwd L to end SCP/DLW (W bk R comm LF trn, -, cl
L to R (heel trn) cont trn LF, sd & fwd R); Fwd R comm RF trn, -, sd L DLW, bk R down LOD BJO (W fwd
L, -, fwd R btwn M's feet, fwd L to BJO);
SS SQQ 11-12 Bk L w/RF body trn twd ptr & XRIFL no wgt, -, rec fwd R w/LF body trn to BJO (W fwd R w/swvl RF on
ball of R ft to SCP, -, fwd L swvl LF to BJO), -; Bk L comm RF trn, -, cl R to L (heel trn) to cont trn sd &
fwd L to SCP/DLC (W fwd R comm RF trn, -, sd & fwd L cont trn bring R to brush L, fwd R in SCP);
13-16 **WING; OPEN REVERSE TURN; LEFT WHISK; UNWIND IN 4;**
SQQ SQQ 13-14 Fwd R, -, draw L twd R w/LF body trn, tch L to R cont body trn to DLC {W fwd L, -, fwd R arnd M trn LF,
fwd L arnd M cont trn to SCAR}; Fwd L comm LF trn, -, cont LF trn sd R, bk L to BJO(W bk R comm LF
trn, -, cont trn sd L, fwd R to BJO);
SQQ QQQQ 15-16 Bk R comm LF trn, -, sd L to fc Wall, XRIBL to RSCP wgt on both ft (W fwd L, -, sd & bk R to CP, XLIBR); On
heel of front ft and toe of bk foot unwind RF to CP/DLC(W fwd R, L, R, L, unwind M end on M's R sd in CP);

PART B

1-4 **REVERSE WAVE;; BACK FEATHER; BACK THREE STEP;**
SQQ SQQ 1-2 Fwd L comm LF trn, -, sd R fc DRC, bk L(W bk R comm LF trn, -, cl L to R (heel trn) cont LF trn, fwd R in
CP); Bk R, -, bk L comm curve LF, bk R to end CP/RLD(W fwd L, -, fwd R comm curve LF, fwd L);
SQQ SQQ 3-4 Bk L, -, bk R w/R shldr lead, bk L to BJO; Bk R comm L shldr lead, -, bk L to CP, bk R;
5-8 **IMPETUS TO SCP; PROMENADE WEAVE;; CHANGE OF DIRECTION;**
SQQ SQQ 5-6 Bk L comm RF trn, -, ct R to L{heel trn} cont trn, sd & fwd L SCP/DLC {W fwd R btwn M's feet comm RF
Trn, -, fwd L arnd M brush R to L, sd & fwd R to SCP}; Fwd R, -, twd L comm LF trn to CP, sd & bk on R
to BJO/DRC(W fwd L, -, fwd & sd R to CP, cont trn on R then sd & fwd L to BJO);
QQQQ SQQ 7-8 Bk L LOD, bk R trn LF to CP, sd & fwd L, fwd R to BJO/DLW {W fwd R in BJO, fwd L trn LF to CP, sd &
bk R, bk L to BJO}; Fwd L, -, fwd R DLW R shldr lead to trn LF, draw L to R no wgt (W bk R, -, bk L w/L
shldr lead to trn LF, draw R to L no wgt);
9-12 **DIAMOND TRN ½;; OUTSIDE CHANGE TO SCP; CHAIR & SLIP;**
SQQ SQQ 9-10 Fwd L comm LF trn, -, sd R, bk L in BJO/DRC; Bk R comm LF trn, -, sd L, Fwd R ckg in BJO/DRW;
SQQ SQQ 11-12 Bk L, -, bk R trn LF, sd & fwd L to SCP/LOD (W fwd R, -, twd L comm trn LF, sd & fwd R to SCP); Ck
thru R w/lunge action, -, rec L, sm bk R on toe end CP/DLC (W ck thru L w/lunge action, -, rec R, swvl LF
on R to step fwd to CP);
13-16 **TELEMARK TO SCP; OPEN IN & OUT RUNS;; THRU, -, VINE, 2;**
SQQ SQQ 13-14 Fwd L comm LF trn, -, sd R cont trn, sd & fwd L to SCP/DLW(W bk R comm LF trn, -, cl L to R (heel trn)
cont trn, sd & fwd R); Fwd R comm RF trn, -, sd & bk DLW on L to CP, cont trn on L to step fwd R in L
½OP (W fwd L, -, fwd R btwn M's feet, fwd L);
SQQ SQQ 15-16 Fwd L, -, fwd R btwn W'S feet, fwd L to ½OP (W fwd R comm RF trn, -, fwd & sd across M L, cont to trn
on L to step fwd R); Thru R to fc ptr, -,sd L, XRIBL;

PART C

- 1-4**
QQQQ QQQQ 1-2
SS 3-4
STEP, POINT, STEP, POINT; STEP, POINT, STEP, POINT; ROLL 3; SLOW ROCKS;
Fwd L to ½OP/LOD, point R twd .LOD, fwd R to trn twd ptr, point L fwd LOD tch lead palms; Repeat Meas 1;
Roll LF LOD L, R, L to fc ptr & Wall w/ckg action, -; Rk R w/R shldr high, -, rk L chng to L shldr high, -;
- 5-8**
QSS SS 5-6
QQQQ QSS 7-8
ROLL 3; SLOW ROCKS; VINE 4; SIDE, DRAW, CLOSE, -;
Roll RF to RLOD R, L, R to fc ptr & Wall; Rk L w/L shldr high, -, rk R chng to R shldr high;
Jn lead hnds to vine sd L, XRIBL, sd L, XRIFL; Sd L, draw R to L, cl R, -;
- 9-12**
9-12
STEP, PT,STEP, PT; STEP, PT, STEP, PT; ROLL 3; SLOW ROCKS;
Repeat PART C meas 1-4;;;;
- 13-16**
13-15
SS 16
ROLL 3; SLOW, ROCKS; VINE 4; FWD, -, PICK-UP, -;
Repeat PART C meas 5-7;;;;
Fwd L to SCP, -, fwd R (W fwd L to fold in front of M to CP), -;

ENDING

- 1-2**
SS SS 1-2
THRU TO PROMENADE SWAY; CHANGE SWAY;
Thru R blend to SCP, -, sd & fwd L stretching body upward to look over jnd ld hnds, -; Relax knee to lower and chng sway to R sway slowly over entire meas heads move to RLOD throughout sway chng;