

# EMBRACEABLE YOU



**Choreo** : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN  
**Music** : Columbia COCS-11736 CD Track 2  
or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp  
**Rhythm** : Foxtrot Phase V + 1 [Traveling Hover Cross] + 1 [Tipple Chasse Pivot]  
**Sequence** : Intro - A - B - A - Bmod **Speed** : 29 MPM  
**Timing** : SQQ unless noted by side of measure **Difficulty** : Average  
**Footwork** : Opposite except where noted **Released** : Nov, 2011 Ver. 1.0

## INTRO

### 1 - 4 WAIT;; CL IMPETUS; FEATHER FIN;

- 1-2 {Wait} CP RLOD lead ft free wait 2 meas;;  
3 {Closed Impetus} Comm RF upper body trn bk L flex knee,-, cl R heel trn, cont trn bk & sd L  
(W comm RF upper body trn fwd R between M's feet flex knee,-, sd & fwd L cont trn  
around M brush R to L, fwd & sd R between M's feet) end CP DLW;  
4 {Feather Finish} Bk R comm trn LF,-, sd & fwd L cont trn, fwd R in CBMP end Bjo DLC;

## PART A

### 1 - 4 REV WAVE; CHK & WEAVE;; CURVING 3;

- 1 {Reverse Wave} Fwd L trn 1/4 LF,-, sd R (W cl L heel trn), bk L twd DLW end CP DRC;  
SQQ 2-3 {Check & Weave} Slip bk R with slight contra chk action,-, rec L trn LF, sd R lead W to  
QQQQ outsd ptr; with right sd stretch bk L in CBMP, bk R to momentary CP cont trn LF,  
sd & fwd L cont trn with left sd stretch, fwd R in CBMP end Bjo DLW;  
4 {Curving Three Step} Fwd L comm trn LF,-, fwd R well under body with right sd stretch  
cont trn, with right sd stretch fwd L well under body cont trn end CP DRC;

### 5 - 8 BK CARVING 3; THREE STEP; TRAVELING HVR X;;

- 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} Fwd L with heel lead,-, fwd R on flat, rising on R fwd L on toe end CP DLW;  
SQQ 7-8 {Traveling Hover Cross} Fwd R comm trn RF with left sd stretch,-, sd L cont trn cont left sd  
QQQQ stretch, sd R twd DLW (W bk L comm trn RF,-, cl R heel trn, cont trn sd L)  
with right sd stretch fwd L across R in CBMP, fwd & sd R blend to CP, fwd L blend to Bjo,  
with left sd stretch fwd R outsd ptr in CBMP end Bjo DLC;

### 9 - 11 OPN TELE; OPN NAT; OUTSD CHG TO SCP;

- 9 {Open Telemark} Fwd L comm trn LF,-, sd R cont trn, sd & fwd L (W bk R comm trn LF,-,  
cl L heel trn, sd & fwd R) end SCP DLW;  
10 {Open Natural} Comm upper body trn RF thru R,-, sd L cont trn, lead W to step outsd ptr  
bk R to CBMP (W thru L,-, fwd R between M's feet, fwd L outsd ptr) end Bjo RLOD;  
11 {Outside Change To SCP} Bk L,-, bk R trn LF, sd & fwd L (W sd & fwd R) end SCP DLW;

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**(Continued)**

**12 - 16 ZIG ZAG;,, THREE STEP;,,, NAT TRN;,,, HEEL PULL FEATHER END;,,**

- SQQQQ 12-13.5 {Zig Zag} Thru R comm trn RF,-, sd L prepare to lead W to outsd ptr cont trn, XRIB comm trn LF; with left sd stretch sd L cont trn, fwd R in CBMP outsd ptr end Bjo DLW,
- 13.5-14.5 {Three Step} Repeat meas 6 Part A end CP DLW;,,,
- 14.5-15.5 {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,
- SQQQQ 15.5-16 {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;

