

BEFORE I FALL IN LOVE

Music: Coco Lee †
<https://music.amazon.com/albums/B0013AV09G>
Track # 5 Time 3:44 Available from choreographer

Rhythm: Slow Two Step Phase:V+2U (Trn Into Rom.Sways+Cont Trav Right Trns)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB BRIDGE ABC B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; LUNGE BASIC w/ ARMSWEEP TWICE ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Lunge Basic w/ Armsweep x 2} Sd L on flex knee w/ ld arm sweep across core up and out, -, rec R, XLif ; Sd R on flex knee w/ trl arm sweep across core up and out, -, rec L, XRif to BFLY WALL & Manvrg ;

05-08 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; FORWARD FACE CLOSE ;

{Continuous Travelg Right Trns} Foldg RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg) to BJO M fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot 1/2 RF, fwd R cont RF pivot (W bk L trng RF to square w/ ptr, -, fwd R pivot 1/2 RF, bk L cont RF pivot) to approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg) to BJO M fcg DLW ; {Fwd Fc Cl} Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R, cl L to R) to BFLY WALL ;

PART A

01-04 SIDE BASIC ; SWEETHEART WRAP ; SWEETHEART RUN 3 ; THRU FACE THRU to 1/2 OP LOD;

{Sd Basic} Sd L, -, XRib (W XLib), rec L ; {Sweetheart Wrap} [Maintaing both hnds jnd & leadg W to trn LF under jnd ld hnds into M's rt arm] Sd R, -, XLib, rec R (W comm trn LF under ld hnds sd L, -, cont trn sd & bk R, rec L) end wrapped pos both fcg LOD ; {Sweetheart Run 3} [In WRAP pos] Fwd L, -, fwd R, fwd L ; {Thru Fc Thru to 1/2 OP LOD} Fwd R relsg M's rt & W's lft hnds, -, trng RF (W LF) to fc ptr sd L, thru R to 1/2 OP LOD ;

05-08 THE SQUARE ; ; ;

{The Square} [Like a switch] Sd L Xg ifo W, -, trng RF sd R twd COH in L 1/2 OP, XLif (W fwd R, -, sd L twd COH, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd RLOD, XRif startg to Xg ifo W (W [like a switch] sd L crossg ifo M, -, trng RF sd R twd RLOD in 1/2 OP, XLif) ; [Like a switch] Sd L crossg ifo W, -, trng RF sd R twd WALL in L 1/2 OP, XLif (W fwd R, -, sd L twd WALL, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] sd L crossg ifo M, -, trng RF sd R twd LOD in 1/2 OP, XLif) to 1/2 OP LOD ;

09-12 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK ; CHANGE SIDES/W UNDERARM ; HIP LIFT & Pickup ;

{Dbl Hnd Underarm Trn to Stacked Hnds} [Blend to fc w/ both hnds jnd above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked lft-over-rt hnds] (W fwd R, -, fwd L RF trn under dbl hnd hold, fwd R stacked hnds lft-over-rt) fcg ptr to WALL ; {OP Break} With stacked hnds Sd R, -, rk apt L, rec R to W's rt sd ; {Change Sides/W Underarm} Fwd L to WALL chg sds CW lead W trn under stacked hds, -, sd R, XLif (W fwd R to COH LF trn under stacked hds chg sds, -, sd L, XRif) to Loose CP COH ; {Hip Lift & Pickup} Sd R bring L ft alongsd R ft, -, w/ pressure on L toe lift L hip, lwr hip & Pickup ;

13-16 LEFT TURN w/ INSIDE ROLL ; OP BASIC ENDING ; SWITCHES to FACE PARTNER ; ;

{Left Trn w/ Insd Roll} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg 1/4 LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to BFLY WALL ; {OP Basic Ending} Sd R trng to 1/2 LF rlsng ld hnds OP LOD, -, XLib (XRib) rec R to 1/2 OP LOD ; {Switches to Fcg Ptr} Sd L Xg ifo W to 1/2 LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to 1/2 OP LOD, fwd R swiv to fcg ptr (W sd L Xg ifo M, fwd R to 1/2 OP, fwd L swiv to fcg ptr) Loose CP WALL ;

PART B

01-04 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL to Pickup ; ;

{**Strolling Vine & Insd Roll**} [SS; SQQ] Sd L, -, XRib (*W sd R, -, XLif*) ; Sd & fwd L trng LF raisg ld hnds, -, fwd R, XLif to fc COH (*W fwd R across LOD trng LF, -, roll LF under ld hnds L, R to fc ptr*) ; {**Strolling Vine & Outsd Roll & Pickup**} [SS; SQQ] Sd R, -, XLib (*W sd L, -, XRif*) ; Sd & fwd R trng RF raisg ld hnds, -, fwd L, XRif to fc WALL (*W fwd L across LOD trng RF, -, roll RF under ld hnds R, L to fc ptr*) to Low Bfly WALL & Pickup ;

