

BORN TO LOSE

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Music: Born To Lose by Boots Randolph From the CD album Best Of
Boots Randolph Available from Wal-Mart Music Downloads

Rhythm/Phase: Foxtrot Phase V

Footwork: Opposite throughout, direction for M (and for W where noted).

Sequence: Intro A B A Ending

..... INTRODUCTION (4 Measures)

CP DLW WAIT 2 MEAS;; HOVER TELEMAR; CHAIR REC SLIP;

[1 & 2] In clsd pos DLW w/ lead feet free wait 2 meas;; [3] Fwd L, -, diag sd & fwd R rising slightly, fwd L to semi-clsd pos; [4] Check thru R w/ lunge action, -, rec L, with slight lf upper body turn slip R bhnd left to clsd pos LOD;

..... PART A (16 Measures)

THREE-STEP; NATURAL TELEMAR; HOVER CROSS ENDING CHKNG; TO A TOP SPIN; REVERSE TURN;; HOVER TELEMAR; PKUP SD CL; OPN REVERSE TURN; TO A HOVER CORTE; BACK WHISK; NATURAL HOVER CROSS;; THREE-STEP; OPN NATURAL; HESITATION CHNG;

[1] Fwd L, -, fwd R, fwd L; [2] Fwd R commence to turn right, -, sd L w/ left side stretch, cont right turn sd & fwd R to sdcar DLW (Bk L commence to turn right, -, cl R to left heel trng w/ right side stretch, sd & slightly bk L to sdcar); [3] With right side stretch fwd L in CBMP outside partner w/ chkng action, rec R, with left side lead sd & fwd L, w/ left side stretch fwd R in CBMP outside partner w/ chkng action; [4] With weight on ball of right foot commence lf spin bk L in CBMP, bk R w/ about 1/8 turn, stretch sd & slightly fwd L w/ about 1/4 turn, cont left side stretch & slight lf turn fwd R in CBMP outside partner end slightly DLC; [5 & 6] Fwd L start lf body turn, -, sd R cont turn, bk L LOD to CP; Bk R cont lf turn, -, sd & slightly fwd L DLW, fwd R CBMP (Bk R start lf turn, -, cl L to right (heel turn) cont turn, fwd R to CP; Fwd L cont lf turn, -, sd R to DLW, bk L to CBMP); [7] Fwd L, -, diag sd & fwd R rising slightly, fwd L to semi-clsd pos; [8] Fwd R small step picking up woman to CP LOD, -, sd L, cl R; [9] Fwd L trng lf, -, cont turn sd R, bk L to CBMP fc RLOD; [10] Bk R w/ lf turn, -, sd & fwd L w/ hovering action cont turn, rec R in CBMP fc LOD; [11] Bk L, -, bk & sd R, XLIB of R finishing in semi-clsd pos; [12 & 13] Fwd R DLW commence to turn right, -, sd L w/ left side stretch about 1/4 turn, cont right turn sd R about 1/2 turn to fc about DLC; Fwd L outside partner, rec R, sd & fwd L, fwd R in CBMP outside partner; [14] Fwd L, -, fwd R, fwd L blnd CP LOD; [15] Commence rf upper body turn fwd R heel to toe, -, sd L across LOD, bk R lead partner to CBMP fc RLOD; [16] Bk L commence rf upper body turn, -, sd R cont turn, draw L to right end CP slightly DLC;

..... PART B (16 Measures)

REVERSE FALLAWAY; SLIP & CHASSE BJO; NATURAL WEAVE;; CHANGE OF DIRECTION; HOVER TELEMAR; PROMENADE WEAVE;; THREE-STEP; NATURAL TURN 1/2; IMPETUS SEMI; FEATHER; REVERSE TURN;; WHISK; FEATHER;

[1] Fwd L commence lf turn, -, sd R, XLIB of R end semi-clsd fcng about RLOD; [2] Bk R commence strong lf turn, -, sd L/cl R, sd L end bjo DLW; [3 & 4] Fwd R commence to turn right, -, sd L w/ about 1/4 turn, bk R prepare to lead woman outside partner; Bk L CBMP, bk R commence lf turn passing thru clsd pos, fwd L w/ left side stretch prepare to step outside partner trng about 1/4, fwd R outside partner CBMP DLW; [5] Fwd L diag line & wall, -, fwd R diag line & wall with right shldr lead & commencing slight lf turn, draw L to right to fc DLC; [6] Fwd L, -, diag sd & fwd R rising slightly, fwd L to semi-clsd pos; [7 & 8] Fwd R, -, fwd L trng lf to clsd pos, sd & slightly bk R to CBMP DLC; Bk L, bk R trng lf & trng woman to clsd pos, sd & slightly fwd L, fwd R bjo DLW; [9] Fwd L, -, fwd R, fwd L blnd CP LOD; [10] Commence rf upper body turn fwd R heel to toe, -, sd L across LOD, bk R end CP RLOD; [11] Commence rf upper body turn bk L, -, cl R to left (heel turn), fwd L in tight semi-clsd pos; [12] Fwd R, -, fwd L, fwd R in CBMP; [13 & 14] See meas 5 & 6 of Part A;; [15] Fwd L to clsd pos, -, fwd & sd R commencing rise to ball of foot, XLIB of R; [16] Fwd R, -, fwd L, fwd R in CBMP;

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..... ENDING (5 Measures)

2 LT TURNS WALL;; TWIRL VINE; THRU TO PROMENADE SWAY & HOLD;;

[1 & 2] Fwd L commence If upper body turn, -, cont turn sd & bk R blnd clsd pos, cl L; Bk R cont If turn, -, sd & fwd L, cl R blnd CP wall; [3] Sd L, -, XRIB, sd L (W sd & fwd R trng 1/2 rf, -, sd & bk L cont turn, sd R); [4 & 5] Twd LOD step thru R, -, sd & fwd L trng to semi-clsd pos & stretching body upward to look over joined lead hnds, -; Hold - - -;