

ANYTHING GOES FOXTROT

Choreography: Julie & Tony McDonald PO Box 4069 Weston ACT 2611 Email: mcdont2339@bigpond.com
Music: CD – Songs for Swingin' Lovers – Capital Records – Track #14 by Frank Sinatra **Speed:** As on CD
Rhythm & Phase: Foxtrot Phase V
Footwork: Described for M – W opposite (or as noted)
Timing: Indicates weight changes
Sequence: Intro A B C B (Mod) A (1-8 Mod) Ending **Released:** August 2012

INTRODUCTION

1-4 LOP FCG DRW WAIT 2;; TOG TOUCH TO CP; FEATHER FINISH;

1-2 Man face partner and DRW lead hands joined lead feet free – wait 2 measures;;
S-- 3 Fwd L blending to CP DRW,, touch R to L, shape turning upper body RF;
SQQ 4 Back R comm LF turn,, side L cont LF turn, fwd R to BJO DLW;

PART A

1-4 THREE STEP; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;

SQQ 1 L heel lead blending to CP,, fwd R heel lead , fwd L in CP DLW;
SQQ 2 Fwd R between W's feet comm RF turn,, fwd & around W L (W Heel Turn), Back R LOD in CP;
SQQ 3 Back L comm RF turn,, cl R to L heel turn face LOD, side & back L to CP DLW;
SQQ 4 Back R comm LF turn,, side L cont LF turn, fwd R to BJO DLC;

5-8 REVERSE TURNS;; WHISK; WING TO SCAR;

SQQ 5-6 Fwd L blend to CP comm LF turn,, cont LF turn side & back R (W Heel Turn), Back L in CP RLOD;
SQQ Back R comm LF turn,, cont LF turn side L, fwd R to BJO DLW;
SQQ 7 Fwd L,, side & fwd R, XLIB of R to SCP DLC;
S-- 8 Fwd R,, rotate LF leading W around CCW (Fwd L,, fwd R, fwd L) to SCAR DLC,;
(SQQ)

9-12 TELEMARK SCP; NAT HOVER FALLAWAY; SLIP PIVOT BJO; OPEN NATURAL;

SQQ 9 Fwd L comm LF turn,, cont LF turn side & fwd R (W Heel Turn), cont LF turn side & fwd L to SCP DLW;
SQQ 10 Thru R comm RF turn, cont RF turn fwd L w/hovering action in SCP, rec R to SCP DRW;
SQQ 11 Back L, back R turning LF leading W to slip to CP, side & fwd L to BJO DLW (Back R, turning LF fwd L slip to CP, side & back R to BJO);
SQQ 12 Fwd R comm RF turn,, fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M's feet, side & fwd L) to BJO DRC;

13-16 OUTSIDE SPIN; FEATHER FINISH; HOVER; FEATHER;

SQQ 13 Turning RF back L small step toe in,, side & fwd R DLC around W spin RF on toe, cont. RF turn side & back L (Fwd R turning RF outside M,, spinning on toe close L to R, side & fwd R) end CP DRW;
SQQ 14 Back R comm LF turn,, side L cont LF turn, fwd R to BJO DLW;
SQQ 15 Fwd L,, side & fwd R w/hovering action (side L brushing), recover L to SCP DLC;
SQQ 16 Thru R,, Fwd L, Fwd R DLC/BJO (W Thru L Turn LF Twd Ptr,-, Side & Back R To BJO, Back L);

PART B

1-4 DIAMOND TURN THREE QUARTERS;;; BACK HOVER SCAR/DLW;

SQQ 1-3 Fwd L comm LF turn,, cont LF turn side R, side & back L to BJO DRC;
SQQ Back R comm LF turn,, cont LF turn side L, side & fwd R to BJO DRW;
SQQ Fwd L comm LF turn,, cont LF turn side R, side & back L to BJO DLW;
SQQ 4 Back R,, back L w/hovering action leading W to SCAR, recover R to SCAR DLW;

5-8 CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; OPEN NATURAL;

SQQ 5 Fwd L in SCAR,, fwd & side R rising blend to CP, recover L BJO DLC;
SQQ 6 Fwd R in BJO,, fwd & side L rising blend to CP, recover R SCAR DLW;
SQQ 7 Fwd L in SCAR,, fwd & side R rising blend to CP, fwd L SCP LOD;
SQQ 8 Fwd R comm RF turn,, fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M's feet, side & fwd L) to Contra BJO DRC;

9-12 OPEN IMPETUS; IN AND OUT RUNS;; SLOW SIDE & LOCK;

SQQ 9 Back L DLW comm RF turn,, cl R to L heel turn, side & fwd L (fwd R outside ptr comm RF turn, fwd & side L cont RF turn, side & fwd R) to SCP LOD;
SQQ 10-11 Fwd R comm RF turn,, fwd & side L (W fwd R between M's feet) cont RF turn, back R to BJO RLOD; back L turn RF,, side & fwd R (W side & fwd L around M) between W's feet cont turn, fwd L to SCP;
SQQ 12 Thru R,, side L turning LF pick up W CP LOD, XRIB L face DLC;

