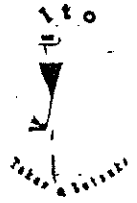


LOVING YOU

Composers: Takao & Setsuko Ito E-mail : sp7n43y9@dune.ocn.ne.jp
 4-2-43 Honcho Odawarashi Kanagawaken 250-0012 Japan
 Record : "Loving You" CD Ballroom Glamour/Casa Musica Track #16
 Rhythm : Foxtrot (ph-VI) Speed : As on CD time 2:48
 Date : December 2003 Ver.1.1
 Footwork: Opposite directions for man (lady as noted)
 Sequence: Intro - A - A - B - C - Ending



Meas

INTRO

1~ 8 (Wrapped/Wall) Right foot free for both Wait 1 meas; W Caress; Unwrap to Lunge; Both Roll Across to Lunge; W Roll Bk to Shadow; Shadow X Ck Rec Sd; Front Vine 4; XIF Unwind(CP/Wall);

- 1 Wrapped position fc Wall right foot free for both pt sd wait 1 meas;
 -- 2 (W Caress) M hold release lead hands (W body shape caress M's left cheek with right hand
 SS(QQS) 3 (Unwrap to Lunge) Stp sd R lead W unwrap, -, sd L flex knee (W sd & fwd R commence RF trn, cont RF trn sd L, cont trn sd R flex knee) OP/Wall, -;
 QQS 4 (Roll Across to Lunge) Rec R commence RF roll behind woman, sd L cont RF roll, fc Wall sd R flex knee (W rec L commence LF roll, sd R twd LOD cont LF roll, fc Wall sd L flex knee), -;
 SS(QQS) 5 (W Roll Bk to Shadow) Rec L lead W RF roll, -, small stp sd R (W rec R commence RF roll cont RF roll sd L, cont roll sd R) Shadow/Wall, -;
 SQQ 6 (Shadow X Ck Rec Sd) Same footwork ck XLIF of R, -, rec R, sd L;
 QQQQ 7 (Front Vine 4) XRIF of L, sd L, XRIB of L, sd L;
 Q--- 8 (XIF Unwind) XRIF of L, LF unwind 1 full trn (W 1/2 trn), -, blend CP/Wall weight on tra
 (Q--Q) foot:

Meas

PART A

1~ 8 Hover; Feather; Telefeather;(Bjo/DW); Hover Telemark; Curved Feather; Bk Zig Zag 4; Outsd Spin(CP/RDW);

- 1 (Hover) Fwd L, -, sd & fwd R, Rec L to SCP/DC;
 2 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)
 SQQ 3- 4 (Telefeather) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L with
 &QQQQ partial weight: Spin L taking weight to L/cont spin, sd R cont LF trn, sd & fwd L fwd R (W bk R commence LF turn bring L beside R with no weight, -, cont LF trn on R heel and chg weight to L, fwd R cont LF trn; Fwd L/fwd R cont LF trn toe spin on R, cl L cont LF trn sd & bk R, bk L) Bjo/DW;
 5 (Hover Telemark) Fwd L, -, fwd R lead W RF trn, sd & fwd L to SCP/DW;
 6 (Curved Feather) Fwd R commence RF trn, -, left sd stretch cont RF trn sd & fwd L, cont trn fwd R fc RDW;
 QQQQ 7 (Bk Zig Zag) Bk L commence RF trn, cont RF trn sd R Scar, fwd L commence LF trn, cont LF trn sd R Bjo/RDC;
 8 (Outsd Spin) Prepare to lead W outsd partner commence body trn to right with right sd lead bk L small stp 3/8 RF trn, -, fwd R heel to toe cont 3/8 RF trn, sd & bk L W commence body trn to right with left sd lead fwd R outsd partner heel to toe - : L to R on toe 5/8 RF trn between stp 1 and 2, cont 1/8 RF trn fwd R between M's feet end CP/RDW;

9~16 Ck & Weave;; Rev Wave;; Spin & Twist(SCP/DC);; Feather; Double Rev Spin(CP/DW);

- SQQ 9-10 (Ck & Weave) Slip bk R slight contra ck action, -, rec L, sd R Bjo/RDW;
 QQQQ Bk L commence LF trn, bk R cont LF trn, sd L cont trn, fwd R outsd partner Bjo DW
 11-12 (Rev Wave) Fwd L commence LF trn, -, sd R cont LF trn fc RDC, bk L twd DW (W bk R commence LF trn, -, cl L to R heel trn, fwd R);
 Bk R, -, bk L, bk R curving LF to end fc RLOD;

