

AMAPOLA FOXTROT



Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : Columbia COCS-11737 CD Track 18
or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp
Rhythm : Foxtrot Phase V + 1 [Telefeather] + 2 [Tipple Chasse Pivot, Pivot To Slow Hairpin]
Sequence : Intro - A - B - A - B - Ending **Tempo** : 29 MPM
Timing : SQQ unless noted on side of measure **Difficulty** : Average
Footwork : Opposite except where noted **Released** : Apr, 2012 Ver. 1.0

INTRO

1 - 4 WAIT;; TOG TCH; QK FEATHER FIN;

1-2 {Wait} LOP Fcg Pos fc DLW trail ft free wait 2 meas;;
SS 3 {Together Touch} Tog R to CP,-, tch L to R,-;
QQQQ 4 {Quick Feather Finish} Bk L, bk R comm trn LF, sd & fwd L cont trn, fwd R outsd ptr in CBMP
end Bjo DLC;

PART A

1 - 4 TELEFEATHER;; THREE STEP; NAT TELE;

SQQ 1-2 {Telefeather} Fwd L comm trn LF with right sd stretch,-, fwd & sd R cont trn, sd & bk L with
Q&QQQ partial wgt keep left sd in twd W cont right sd stretch (W bk R comm trn LF,-, cl L heel trn,
fwd R cont trn); spin LF taking full wgt on L/cont spin, sd R cont trn, sd & fwd L to Bjo with
left sd stretch, fwd R outsd ptr in CBMP (W keeping right sd in twd M fwd L/R, cont trn toe spin
and cl L, cont trn sd & bk R to Bjo, bk L in CBMP) end Bjo DLW;
3 {Three Step} Fwd L with heel lead,-, fwd R on flat, rising on R fwd L on toe end CP DLW;
4 {Natural Telemark} Fwd R comm trn RF,-, sd L with left sd stretch cont trn, sd & fwd R
(W bk L comm trn RF,-, cl R heel trn with right sd stretch, cont trn sd & slightly bk L)
end Scar COH;

5 - 8 SLO X SWVL; CHK FWD REC SD; TWIST VINE 4; HVR X END;

SS 5 {Slow Cross Swivel} XLIF outsd ptr in CBMP,-, swivel LF on L pt R bk,- end Bjo DRC;
6 {Check Forward Recover Side} Fwd R outsd ptr chkg,-, rec L trn RF to fc COH, sd R
end Scar COH;
QQQQ 7 {Twist Vine 4} XLIF, sd R, XLIB, sd R;
QQQQ 8 {Hover Cross Ending} With right sd stretch fwd L outsd ptr twd DLW on toe, rec R with slight
eft sd lesd, sd & fwd L, with left sd stretch fwd R outsd ptr in CBMP on toe end Bjo DLC;

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9 - 12 OPN TELE; CURVED FEATHER CHK; OUTSD SPIN; R TRNG LK;

- 9 {Open Telemark} Fwd L comm trn LF,-, sd R twd DLC cont trn to SCP, sd & fwd L (W bk R comm trn LF,-, cl L heel trn, sd & fwd R) end SCP DLW;
- 10 {Curved Feather Check} Thru R comm trn RF,-, with left sd stretch cont trn fwd L, fwd R outsd ptr in CBMP chkg (W thru L comm trn RF,-, staying well in M's R arm with right sd stretch cont trn sd & bk R, cont upper body trn bk L in CBMP) end Bjo DRW;
- 11 {Outside Spin} Comm RF upper body trn lead W to step outsd ptr sm bk L toe in,-, fwd R outsd ptr cont trn, sd & bk L cont trn (W comm RF upper body trn fwd R outsd ptr,-, cl L heel trn, cont trn fwd R between M's feet) end CP DRW;
- Q&QS 12 {Right Turning Lock} Bk R with right sd lead comm trn RF/XLIF to fc COH, with slight left sd stretch cont upper body trn sd & fwd R between W's feet, cont trn fwd L blend to SCP,- (W fwd L with left sd lead comm trn RF/XRIB, with slight right sd stretch fwd & sd L cont trn, fwd R,-) end SCP DLC;

13 - 16 WEAVE 3; TIPPLE CHASSE PVT; SPIN TRN; FEATHER FIN;

