

COME DANCE WITH ME

Music: Nancy Hays
www.amazon.com/Come-Dance-Me-Nancy-Hays/dp/B0010XBFTG
Track # 4 Time 2:45 Available from choreographer

Rhythm : Foxtrot Phase : IV+2 (Check & Weave + Hover Cross) +1U (Lace Box)

Footwork: Opposite except where (Noted)

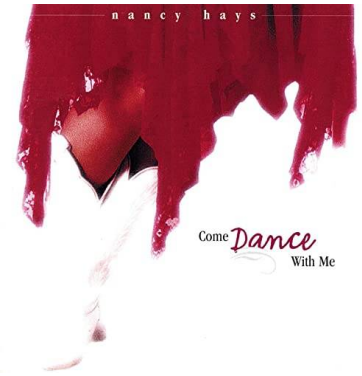
Release Date: May 21

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Sequence: INTRO AB AB END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL/VINE 3 ; THRU FACE CLOSE ;

{Wait} Bfly Pos WALL ld ft free wt 2 meas ; ; {Twirl/Vine 3} Sd L raisg ld hnds, -, XRib, sd L (W full RF trn undr jnd ld hnds fwd R, -,sd & bk L, fwd R) to SCP LOD ; {Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to DLW WALL ;

PART A

01-04 WHISK ; THRU VINE 4 ; PROMENADE WEAVE ; ;

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ; {Promenade Weave} [SQQ;QQQQ] Fwd R, -, fwd L com LF trn, sd & bk R LOD (W fwd L prepg for LF trn, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L to BJO) ; Bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW (W fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ;

05-08 THREE STEP ; OP NATURAL ; CLOSED IMPETUS ; FEATHER FINISH ;

{Three Step} Fwd L, -, sd & fwd R btwn W's ft, fwd L ; {OP Natural} Fwd R btwn W's ft trng RF, -, sd L twd Wall, bk R w/ rt shldr ld BJO (W bk L, -, cls R heel trn, fwd L outsd M to BJO) ; {Closed Impetus} Comm RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (W comm RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft) to CP DLW ; {Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK WHISK ;

{OP Reverse Trn} Fwd L stg LF bdy trn, -, contg LF trn sd R, bk L to BJO RLOD ; {Hover Corte} Bk R stg ½ LF trn, -, cont trn sd & fwd L risg & compg trn, rec R to BJO LOD ; {Bk Twisty Vine 4} (QQQQ) Bk L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; {Bk Whisk} Bk L, -, bk & sd R, XLib (W Fwd R trng ½ RF, bk & sd L, XRib) to SCP LOD ;

13-16 THRU FACE BEHIND ; ROLL 3 to SCP ; OP NATURAL ; HESITATION CHANGE ;

{Thru Fc Behind} Thru R, -, sd L to fc ptr, XRib (W XLib) ; {Roll 3 to SCP} Start LF trn (W RF) to LOD sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; {OP Natural} Thru R stg RF trn, -, contg RF trn sd L ifo W, bk R (W fwd L, -, R, L) to BJO RLOD ; {Hesitation Chng} [SS-] Bk L trng RF, -, sd R contg trn, draw L CP DLC ;

PART B

01-04 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Trn /W Inside Trns} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R raisg ld hnds, -, compg ¼ LF trn sd L, fwd R (W fwd L comm LF trn under ld hnds fc RDC, -, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & DLC ; ;

05-08 TELEMAR to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Telemark to SCP} Fwd L risg comm LF trn, -, sd & arnd ptr R now backg LOD, contg LF trn sd & fwd L twd DLW w/ lft sd ldg (W bk R toe to heel, -, bring L along sd R ft without wgt then trn on heel of R to face DLW then xfer wgt to the flat of the L foot, contg LF trn sd & fwd R twd DLW rt sd ldg) to SCP DLW ; {In & Out Runs} Fwd R stg RF trn, -, sd & bk DLW on L to CP, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Bk L trn RF, -, sd & fwd R btwn W's ft cont RF trn, fwd L (W fwd R stg RF trn, -, fwd & sd L cont trn, fwd R compg trn) to SCP DLC ; {Chair & Slip} Lun thru R, -, rec L, slip R bhd L (W lun thru L, -, rec R, swlgl LF on R slip fwd L outsd M's R ft) to CP DLC ;

09-12 FULL REVERSE TURN ; ; HOVER TELE ; START HOVER CROSS ;

{Full Reverse Trn} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD (*W Bk R comm LF trn, -, cl L [heel trn], fwd R btw M's ft*); Bk R cont LF trn, -, sd & fwd L cont trn, fwd outsd ptr (*W fwd L cont LF trn, -, sd & bk R, bk L*) to BJO DLW ; **{Hover Tele}** Fwd L, -, fwd & sd R w/ lft shldr ld, sd & fwd L to SCP LOD ; **{Start Hover Cross}** [SQQ] Fwd R twd WALL begin RF trn, -, cont RF trn sd L, cont RF trn fwd R (*W fwd L begin RF trn to CP, -, small fwd R cont RF trn, cont RF trn sd & slightly bk L backg DLW*) to SCAR DLW ;

13-16 FINISH HOVER CROSS ; REVERSE WAVE 3 to CHECK & WEAWE ; ; ;

{Finish Hover Cross} [QQQQ] Fwd L small step on toes/rec R, trng LF & blendg briefly to CP sd L, XRif to BJO DLC ; **{Reverse Wave 3 to Check & Weave}** Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L twd DLW to CP DRC ; [SQQ; QQQQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ rt shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ;

ENDING

01-04 HOVER TELE ; THRU HOVER to BJO ; BACK & HOVER to SCP ; THRU to WHIPLASH ;

{Hover Tele} Repeat meas 11 Part B ; ; **{Thru Hover to BJO}** Thru R, -, fwd L w/ slight rise & LF trng, rec R (*W thru L, -, fwd & sd R w/ slight rise & ½ LF trng to RLOD, fwd L*) to BJO ; **{Bk Hover to SCP}** Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; **{Whiplash to CP}** [SS] Thru R, -, trng bdy RF to ptr point L LOD (*W thru L, -, point R fwd swiv slowly on L LF to fc ptr*) to CP WALL, -;

05-08 LACE BOX ; ; ; ;

{Lace Box} Fwd L trng ¼ LF to fc LOD, -, sd R, cl L ; Raisg jnd ld hnds bk R trng ¼ LF to fc COH, -, sd L, cl R (*W sm fwd L, R, L twds RLOD under ld arms [not passg thru & no trn]*) ; Fwd L trng ¼ LF to fc RLOD, -, bringing arms down sd R, cl L (*W passg thru under raised arms fwd R startg ½ RF circ, contg circ as arms come down fwd L, fwd R*) to CP RLOD ; Bk R trng ¼ LF to fc WALL, -, sd L, cl R to CP WALL ;

09-10 WHISK ; THRU to PROMENADE SWAY ;

{Whisk} Repeat meas 1 Part A ; **{Thru to Promenade Sway}** Thru R, -, sd & fwd L & stretch bdy upward to look ovr ld hnds, relax L knee leavg R leg etnd (*W sd & fwd R & stretch bdy upward to look ovr ld hnds relax R knee leave L leg xtnd & lookg well to L*), -;