- SQQ 13-14 (Spin & Twist) Bk L commence RF trn, -, fwd R cont RF trn, cont trn sd L twd Wall (W fwd R commence RF trn, -, cont RF trn sd & bk L, cont trn cl R to L);
- &---Q
(&SQQ) XRIB with only partial weight/unwind RF chging weight to R, cont RF trn, cont trn SCP/DC, sd & fwd L (W fwd L/fwd R around man, -, fwd L swivel RF on L SCP/DC, sd & fwd R);
- 15 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)
- SQ-
(SQ&Q) 16 (Double Rev Spin) Fwd L blend CP commence LF trn, -, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, -, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);

Meas

PART B

1~ 8 Three Step; Nat Trn; Cl Impetus; Feather Fin; Rev Fallaway Slip; Telemark to Throwaway Oversway;; Fallaway Ronde & Slip;

- 1 (Three Step) Fwd L, -, fwd R, fwd L;
- 2 (Nat Trn) Fwd R commence RF trn, -, cont trn sd L fc RLOD, bk R (W bk L commence RF trn, -, cl R cont RF turn, fwd L);
- 3 (Closed Impetus) Bk L commence RF trn, -, cl R cont trn, sd & bk L CP/DW (W fwd R between M's feet commence RF trn, -, cont trn sd L brush R to L, fwd R between M's feet);
- 4 (Feather Finish) Bk R commence LF trn, -, sd L contra Bjo fc DC, fwd R,
- QQQQ 5 (Rev Fallaway & Slip) Fwd L commence LF trn, sd R cont LF trn, XLIB with right sd lead fallaway position cont LF trn, cont trn slip R past L toeing in with small stp bk on R left foot stays fwd (W bk R commence LF trn, sd & bk L cont LF trn, XRIB with left sd lead fallaway position cont LF trn, cont trn slip L past R fwd L) CP/LOD;
- SQQ 6- 7 (Telemark to Throwaway Oversway) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L (W bk R commence LF turn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
- Swivel LF on L relax knee and body trn left fc DW keeping right sd and point R bk hold, - (W swivel LF on R to bring L leg bk under body and extend bk twd DW extend and hold, -, -, -);
- 8 (Fallaway Ronde & Slip) Sd R ronde L CCW (W CW), -, XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R end to CP/DC;

9~16 Mini Telespin(CP/RDC);; Contra Ck & Switch; Curved Feather; Bk Feather; Bk Three Step; OP Impetus; Feather(Bjo/DC);

- SQQSS 9-10 (Mini Telespin) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L with partial weight; Spin L taking weight to L, -, cl R (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and chg weight to L, fwd R cont LF trn; Fwd L LF trn/fwd R to CP LF spin, -, cl L) to CP/RDC, -;
- 11 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, -, rec R commence RF trn leave L almost in place, cont RF trn bk L soft knees R foot extend fwd between W's legs in CP/DW;
- 12 (Curved Feather) Fwd R commence RF trn, -, left sd stretch cont RF trn sd & fwd L, cont trn fwd R fc RDW;
- 13 (Bk Feather) Bk L, -, bk R with right shoulder leading, bk L;
- 14 (Bk Three Step) Bk R blending CP, -, bk L, bk R;
- 15 (OP Impetus) Bk L commence RF trn, -, cl R cont RF trn (heel trn), fwd L (W fwd R feet heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn around man brush R to L, fwd R) to end SCP/DC;
- 16 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L);

Meas

PART C

1~ 8 Double Rev Spin; Split Ronde(CP/DW); Contra Ck & Rec; Traveling Contra Ck(SCP/DW); Nat Hover Cross;; Telemark to Bjo; Fwd Swivel to Same Foot Lunge Line;

- SQ-
(SQ&Q) 1 (Double Rev Spin) Fwd L blend CP commence LF trn, -, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, -, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);

