

A NIGHT'S WORK

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CD –Swinging With Dino All in a Night's Work –Track # 5
Itunes.com (Slow for Comfort 41/42)
Or Contact Choreographer Footwork: Opposite Unless Noted
Phase: 5+1 FOXTROT Released: MARCH 2012
Degree of Difficulty; Average
Sequence: INTRO – A – A – B – C – B- END

INTRO

1-4 SHAD FC WALL BOTH WITH RT FOOT FREE WAIT 1 MS; X PTS W/SNAPS; FRONT VN 4; FEATHER W/TRANS 4 TO CP/DLW;

1-2 Shad pos fc wall both w/R ft free no hds jnd wait 1 ms;
[x pts w/snaps] XRIF, pt L snap fingers, XLIF, pt sd R snap fingers;
q-q-
qqqq 3-4 [ft vn 4] XRIF, sd L, XRIB, fwd L lod; [feather w trans 4]
Fwd R lod, -, fwd fwd L, fwd R (W fwd R lod, fwd L trn LF, sd R, bk L)
CP/DLW

PART A

1-4 THREE STEP; NAT TWIST TRN;; FEATHER FIN W/TRANS to SHAD;

sqq 1-3 [3 step] Blend to CP/LOD fwd L, -, fwd R, fwd L with slight curving LF
sqq to fc LOD; [nat twist trn] Fwd R comm trn RF,-, cont trn RF on R sd &
sqq bk L, XRIB of ball of ft (W bk L comm trn RF,-, cont trn RF on L heel cl
R, fwd L); Comm twist RF on ball of R & heel of L,-, cont twist RF to fc
DRW shift wgt to R, sd & bk L (W fwd R arnd M,-, swivel sharply RF on
R cl L, fwd R between M's ft) end CP/DRW;
sqq 4 [fea fin W trans 4 to Shad] Bk R trn LF lead W trn LF under jnd lead
(qqqq) hds,-, sd & fwd L joined ld hds, fwd R (W fwd L comm LF trn under
joined ld hds cont LF trn cl R/fwd L, fwd R) end SHAD/LOD {now on
same footwork}

5-8 STEP KICK 3 TIMES & P/U W TRANS;; REV TRN;;

qqqq 5-6 [step kick 3x] SHAD/LOD Fwd L, kick R, fwd R, kick L; Fwd L, kick R,
qqqq fwd R pickup, tch L (W fwd L, kick R, fwd R, trn LF ½ to fc M cl L to R)
CP/ DLC {now on opposite footwork}
sqq 7-8 [rev turn] Fwd L comm LF trn,-, sd & fwd R cont trn fc
sqq RLOD, bk L (W bk R comm LF trn,-, cont trn cl L, fwd R); bk R comm
LF trn,-, cont trn sd & fwd L, fwd R outside ptr (W fwd L comm LF trn,-,
cont trn sd & bk R, bk L outside ptr) end BJO/DLW;

REPEAT PART A

PART B

1-4 BJO/DLW HOVER TELE; OP NAT; OUTSD SWVL WHIPLASH BJO; BOUNCE SWAY CHG;

sqq 1-2 [hvr tele] Fwd L,-, sd & fwd R comm RF trn, cont trn fwd L, (W bk R,-,

- sd & bk L comm. RF trn, cont trn on L fwd R) end SCP/DLW **[op nat]**
 Fwd R comm RF trn -, sd L, bk R BJO/DRW;
- sqq 3-4** **[outsd swvl whiplash]** Bk L slight RF upper body trn,-, thru R lowering/ronde L CW to pt inside edge of L toe RLOD still down (W fwd R swvl RF -, thru L ronde R CCW trn LF on L keeping head to R end BJO with R pt bk RLOD),-;**[bounce sway chg]** Staying into R knee slowly chg sway with bounce action to BJO/DRC;
- 5-8** **OP IMP; NAT HVR CROSS CHKD TO CONTINUOUS HOVER CROSS;**
- sqq 5-6** **[op imp]** Comm RF trn bk L bring R to L no wgt begin RF heel trn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm. RF pvt 1/2,-, sd & fwd L arnd ptr cont trn fwd & sd R (SCP/DLC); **[start nat hvr x]** Fwd R trn RF,-, sd L cont trn to fc DRC, strong RF trn on L sd & fwd R (W fwd L, -, fwd R trn RF, sd & bk L)end SCAR/DLC;
- sqq**
- qqqq 7-8** **[to chk cont hvr x]** Rk fwd L, rec R, fwd L, cl R with R sd stretch lead W to BJO (W rk bk R, rec L, bk R, sd L); bk L, bk R to CP, sd & fwd L with left sd lead, fwd R (W fwd R outsd ptr, fwd L, sd & bk R, bk L) BJO/DLC
- 9-12** **OT OP TELE LOD; QK OP REV; HINGE; CHG TO SM FT LUNGE LN;**
- sqq 9-10** **[op tele ot]** Fwd L comm LF trn,-, cont trn sd R (W heel trn), sd & fwd L to LOD; **[qk op rev]** Fwd R,-, fwd L trn LF/bk R, bk L (W fwd L,-, fwd R trn LF/sd & fwd L, fwd R) BJO/RLOD;
- sqq&q**
- sqq 11-12** **[hinge]** Bk R,-, sd & bk L comm LF trn, trn body LF leading W to XIB relax L knee leave R leg extended (W fwd L,-, fwd R comm LF trn, cont trn XLIB of R relax L knee & allow R to slide fwd toe pointed keep left sd in twd ptr); **[sm ft lng ln]** Comm RF upper body trn rise on L to lead W to rec, -, cl R to L cont RF upper body trn, extend L shape twd ptr (W rec R swvl RF look well to L, -, soften R knee, point L thru slight sway chg to trn head to R look LOD);
- 13-16** **ALTERNATING SM FT LUNGES;; TELESPIN END; SL SD LK**
- qqqq 13-14** **[alternating sm ft lngs]** sd L rotate upper body LF, -, pt R (W fwd L swvl LF, - /cl R to L extend L ft fwd,) thru R turn upper body RF extend L (W replace wgt on L swivel RF, -/cl R to L extend L fwd in sm ft lunge ln); Repeat Meas. 13:
- sqq(s&qq) 15-16** **[telespin end]** Comm LF upper body leading W to recover rec L commence LF trn -, , cont trn sd & bk R, cont LF trn sd & fwd L, (W comm LF trn rec L,- /bk R, cl L to R heel trn, sd & fwd R,) SCP/DLC; **[sl sd lk]** Thru R, -, sd & fwd L, XRIB of L (W fwd L trn LF, -, sd & bk R, XLIF of R) CP/DLC;
- sqq**
- 17-20** **REV WAVE;;BK TRN R CHASSE SCAR; HVR X END;**
- sqq 17-18** **[rev wave]**Fwd L blending to CP comm LF trn,-, fwd & sd R cont LF trn (W heel trn), bk L twd DLW; Bk R DLW trng LF,,bk L LOD, bk R to CP RLOD;
- sqq&q 19-20** **[bk trn chasse]**Bk L comm RF trn,-, cont slight RF trn sd & slightly fwd R/cl L to R, sd & fwd R to CONTRA SDCR DLC; **[hvr x end]** Fwd & across L LOD outsd ptr to SDCAR checking, rec R, sd & fwd L, fwd R to BJO DLC ;
- qqqq**

