

ALLEGHENY FOXTROT

DANCE BY NANCY & DEWAYNE BALDWIN

APR- OCT 604 MAPLE ST P. O. BOX 516 SWEETSER, IN 46987 765-384-7270

NOV- MAR 1048 N ALAMO RD # 348 ALAMO, TX 78516 956-781-5459

E-MAIL weq4u@aol.com

AVAILABLE THRU PALOMINO RECORDS

RECORD STAR 221

ARTIST BALLROOM MUSIC BY HELMUT LICHT

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM FOXTROT PH IV + 1 [CHN OF SWAY] DATE 7-06

SEQUENCE A B C A END

INTRO

- 1-4 ::SD TCH SD TCH; DIP REC;
CP/LOD Wait;; Sd L, tch R, sd R, tch L; Bk L,-, rec R,-;

PART A

- 1-4 REV WAVE;; OUTSD CHG SCP; START IN & OUT RUNS;
Fwd L,-, fwd R trn, bk L; Bk R,-, bk L, bk R; Bk L,-, bk R trn, sd & fwd L;
Fwd R & trn,-, sd & bk L, bk R;
- 5-8 FIN IN & OUT RUNS; WING; X HVR BJO; X HVR SCAR;
Bk L & trn,-, sd & fwd R trn, fwd L; Fwd R,-, draw L, tch L; XLIF,-,
sd R rise, rec L BJO; XRIF,-, sd L rise, rec R SCAR;
- 9-12 X HVR BJO; FWD TCH; BACK X HVR SCAR; X HVR BJO;
XLIF,-, sd R rise, rec L BJO; Fwd R,-, tch L,-; Back XLIB,-, sd R rise,
rec L SCAR; XRIB,-, sd L rise, rec R BJO;
- 13-16 X HVR SCAR; FEA FIN; 2 L TRN CP/WL;;
XLIB,-, sd R rise, rec L SCAR; Bk R,-, sd & fwd L, XRIF; Fwd L trn,-,
sd R trn, cl L; Bk R trn,-, sd L trn, cl R CP/WL;
Note: 2 nd time end CP/LOD

PART B

- 1-4 BOX;; TWIST VINE; FWD FC CLS;
CP/WL Fwd L,-, sd R, cl L; Bk R,-, sd L, cl R; Sd L,-, XRIB, sd L;
Fwd R,-, sd L, cl R CP/WL;
- 5-8 HVR; WEAVE;; MANUV;
Fwd L,-, fwd & sd R rise, rec L; Fwd R,-, fwd L trn, sd & bk R;
Bk L,-, bk R trn, sd & fwd L BJO; Fwd R trn,-, fwd L trn, cl R CP/RL0D;
- 9-12 BK RUN 2; BK RUN 2; 2 R TRNS CP/LOD;;
Bk L,-, bk R, bk L; Bk R,-, bk L, bk R; Bk L trn,-, sd R trn, cl L;
Fwd R trn,-, sd L trn, cl R CP/LOD;
- 13-16 DIA TRN;;;;
Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;

PART C

- 1-4 CP/LOD FWD RUN 2; FWD RUN 2; PROG BOX;
Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Fwd L,-, sd R, cl L; Fwd R,-, sd L, cl R;
- 5-8 OPN TEL; HVR FALWY; SLP PVT BJO; FWD FC CL;
Fwd L,-, fwd R trn, fwd L SCP; Fwd R,-, fwd L rise, rec R; Bk L,-, bk R trn,
fwd L; Fwd R trn,-, sd L, cl R;
- 9-12 HVR; P/UP; DIA TRN 1/2;
REPEAT 5 PART B; Fwd R,-, sd L, cl R CP/LOD; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;
- 13-16 QK DIA 4; DIP & REC; FWD RUN 2; FWD RUN 2;
Fwd L, sd R, bk L, bk R; Bk L,-, rec R,-; REPEAT 1-2 PART C;;

END

- 1-4 REV WAVE;; OUTSD CHN SCP; START IN & OUT RUNS;
REPEAT 1-4 PART A;;;;
- 5-8 FIN IN & OUT RUNS; IN & OUT RUNS;; P/UP;
REPEAT 5 PART A; REPEAT 4-5 PART A;; REPEAT 10 PART C;
- 9-11 OPN TEL; THRU PROM SWAY; CHN OF SWAY;
REPEAT 5 PART C; Thru R,-, sd & fwd L SCP, relax knee;
Rec R,-, rotating upper body,-;