- QQ (SQQ&) 2 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, -, cont LF trn XLIB of R, cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, -, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/DW;
- SS 3 (Contra Ck & Rec) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, -, rec R, -;
- 4 (Traveling Contra Ck) Fwd L with contra body motion with upper body LF trn, -, cl R rising on R slightly body RF trn, SCP sd & fwd L fc DW;
- SQQ 5- 6 (Nat Hover Cross) Fwd R commence RF trn, -, sd L cont RF trn, cont trn sd R fc DC(W fwd L, -, fwd R commence RF trn with right sd stretch, cont RF trn sd L) Scar/DC; XLIF of R outsd partner, rec R, sd & fwd L, fwd R outsd partner Bjo/DC;
- QQQQ SQQ 7 (Telemark to Bjo) Fwd L commence LF trn, -, sd R cont LF trn, cont trn sd & fwd L (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and change to L, sd & bk R) Bjo/DW;
- S--- (S&-) 8 (Same Foot Lunge Line) Fwd R swivel RF on R fc Wall, -, flex knee with right sd stretch looking R, extend (W bk L swivel RF on L, -, cl R, flex R knee left foot thru pt and looking well to L, extend);

9~16 & Telespin Ending(SCP/DW); OP Nat; Q Heel Pull,, Rumba Cross,, & Hairpin,; OP Impetus; Running OP Nat; Rising Lk(CP/DC); Split Ronde(CP/DC);

- SQQ (&SQQ) 9 (Telespin Ending SCP) Rec L spin LF, -, sd R cont LF trn, sd & fwd L(W rec L/ fwd R commence LF trn, -, cont trn cl L, sd & fwd R) end SCP/DW;
- QQ 10 (OP Nat) Fwd R commence RF trn, -, cont RF trn sd L fc RDC, bk R;
- 11-12 (Q Heel Pull) Bk L commence RF trn, cont trn on L pull right heel twd L and change weight to R(W fwd R commence RF trn, cont trn sd L) CP/LOD.
- S&QQ (Rumba Cross) Fwd L with left shoulder lead, -/XRIB of L trning RF on toe: Cont RF trn bk L, cont trn sd and fwd R between W's foot (W Bk R, -/XLIF of R trning RF on toe: cont RF trn fwd R between M's feet pivot cont RF trn sd and bk L) CP/LOD.
- QQ (& Hairpin) Fwd L strong curve to right with left sd stretch, fwd R outsd partner checking on toe in Contra Bjo with left sd stretch(W bk R curving RF, bk L strong right curve high on toes in Contra Bjo) fc RDW;
- 13 (OP Impetus) Bk L commence RF trn, -, cl R cont RF trn(heel trn), fwd L (W fwd R feet heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn around man brush R to L, fwd R) to end SCP/DC;
- SQ&Q 14 (Running OP Nat) Thru R commence RF trn, -, cont RF trn sd and bk L/right sd lead bk R lead W outsd partner, right sd stretch bk L(W thru L, -, fwd R/left sd lead fwd L, left sd stretch fwd R outsd partner)Bjo fc RDW;
- 15 (Rising Lk) Bk R commence LF trn, -, cont LF trn sd & fwd L, cont body trn XRIB of L to CP/DC(W fwd L commence LF trn, -, cont LF trn sd & bk R, cont body trn XLIF of R);
- QQ (SQQ&) 16 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, -, cont LF trn XLIB of R, cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, -, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/DC;

Meas

ENDING

1~ 8 Rev Trn;(Bjo/DW); Three Step; Nat Trn; Cl Impetus; Feather Finish; Slow Telemark to Prom Sway,, Drop,;

- 1- 2 (Rev Trn) Fwd L commence LF trn, -, sd R cont LF trn fc RLOD, bk L(W bk R commence LF trn, -, cl L to R heel trn, fwd R); Bk R cont LF trn, -, sd L cont LF trn, fwd R(W fwd L cont LF trn, -, sd R cont LF trn, bk L) to BJO/DW;
- 3 (Three Step) Fwd L blending CP, -, fwd R, fwd L;
- 4 (Nat Trn) Fwd R commence RF trn, -, cont trn sd L fc RLOD, bk R(W bk L commence RF trn, -, cl R cont RF trn, fwd L);
- 5 (Closed Impetus) Bk L commence RF trn, -, cl R cont trn, sd & bk L CP/DW(W fwd R between M's feet commence RF trn, -, cont trn sd L brush R to L, fwd R between M's feet);
- 6 (Feather Finish) Bk R commence LF trn, -, sd L contra Bjo fc DC, fwd R;
- SSS- 7- 8 (Slow Telemark to Prom Sway) Fwd L blend CP commence LF trn, -, sd R cont LF trn(W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and change weight to L, -; Sd & slightly fwd L stretch left sd look over joined lead hands, -, (Drop) Sharply LF trn stretch L sd of body cont sway & look W(W look L), -;