

## ALL THIS TIME

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MUSIC: "All This Time" by Maria Mena (Track 3 on album "Cause and Effect", available on iTunes)

FOOTWORK: Opposite unless noted (Woman's footwork in parenthesis)

Speed: 45rpm TIME: 3:11 Suggested Speed: Reduce by 12%, TIME: 3:37

RYTHMN: Foxtrot PHASE: III+2 (diamond turn, telemark)

SEQUENCE: INTRO -A-B-Bridge-A(1-8)-B-A(9-16)-B-C-ENDING

### Introduction

#### **1 CP WALL WAIT 1 MEASURE;**

1 wait;

### Part A

#### **1-4 WHISK; THRU HOVER BJO; BK HOVER SCP; MANEUVER;**

1-2 {Whisk} CP wall fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP LOD (W bk R, -, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft); {Thru hover BJO} thru R, -, fwd L rise, rec R BJO LOD (W thru L, -, fwd R trn & rise, rec L);

3-4 {Back hover SCP} Bk L, -, sd & bk R rise, rec L (W Fwd R, -, sd & fwd L trn rise & brush, rec R) SCP LOD; {Maneuver} fwd R trng RF, -, sd L, cl R to CP RLOD;

#### **5-8 SPIN TURN; ½ BOX BK; 2 LEFT TURNS FC [WALL 1<sup>st</sup>, LOD 2<sup>nd</sup>];;**

5-6 {Spin turn} bk L trn RF, -, fwd R to LOD, rec bk L; {1/2 Box back} bk R, -, sd L, cl R to CP wall;

7-8 {2 Left turns} CP LOD fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRG; Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP [fc wall 1<sup>st</sup> time, fc LOD 2<sup>nd</sup> time];

#### **9-12 HOVER; THRU CHASSE BFLY BJO; CHECK FWD & HOLD; BK CHASSE BFLY SCAR;**

9-10 {Hover} fwd L, -, fwd & sd R rise, rec L; {Thru chasse BFLY BJO} in BFLY thru R, -, sd L/cl R, slight LF trn sd & fwd L BFLY BJO DLW (W thru L, -,sd R/cl L, slight LF trn sd & bk R);

11-12 {Check forward & hold} chk fwd R w body rise, -, - (W chk bk L w body rise, -[Phase IV option W developpe SQQ], -); {Back chasse BFLY SCAR} rec L slight RF trn to fc ptr, sd R/cl L, slight RF trn sd & fwd R BFLY SCAR DRW (W rec R slight RF trn to fc ptr, sd L/cl R, slight RF trn sd & bk L);

#### **13-16 CHECK FWD & HOLD; BK SIDE CLOSE; BOX TO CP LOD;;**

13-14 {Check forward & hold} chk fwd L w body rise, -, - (W chk bk R w body rise, -[Phase IV option W developpe SQQ], -); {Back side close} rec R, -, slight LF trn to fc ptr, cl R;

15-16 {Box to CPLD} fwd L, -, sd R, cl L; bk R comm w/LF trn, -, cont trn bk and sd L, cl R CP LOD;

### Part B

#### **1-4 DIAMOND TURN DLC;::;**

1-4 {Diamond turn} Fwd L trng on DIAG, -, sd R cont trng LF, bk L BJO; Bk R trng LF, -, sd L, fwd R BJO; Fwd L trng on DIAG, -, sd R cont trng LF, bk L BJO; Bk R trng LF, -, sd L, fwd R to CP DLC;