13-16 DOUBLE REVERSE; REVERSE WAVE;; DOUBLE BACK LILT;

- QQ-- 13 Fwd L comm LF turn, fwd & side R cont LF turn, touch L to R, hold (back R comm LF heel turn, cl L to R, cont LF turn side & slightly back R, XLIF of R) to CP DLW;
(QQQQ)
SQQ 14-15 Fwd L blending to CP comm LF turn,, fwd & side R cont LF turn (cl heel turn), back L twd DLW; Back R DLW
SQQ turning LF,, back L LOD, back R to CP RLOD;
QQQQ 16 Lower back L, cl R to L on toes, lower back L, cl R to L on toes;

PART C

1-4 BACK FEATHER; FEATHER FINISH; HOVER TELEMAR; OPEN NATURAL;

- SQQ 1 Back L,, back R blending to BJO, back L;
SQQ 2 Back R comm LF turn,, side L cont LF turn, fwd R to BJO DLW;
SQQ 3 Fwd L,, Side & Fwd R, Turn RF To SCP Fwd L DLW;
SQQ 4 Fwd R comm RF turn,, fwd L cont RF turn, cont RF turn side & back R (fwd L, fwd R between M's feet, side & fwd L) to BJO DRC;

5-8 OUTSIDE SPIN & TWIST SCP;; NAT TURN HALF; HEEL PULL;

- SQQ 5-6 Turn body RF toe in back L small step,, side & fwd R DLC around W spin RF on toe, side & back L to CP DRC
SQQ (turn body RF fwd R outside M,, spinning on toe close L to R, side & fwd R); XRIB L w/partial wt, unwind RF
(QQQQ) changing wt to R, cont RF turn side & fwd L (around M fwd L, fwd R, fwd L turning RF, side & fwd R) end SCP
LOD;
SQQ 7 Thru R comm RF turn,, cont RF turn side & back L (fwd R between M's feet), back R LOD in CP;
SQ- 8 Back L pulling R heel to L,, turning RF side & fwd R DLC, hold;

9-12 THREE FALLAWAYS;; FEATHER FINISH;

- SQQ 9-11 Fwd L comm LF turn,, cont LF turn side R with R side stretch, XLIB of R to SCP with R side stretch
(back R turning LF,, side L, XRIB of L) to SCP DRW;
SQQ Back R turning LF to CP DRW,, cont LF turn side & back L with L side stretch, cross R well behind L
(turning LF fwd L slipping to CP,, cont LF turn side and back R to RSCP, cross L well behind R) to RSCP;
SQQ Turning LF fwd L to CP DLC,, cont LF turn side R with R side stretch, cross L in back of R to SCP with R side
stretch (back R turning LF,, side L, XRIB of L) to SCP DRW;
SQQ 12 Back R comm LF turn,, side L cont LF turn, fwd R to BJO DLW;

13-16 HOVER TELEMAR; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;

- SQQ 13 Fwd L,, Side & Fwd R, Turn RF To SCP Fwd L DLW;
SQQ 14 Thru R comm RF turn,, cont RF turn side & back L (fwd R between M's feet), back R LOD in CP;
SQQ 15 Back L comm RF turn,, cl R to L heel turn face LOD, side & back L to CP DLW;
SQQ 16 Back R,, side L to face LOD, fwd R to BJO DLC;

PART B (Mod)

1-4 DIAMOND TURN THREE QTRS;; BACK HOVER SCAR/DLW;

5-8 X HVR BJO; X HVR SCAR; X HVR SCP; OPEN NATURAL;

9-12 OPEN IMPETUS; IN AND OUT RUNS;; SLOW SIDE & LOCK;

13-16 DOUBLE REVERSE; REVERSE WAVE 3; CHECK & WEAWE;;

- 1-13 Repeat Part B 1-13;;
SQQ 14 Fwd L comm LF turn,, fwd & side R cont LF turn (W heel turn), back L twd DLW in CP;
SQQ 15-16 Back R Checking,, fwd L turning LF DRW, side & back R to BJO; Back L in BJO, Back R Comm LF
QQQQ turn, Side L Cont LF turn, fwd R to BJO DLW;

PART A (1-8 Mod)

1-4 THREE STEP; NAT TURN HALF; CLOSED IMPETUS; FEATHER FINISH;

5-8 REVERSE TURNS;; HOVER BFLY; SYNC VINE;

- 1-6 Repeat Part A 1-6;;
SQQ 7 Fwd L,, side & fwd R w/hovering action (side L brushing), recover L SCP DLC blending to BFLY;
SQQaQ 8 Thru R,, side L, XRIB L/side L;

ENDING

1-4+ THRU QUICK SERPIENTE;; QUICK VINE 5;, & SIDE CORTE,;

- QQQ- 1-2 Thru R, side L, XRIB L, flair L CCW; XLIB R, side R, thru L, flair R CCW;
QQQ-
QQQQQ3-4 Thru R, side L, XRIB L, side L; thru R,
-S hold, side L stretching L side raising lead hands lowering trail hands looking to RLOD,;