A Marshmallow Foxtrot

Choreographers: Mike & Michelle Seurer 360 8ᵗʰ Street, Fond du Lac, WI 54935
Music: "Marshmallow World", Brenda Lee, "The Best of Brenda Lee:The Christmas Collection"

Track 14 or Download

Phase: IV
Rhythm: Foxtrot   Released: August 2018
Footwork: Directions for the Man except as noted
Sequence: INTRO ABC ABD CA ENDING

INTRODUCTION

1----4   <u>WAIT;; APT PT: PU, TCH, CP/LOD;</u>
      1-2 In OP fcg WALL wait 2 meas;;
      3-4 Apt L, pt R twd ptr,-,-; P/U W to CP/LOD,-;

PART A

1----4   <u>FWD RUN 2;; TWICE;; REVERSE WAVE;;</u>
      1-2 Fwd L,-,fwd R, fwd L; Fwd R,-, fwd L, fwd R;
      3-4 Fwd L trng LF,-, sd R twd DLC, bk L LOD(W bk R trng LF,-, cl L, R heel
        turn, fwd R); Bk R,-, bk L, R to CP fcng reverse;
5----8   <u>IMPETUS; FWD FACE CLOSE; BOX;;</u>
      5-6 Bk L,-, cl R to L trng RF on R heel, fwd L to SCP(W fwd R pivoting ½
        RF,-, sd & fwd L trng RF, fwd R); Thru R,-, sd L, R to CP fcng WALL
      7-8 Fwd L,-, sd R, cl L; Bk R,-, sd L, cl R;

PART B

1----4   <u>HOVER; MANUV; IMPETUS; START IN & OUT RUNS;</u>
      1-2 Fwd L,-, fwd & rise R, rec L; fwd R trn,-,fwd L trn, cl R CP/RLOD;
      3-4 Bk L,-, cl R to L trng RF on R heel, fwd L to SCP(W fwd R pivoting ½
        RF,-, sd & fwd L trng RF, fwd R); Thru R trng RF,-, sd L twd WALL fc
        RLOD, bk R (W fwd L,-, fwd R between M's ft, fwd L CBJO/LOD);
5----8   <u>FINISH IN & OUT RUNS; THRU FACE CLOSE; VINE 3; PICK/UP;</u>
      5-6 Bk L trng RF twd LOD,-, fwd R between W's ft, fwd L SCP(W fwd R trn
        RF fwd L twd WALL arnd M, fwd R SCP); Thru R,-, sd L fc WALL, cl R;
      7-8 Sd L, XRIb of L, sd L; Fwd R lead W to fold in front of M,-, sd L, cl R
        (Fwd L trng ½ LF in front of M to CP,-, sd R, cl L) end in CP/LOD;

PART C

1----4   <u>DIAMOND TURNS;;;;</u>
      1-2 Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;
      3-4 Fwd L,-, sd R, bk L: Bk R,-, sd L, fwd R;
5----8   <u>FWD, RUN 2; MANUV; SPIN TURN; ½ BOX BACK;</u>
      5-6 Fwd L,-,fwd R, fwd L; fwd R trn,-,fwd L trn, cl R CP/RLOD;
      7-8 Bk L pivt 1/2 RF,-, fwd R trng & rise(W fwd l/brush R),rec bk & sd L fcg
        dlw (W fwd R); bk R,-, sl L, cl R CP/LOD;

PART D

1----4   <u>PROG BOX;; TWO LEFT TURNS;;</u>

       1-2 Fwd L,-, sd R, cl L; Fwd R,-, sd L, cl R;

       3-4 Fwd L bgin upper bdy trn LF,-, sd & bk R trng LF, cl L; Bk R begin upper
            bdy trn LF,-, sd & bk L trn LF, cl R fc WALL;

5----8   <u>BOX;; VINE 3; P/U, SD CLOSE;</u>

       5-6 Fwd L,-, sd R, cl L; bk R,-, sd L ,cl R;

       7-8 Sd L, XRIb of L, sd L; Fwd R lead W to fold in front of M,-, sd L, cl R
            (Fwd L trng ½ LF in front of M to CP,-, sd R, cl L) end in CP/LOD

ENDING

1----4   <u>HOVER; MANUV; IMPETUS; START IN & OUT RUNS;</u>

       1-2 Fwd L,-, fwd & rise R, rec L; fwd R trn,-,fwd L trn, cl R CP/RLOD;

       3-4 Bk L,-, cl R to L trng RF on R heel, fwd L to SCP(W fwd R pivoting ½
            RF,-, sd & fwd L trng RF, fwd R); Thru R trng RF,-, sd L twd WALL fc
            RLOD, bk R (W fwd L,-, fwd R between M's ft, fwd L CBJO/LOD);

5----7   <u>FINISH IN & OUT RUNS; THRU FACE CLOSE; APT PT</u>

       5-6 Bk L trng RF twd LOD,-, fwd R between W's ft, fwd L SCP(W fwd R trn
            RF fwd L twd WALL arnd M, fwd R SCP); Thru R,-, sd L fc WALL, cl R;

       7- Apt L,-, pt R,-;