- 5-8 TELEMARK SCP; MANEUVER; SPIN TURN; BOX FINISH;**  
 5-6 {Telemark SCP} fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R); {Maneuver} fwd R trng RF, -, sd L, cl R to CP RLOD  
 7-8 {Spin turn} bk L trn RF, -, fwd R to LOD, rec bk L; {Box finish} bk R trn 1/4 LF, -, sd L, cl R to CP DLC;
- 9-12 DIAMOND TURN SCAR;;;:**  
 9-12 {Diamond turn} Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R BJO; Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R to SCAR DLC;
- 13-16 CROSS HOVER BJO; MANEUVER; IMPETUS SCP; THRU FACE CLOSE:**  
 13-14 {Cross hover BJO} Fwd L comm ¼ LF trn, -, sd & slightly fwd R w rise comp ¼ LF trn BJO DLC, sd & fwd L; {Maneuver} fwd R trng RF, -, sd L, cl R to CP RLOD  
 15-16 {Impetus SCP} bk L, -, comm RF trn, cl R cont RF heel trn, sd & fwd L SCP LOD (W fwd R, -,sd & fwd L trng RF, fwd R); {Thru fc cl} thru R, -, comm RF trn to fc ptr sd L, cl R;

**BRIDGE**

- 1-2 TWISTY VINE 8;;:**  
 1-2 {Twisty vine 8} comm slight RF upper bdy trn sd and bk L, -,XRib of L, comm LF upper bdy trn sd and fwd L, XRif of L w/ LF upper bdy trn to CP DLC; comm slight RF upper bdy trn sd and bk L, -,XRib of L, comm LF upper bdy trn sd and fwd L, XRif of L w/ LF upper bdy trn to CP DLC

**REPEAT PART A (1-8)**

- 1-4 WHISK; THRU HOVER BJO; BK HOVER SCP; MANEUVER;**  
**5-8 SPIN TURN; ½ BOX BK; 2 LEFT TURNS FC LOD;;:**

**PART B**

- 1-4 DIAMOND TURN DLC;;;:**  
**5-8 TELEMARK SCP; MANEUVER; SPIN TURN; BOX FINISH;**  
**9-12 DIAMOND TURN SCAR;;;:**  
**13-16 CROSS HOVER BJO; MANEUVER; IMPETUS SCP; THRU FACE CLOSE:**

**REPEAT PART A (9-16)**

- 9-12 HOVER; THRU CHASSE BFLY BJO; CHECK FWD & HOLD; BK CHASSE BFLY SCAR;**  
**13-16 CHECK FWD & HOLD; BK SIDE CLOSE; BOX TO CP LOD;;:**

**REPEAT PART B**

- 1-4 DIAMOND TURN DLC;;;:**  
**5-8 TELEMARK SCP; MANEUVER; SPIN TURN; BOX FINISH;**  
**9-12 DIAMOND TURN SCAR;;;:**  
**13-16 CROSS HOVER BJO; MANEUVER; IMPETUS SCP; THRU FACE CLOSE:**

**PART C**

- 1-4 PROGRESSIVE BOX;;; LEFT TURNING BOX ½;;:**  
 1-2 {Progressive box} CP fwd L, -, sd R, cl L; fwd R, -, sd L, cl R;  
 3-4 {Left turning box ½} fwd L,-, fwd R trn, cl L; bk R,-, bk L trn, cl R RLOD;

**5-8**     **2 RIGHT TURNS FC WALL;; VINE; THRU & PU;**

5-6       {2 Right turns} bk L trn,-, sd R, cl L; fwd R trn,-, sd L, cl R CP wall;

7-8       {Vine} sd L,-, XRib, sd L; {Thru & pickup} thru R to CP LOD, -, sd L, cl R (W thru L in front of M trn LF to CP, -, sd R, cl L);

**9-12**     **DIAMOND TURN CP DLC;;;:**

9-12      {Diamond turn} Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R BJO; Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R to CP DLC;

**13-16**    **TELEMARK SCP; MANEUVER; IMPETUS SCP; THRU CHASSE SCP**

13-14     {Telemark SCP} fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW; {Maneuver} fwd R trng RF, -, sd L, cl R to CP RLOD

15-16     {Impetus SCP} bk L, -, comm RF trn, cl R cont RF heel trn, sd & fwd L SCP LOD (W fwd R, -,sd & fwd L trng RF, fwd R); {Thru chasse SCP} thru R, -,sd L/cl R, sd L to SCP;

**ENDING**

**1**         **CHAIR & HOLD;**

1         {Chair & hold} SCP LOD fwd R lun stp (W fwd L lun stp), -, -;