- 13 {Weave 3} Thru R,-, fwd L trn LF to CP, sd & bk R twd LOD (W thru L comm trn LF,-, cont trn sd R to CP, cont trn fwd L twd LOD) end Bjo RLOD;
- SQ&Q 14 {Tipple Chasse Pivot} Comm upper body trn RF bk L,-, cont trn sd R with left sd stretch/cl L, cont trn sd & fwd R twd LOD Pivot 1/2 RF end CP RLOD;
- 15 {Spin Turn} Comm upper body trn RF bk L pivot 1/2 RF,-, fwd R between W's feet cont trn leave L leg bk & sd, rec sd & bk L (W fwd R between M's feet pivot 1/2 RF,-, bk L cont trn brush R to L, sd & fwd R) end CP DLW;
- 16 {Feather Finish} Bk R trn 1/4 LF,-, sd & fwd L, fwd R outsd ptr in CBMP end Bjo DLC;

PART B

1 - 4 REV WAVE; CHK & WEAVE;; CURVING THREE;

- 1 {Reverse Wave} Fwd L comm trn LF,-, sd R cont trn (W cl L heel trn), bk L end CP DRC;
- 2-3 {Check & Weave} Slip bk R with slight contra check action,-, rec L trn LF, sd R lead W to outside ptr; with right side stretch bk L in CBMP, bk R to momentary CP cont trn LF, sd & fwd L cont trn with left side stretch, fwd R in CBMP end Bjo DLW;
- 4 {Curving Three Step} With curving CCW fwd L blend to CP,-, fwd R, fwd L end CP DRC;

5 - 8 BK CURVING THREE; THREE STEP; NAT TRN; BK TWIST VINE 4;

- 5 {Back Curving Three Step} Bk R comm trn LF,-, bk L well under body with left sd stretch cont trn, with left sd stretch bk R well under body cont trn end CP DLW;
- 6 {Three Step} Repeat meas 3 Part A;
- 7 {Natural Turn One Half} Comm upper body trn RF fwd R,-, sd L cont trn to fc RLOD, bk R (W bk L,-, cl R heel trn, fwd L) end CP RLOD;
- QQQQ 8 {Back Twist Vine 4} Bk L trn RF to fc COH, sd R, XLIF, trn LF sd & bk R to Bjo DRC;

9 - 12 PVT TO SLO HAIRPIN;,, HEEL PULL FEATHER END;,, OPN TELE;

- SSQQ 9-10.5 {Pivot To Slow Hairpin} Bk L pivot 3/8 RF no sway,-, fwd R,-; fwd L, with left sd stretch and strong curve to right fwd R outsd ptr on toe in CBMP chkg end Bjo DRW,
- SQQQQ 10.5-11 {Heel Pull Feather Ending} Bk L comm trn RF,-; cont trn on L heel pull R then past L and slightly apart from L transfer wgt to R, flex knees, fwd L twd DLC, fwd R outsd ptr in CBMP (W fwd R comm trn RF,-; sd L cont trn, draw R to L flex knees, bk R, bk L in CBMP) end Bjo DLC;
- 12 {Open Telemark} Repeat meas 9 Part A;

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13 - 16 NAT FALWY WHISK; SLO OUTSD SWVL; OUTSD CHG TO SCP; CHAIR & SLIP;

- QQQQ 13 {Natural Fallaway Whisk} Thru R comm trn RF, sd & bk L, cont trn sd & bk R, with strong right sd stretch XLIB (W thru L, fwd R between M's feet, comm trn RF sd L, cont trn with strong left sd stretch XRIB) end Tight SCP RLOD;
- SS 14 {Slow Outside Swivel} Thru R leave L ft bk,-, lead W to swivel LF to Bjo DRW,- (W thru L,-, swivel LF on L,-) end Bjo DRW;
- 15 {Outside Change To SCP} Bk L,-, bk R trn LF to SCP, sd & fwd L (W fwd R outsd ptr,-, fwd L, sd & fwd R) end SCP DLW;
- 16 {Chair & Slip} Chk thru R with lunge action,-, rec L no rise, slip bk R (W chk thru L with lunge action,-, rec R no rise, swivel LF on R fwd L) end CP DLC;

REPEAT PART A

REPEAT PART B

END

1+ OK TELE TO PROM OVRSWAY;,,

- QQSS 1+ {Quick Telemark To Promenade Oversway} Fwd L comm trn LF, sd R cont trn to SCP (W bk R comm trn LF, cl L heel trn), sd & fwd L (W sd & fwd R) stretch body upward to look over jnd lead hnds,-; gradually relax L knee stretch left sd look at ptr (W look well left),-