

## **DON'T FORGET TO REMEMBER**

Released: July 2017  
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Music: Don't Forget To Remember Artist: The Bee Gees Album: Number Ones, Track # 6  
Available as a single download from www.amazon.com  
Time/Speed: Time @ RPM: 3:27 @ 45 [20 MPM] as downloaded - speed up or slow down to suit  
Suggested speed: 3:10 @ 48.8 [+8%][22 MPM]  
Footwork: Opposite unless indicated (Woman's footwork in parentheses)  
Rhythm/Phase: **Bolero Phase 3+1 [Hip Rocks]**  
Degree of Difficulty: EASY  
Sequence: INTRO A B A B END

### **MEAS:**

### **INTRODUCTION**

#### **1-4 CUDDLE POSITION MAN FACING WALL LEAD FEET FREE WAIT 2 MEAS ; ; HIP LIFT TWICE ; ;**

- 1-2 **Wait ; Wait ;**  
3 **{HIP LIFT}** Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower hip (*W Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower hip*) ;  
4 **{HIP LIFT}** Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower hip (*W Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower hip*) ;

### **PART A**

#### **1-4 BASIC ; ; UNDERARM TURN TO BFLY ; SHOULDER TO SHOULDER ;**

- 1 **{BAS}** Sd L w/ body rise, -, bk R w/ slipping action, fwd L (*W Sd R w/ body rise, -, fwd L w/ slipping action, bk R*) ;  
2 Sd R w/ body rise, -, fwd L w/ slipping action, bk R (*W Sd L w/ body rise, -, bk R w/ slipping action, fwd L*) ;  
3 **{UNDRM TRN TO BFLY}** Sd L w/ body rise, -, XRib of L lowering, fwd L to BFLY (*W Sd R w/ body rise commence RF trn under jnd lead hnds, -, XLif lowering & cont trng 1/2 RF, fwd R complete RF trn to fc ptr in BFLY*) ;  
4 **{SHLDR-SHLDR}** Sd R w/ body rise, -, XLif to BFLY SCAR lowering, bk R trng to fc ptr (*W Sd L w/ body rise, -, XRib BFLY SCAR lowering, fwd L to fc ptr*) ;

#### **5-8 SPOT TURN TO BFLY ; OPEN BREAK TO CP ; HIP ROCK 3 TWICE ; ;**

- 5 **{SPT TRN TO BFLY}** Sd L w/ body rise commence LF body trn, -, XRif lowering & cont 1/2 LF trn on R, fwd L comp 1/4 trn to fc ptr (*W Sd R w/ body rise commence RF body trn, -, XLif lowering & cont 1/2 RF trn on L, fwd R comp 1/4 trn to fc ptr*) ;  
6 **{OP BRK TO CP}** Sd & fwd R w/ body rise to LOP FCG, -, bk L lowering, fwd R to CP WALL (*W Sd & bk L w/ body rise to LOP FCG, -, bk R lowering, fwd L to CP COH*) ;  
7 **{HIP RK 3}** Rk sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll (*W Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll*) ;  
8 **{HIP RK 3}** Rk sd R rolling hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll (*W Rk sd L rolling hip sd & bk, -, rec R w/ hip roll, rec L w/ hip roll*) ;

#### **9-12 1/2 BASIC ; BREAK BACK TO OP LOD ; BOLERO WALK 3 ; ROLL LADY ACROSS TO LOP LOD ;**

- 9 **{1/2 BAS}** Sd L w/ body rise, -, bk R w/ slipping action, fwd L (*W Sd R w/ body rise, -, fwd L w/ slipping action, bk R*) ;  
10 **{BRK BK TO OP LOD}** Sd R w/ body rise, trn LF to OP LOD, bk L w/ slipping action, fwd R (*W Sd L w/ body rise, trn RF to OP LOD, bk R w/ slipping action, fwd L*) ;  
11 **{BL WLK 3}** Fwd L w/ body rise, -, fwd R, fwd L (*W Fwd R w/ body rise, -, fwd L, fwd R*) ;  
12 **{ROLL LADY ACRS TO LOP LOD}** Slight fwd R w/ body rise, release R hnd as W commences a LF trn, fwd L lowering, fwd R ending in LOP fcg LOD (*W Fwd & sd L acrs LOD w/ body rise, commence trng LF, sd & fwd R cont LF trn, sd & fwd L comp LF trn to fc LOD*) ;

#### **13-16 BOLERO WALK 6 ; ; ROLL LADY ACROSS TO OP LOD ; BOLERO WALK 3 TO BFLY ;**

- 13 **{BL WLK 6}** Fwd L w/ body rise, -, fwd R, fwd L (*W Fwd R w/ body rise, -, fwd L, fwd R*) ;  
14 Fwd R w/ body rise, -, fwd L, fwd R (*W Fwd L w/ body rise, -, fwd R, fwd L*) ;  
15 **{ROLL LADY ACRS OP LOD}** Slight fwd L w/ body rise, release L hnd as W commences a RF trn, fwd R lowering, fwd L ending in OP fcg LOD (*W Fwd & sd R acrs LOD w/ body rise, commence trng RF, sd & fwd L cont RF trn, sd & fwd R comp LF trn to OP LOD*) ;