PART C

- 1-4** **REV TURN;;OP TELE; OP NAT;**
- sqq 1-2** **[rev turn]** Fwd L comm LF trn,-, sd & fwd R cont trn fc RLOD, bk L (W bk R comm LF trn,-, cont trn cl L, fwd R); bk R comm LF trn,-, cont trn

- sd & fwd L, fwd R outside ptr (W fwd L comm LF trn ,-, cont trn sd & bk R, bk L outside ptr) end BJO/DLW;
- sqq** **3-4** **[[op tele]** Fwd L comm LF trn,-, cont trn sd R (W heel trn), sd & fwd L; **[op nat]** Fwd R comm RF trn ,-, sd L, bk R BJO/DRW;
- 5-8** **OP IMP; NAT HVR X CHK TO CONTINUOUS HVR X;;**
- sqq** **5-6** **[op imp]** Comm RF trn bk L bring R to L no wgt begin RF heel trn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm. RF pvt ½,-, sd & fwd L arnd ptr cont trn fwd & sd R (SCP/DLC) **[start nat hvr x]** Fwd R trn RF,-, sd L cont trn to fc DRC, strong RF trn on L sd & fwd R (W fwd L, -, fwd R trn RF, sd & bk L)end SCAR/DLC;
- sqq**
- qqqq** **7-8** **[to chk cont hvr x]** Rk fwd L, rec R, fwd L, cl R with R sd stretch lead W to BJO (W rk bk R, rec L, bk R, sd L); bk L, bk R to CP, sd & fwd L with left sd lead, fwd R (W fwd R outsd ptr, fwd L, sd & bk R, bk L) BJO/DLC
- 9-12** **THREE STEP; OP NAT; BK FEATHER; BK 3 STEP;**
- sqq** **9-10** **[3 step]** Blend to CP/LOD fwd L, -, fwd R, fwd L with slight curving LF to fc LOD;**[op nat]** Fwd R comm RF trn ,-, sd L, bk R BJO/DRW;
- sqq** **11-12** **[bk feat]** With R side stretch bk L,-, bk R, bk L; **[bk 3 step]** bk R blend to CP/RLOD with slight L side stretch , -, bk L, bk R;
- 13-16** **OP IMP; NAT HVR X;; DBL REV;**
- sqq** **13-14** **[op imp]** Comm RF trn bk L bring R to L no wgt begin RF heel trn,-, chg wgt to R cont trn, fwd & sd L (W fwd R comm. RF pvt ½,-, sd & fwd L arnd ptr cont trn fwd & sd R (SCP/DLC) **[start nat hvr x]** Fwd R trn RF,-, sd L cont trn to fc DRC, strong RF trn on L sd & fwd R (W fwd L, -, fwd R trn RF, sd & bk L)end SCAR/DLC;
- qqqq** **15-16** **[fin nat hvr x]** Fwd L, rec R, sd L, fwd R outsd ptr (W bk R, rec L, sd R, bk R) BJO/DLC; **[dbl rev]** Blend to CP fwd L comm LF trn,-, cont trn sd R, spinning LF on R tch L to R (W bk R comm LF trn,-, cont trn cl L to R/sd & slightly bk R cont trn, XLIF of R) end CP/DLW;

REPEAT B

ENDING

- 1-4.5**
- REV WAVE;;BK TRN L CHASSE SCAR; HVR X END; SD LUNGE (oversway) -**
- 1-2** **1-2** **[rev wave]**Fwd L blending to CP comm LF trn,-, fwd & sd R cont LF trn (W heel trn), bk L twd DLW; Bk R DLW trng LF,,bk L LOD, bk R to CP RLOD;
- 3-4.5** **3-4.5** **[bk trn chasse]**Bk L comm RF trn,-, cont slight RF trn sd & slightly fwd R/cl L to R, sd & fwd R to CONTRA SDCR DLC; **[hvr x end]** Fwd & across L LOD outsd ptr to SDCAR checking, rec R, sd & fwd L, fwd R to BJO DLC ; **[oversway]** With L side stretch lunge sd & bk L, (W with R side sway lunge sd & fwd R) -