05-08 TRAVELING CROSS CHASSE 4 TIMES & END to BFLY WALL ; ; ;

{**Travlg Cross Chasse x 4 to CP WALL**} Trng sltly LF fwd L to DLC, -, w/ rt shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, cl R ; Repeat meas 5 Part B ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to BFLY WALL ;

09-12 AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER to ½ OP LOD ; RIGHT TURN w/ OUTSIDE ROLL ; HIP ROCKS :

{**Aida Prep**} Sd L swiv to LOD, -, thru R, trng RF sd L fcg ptr ; {**Aida Line Switch & Rec**} Trng RF bk R to V-BK-TO-BK RLOD, -, swiv LF on R bk & sd L to fcg ptr, rec R to ½ OP LOD manvrg ; {**Right Trn w/ Outsd Roll**} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (*W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr*) to Low Bfly COH ; {**Hip Rocks**} Leavg ft ip chg wgt w/ hip action apt ovr R ft, -, tog ovr L ft, apt ovr R ft ;

13-16 UNDERARM TURN INTO a RONDE LARIAT ; ; OUTSIDE ROLL ; BASIC ENDING ;

{**Underarm Trn Into Ronde Lariat**} Sd L raise jnd ld hnds palm-to-palm, -, XRib, rec L (*W sd R, -, XLif trng ¼ RF under jnd ld hnds, fwd R cont RF trn to fc M*) ; [S/SQQ] Blend to CP sd & fwd R btwn W's ft trn upper body RF to lead W to ronde CW, -, swiv LF on R under jnd hnds to LOP RLOD, hold (*W sd L ronde R CW, -, XRib, sd & fwd L to fcg LOD*) ; {**Outsd Roll**} Fwd L trn LF to fc ptr, -, sd R, XLif (*W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp roll to fc ptr*) to BFLY WALL ; {**Basic Ending**} Sd R, -, XLib, rec R (*W sd L, -, XRib, fwd L*) to BFLY WALL [2^{de} Time: Pickup] ;

BRIDGE

01-03 LUNGE BASIC w/ ARMSWEEP TWICE ; ; RIFF TURN ;

{**Lunge Basic w/ Armsweep x 2**} Repeat meas 3,4 Intro to Low Bfly ; ; {**Riff Trn**} [QQQQ] Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (*W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr ld hnds*) to LOP-FCG WALL ;

PART C

01-04 START TRIPLE TRAVELLER ; ; BOTH ROLL IN to rt HANDSHAKE ; OP BREAK ;

{**Start Triple Traveller**} Fwd L raisg ld hnds trng slight LF fc DC, -, sd & fwd R, fwd L (*W bk R trng LF, -, sd L trng LF under ld hnds, cont LF trng bk R fc wall*) ; Fwd R spiral LF under jnd ld hnds, -, fwd L, fwd R (*W trn fc LOD fwd L, -, fwd R, fwd*) bring hnds to shldr level ; {**Roll IN to rt Hndshk**} Fwd L bringing jnd hnds down & bk rel hnds comm RF trn, -, sd & bk R, cont LF trn fwd L (*W fwd R comm. RF trn, -, sd & bk L trng RF, cont RF trn fwd R*) to rt Hndshk COH ; {**OP Break**} With rt hnds trng to fc ptr sd R, -, bk L extend lft arm to sd, rec R to rt Hndshk COH ;

05-08 TRADE PLACES TWICE ; ; TRADE PLACES/W UNDERARM ; REVERSE UNDERARM TURN ;

{**Trade Places x 2**} [w/ rt Hndshk] Pull by ptr rel rt hnd pass rt shldrs fwd L trng ½ RF, -, join lft hnds apt R extend rt arm to sd, rec L ; Pull by ptr rel lft hnd pass lft shldr fwd R trng ½ LF, -, join rt hnds apt L extend lft arm to sd, rec R to rt Hndshk COH ; {**Trade Places/W Underarm**} Pull by ptr fwd L twd W's rt sd trng RF to fc Wall lead W to trn LF, -, sd R, XLif (*W fwd R comm LF trn under rt hnds, -, sd L, XRif*) to Bfly Wall ; {**Reverse Underarm Trn**} Relg trl hnds sd R to RLod raisg jnd ld hnds palm-to-palm, -, XLif, rec R (*W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn*) to Bfly WALL ;

ENDING

01-04 TURN INTO ROMANTIC SWAYS ; ; ROLL 3 ; THRU & SIDE CORTE ;

{**Trn Into Romantic Sway's**} Rel ld hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to fc bring ld hds betwn ptrs to lead hip, -, sd L, rec R ; {**Roll 3**} Roll individually CCW (*W CW*) L, -, R, L to ½ OP LOD ; {**Thru & sd Corte**} Thru R, -, sd L to fc ptr w/ soft knee keepg bdy erect & leavg R leg extended to side, -;