- 16 {**BL WLK 3 TO BFLY**} Fwd R w/ body rise, -, fwd L, fwd R trng to BFLY WALL (*W Fwd L w/ body rise, -, fwd R, fwd L trng to BFLY COH*) ;

**PART B**

**1-4 NEW YORKER TWICE ; ; FENCE LINE ; LUNGE BREAK TO BFLY ;**

- 1 {**NY**} Sd L w/ body rise, -, fwd R w/ slipping action lowering & commence LF trn to side by side position, bk L commence RF trn to fc ptr (*W Sd R w/ body rise, -, fwd L w/ slipping action lowering & commence RF trn to side by side position, bk R commence LF trn to fc ptr*) ;
- 2 {**NY**} Sd R w/ body rise, -, fwd L w/ slipping action lowering & commence RF trn to side by side position, bk R commence LF trn to fc ptr (*W Sd L w/ body rise, -, fwd R w/ slipping action lowering & commence LF trn to side by side position, bk L commence RF trn to fc ptr*) ;
- 3 {**FNC LINE**} Sd L w/ body rise, -, X lun thru R w/ bent knee looking to L, bk R (*W Sd R w/ body rise, -, X lun thru L w/ bent knee looking to R, bk L*) ;
- 4 {**LUN BRK TO BFLY**} Sd & fwd R w/ body rise to LOP FCG, -, commence slight RF body trn lowering on R leading W bk extend L to sd & bk, commence slight LF body trn rising on R to rec (*W Sd & bk L w/ body rise to LOP FCG, -, bk R w/ contra ck like action, fwd L*) ;

**5-8 SHOULDER TO SHOULDER TWICE ; ; FENCE LINE WITH ARM SWEEP TWICE ; ;**

- 5 {**SHLDR-SHLDR**} Sd L w/ body rise, -, XRif to BFLY BJO lowering, bk R trng to fc ptr (*W Sd R w/ body rise, -, XLib BFLY BJO lowering, fwd R to fc ptr*) ;
- 6 {**SHLDR-SHLDR**} Sd R w/ body rise, -, XLif to BFLY SCAR lowering, bk R trng to fc ptr (*W Sd L w/ body rise, -, XRif BFLY SCAR lowering, fwd L to fc ptr*) ;
- 7 {**FNC LINE W/ ARM SWEEP**} Sd L w/ body rise commence raising R arm up & over to L, cont arm sweep to L, X lun thru R w/ bent knee looking to L commence moving R arm bk to R, bk R endg in BFLY (*W Sd R w/ body rise commence raising L arm up & over to R, cont arm sweep to R, X lun thru L w/ bent knee looking to R commence moving L arm bk to L, bk L endg in BFLY*) ;
- 8 {**FNC LINE W/ ARM SWEEP**} Sd R w/ body rise commence raising L arm up & over to R, cont arm sweep to R, X lun thru L w/ bent knee looking to R commence moving L arm bk to L, bk L endg in BFLY (*W Sd L w/ body rise commence raising R arm up & over to L, cont arm sweep to L, X lun thru R w/ bent knee looking to L commence moving R arm bk to R, bk R endg in BFLY*) ;

**9-12 1/2 BASIC ; LUNGE BREAK ; SPOT TURN TO CP ; HIP LIFT ;**

- 9 {**1/2 BAS**} Same as Part A meas 9 ;
- 10 {**LUN BRK**} Same as Part B meas 4 ;
- 11 {**SPT TRN TO CP**} Same as Part A meas 5 except end in CP ;
- 12 {**HIP LIFT**} Same as Introduction meas 4 ;

**13-16 UNDERARM TURN ; REVERSE UNDERARM TURN LADY WRAP TO LOD ; BOLERO WALK 3 ; THRU FACE CLOSE TO CUDDLE POSITION ;**

- 13 {**UNDRM TRN**} Same As Part A meas 3 ;
- 14 {**REV UNDRM TRN LADY WRP TO LOD**} Sd R w/ body rise, -, XLif R lowering, bk L leading W to trn LF to WRPD POS LOD (*W Sd L w/ body rise, commence LF trn under jnd lead hnds, XRif lowering & cont trn 1/2 LF, fwd L cont LF trn to WRPD POS LOD*) ;
- 15 {**BL WLK 3**} Same as Part A meas 11 except done in wrapped position;
- 16 {**THRU FC CL TO CUDDLE POS**} Thru R w/ body rise, fwd L trng to fc ptr & lowering, cl R to end in CUDDLE POS WALL (*W Thru L w/ body rise, fwd R trng to fc ptr & lowering, cl L to end in CUDDLE POS COH*) ;

**REPEAT PART A**

**REPEAT PART B**

**END**

**1-2 DIP BACK WITH A LEG CRAWL ; EMBRACE ;**

- 1 {**DIP BK W/ LEG CRAWL**} Bk L w/ bent knee keep R leg straight, stretch L sd up & bk leading W to a leg crawl, -, - (*W Fwd R w/ bent knee, commence raising L leg up M's R leg, -, -*) ;
- 2 {**EMBRACE**} Bring both arms down to enfold ptr & lower head to tch her head, hold, -, - (*W Slide both arms around ptr's neck & lower head to his shoulder, hold, -, -*) ;