**PART B**

**1 - 4 MINI TELESPIN; CONTRA CHK & SWITCH; CURVED FEATHER CHK;**

- SQQ& QQS 1-2 {Mini Telespin} Fwd L comm trn LF,-, sd R cont trn, bk & sd L no wgt pressure insd edge of toe/trn body LF to lead W to CP comm spin LF; fwd L cont spin draw R to L under body, cl R flex knees, hold,- (W bk R comm trn LF,-, cl L heel trn, fwd R/fwd L trn LF twd ptr; fwd R to CP head to left spin LF draw L to R under body, cl L flex knees, hold,-) end CP DRC;
- 3 {Contra Check & Switch} Comm upper body trn LF flex knees with strong right sd lead chk fwd L twd DLC in CBMP,-, rec R comm strong trn RF leave L ft almost in pl, cont strong trn rec L with soft knees (W comm upper body trn LF flex knees with strong left sd lead bk R in CBMP look well left,-, rec L comm strong trn RF leave R ft almost in pl, cont strong trn rec R between M's feet with soft knees) end CP DLW;
- 4 {Curved Feather Check} Fwd R comm trn RF,-, with left sd stretch cont trn fwd L, fwd R outsd ptr in CBMP chkg (W bk L,-, staying well in M's R arm with right sd stretch cont trn sd & bk R, cont upper body trn bk L in CBMP chkg) end Bjo DRW;

**5 - 8 OUTSD SWVL LILT PVT; QK HINGE; HVR EXIT TO SCP; CHAIR & SLIP;**

- 5 {Outside Swivel Lilt Pivot} Bk L leave R ft fwd lead W to swivel RF to SCP RLOD,-, thru R with liting action body trn LF pick W up, fwd L then lower pivot LF (W fwd R swivel RF,-, thru L with liting action trn LF to fc ptr, bk R then lower pivot LF) end CP DRW;
- QQ&S 6 {Quick Hinge} Bk R trn LF to fc Wall, sd & slightly fwd L comm left sd stretch/cont left sd stretch lead W to cross her L bhd her R keeping her left sd in to ptr, relax L knee to sway light look at ptr,- (W fwd L trn LF, sd R with right sd stretch swivel LF on R/XLIB keep left sd of body in to ptr, relax L knee head well left with shoulders almost parellel to ptr with no wgt on R,-);
- 7 {Hover Exit To SCP} Take partial wgt to R with body rotation RF lead W to step fwd,-, take full wgt to R with hovering action blend to SCP, sd & fwd L (W rec fwd R comm trn RF,-, sd & fwd L cont trn with hovering action, sd & fwd R) end SCP LOD;
- 8 {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;

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**(Continued)**

**9 - 12 REV FALLAWAY TO BJO; BK TO VIEN X; DBL REV; TRN L & R CHASSE;**

- QQQQ 9 {Reverse Fallaway To Bjo} Fwd L trn LF with right sd stretch, sd R cont stretch, XLIB in CBMP with right shoulder lead, bk R lead W to trn LF to Bjo (W bk R trn LF, sd L, XRIB, trn LF fwd L outsd ptr in CBMP) end Bjo RLOD;
- QQQQ 10 {Back To Viennese Cross} Bk L well under body in CBMP comm trn LF, bk R cont trn, sd L, cont trn cl R (W fwd R outsd ptr in CBMP comm trn LF, fwd L cont trn, sd R, cont trn lk LIF) end CP DLC;
- 11 {Double Reverse Spin} Fwd L comm trn LF,-, sd R, spin LF on ball of R bring L beside R no wgt with flex knees  
(W bk R comm trn LF,-, cl L heel trn, sd & slightly bk R cont trn/lk LIF) end CP DLC,
- (SQQ&)  
SQ&Q 12 {Turn Left & Right Chasse} Fwd L comm trn LF,-, sd R/cl L, sd R cont trn end Bjo DRC;

**13 - 16 BK DBL LILT; TIPPLE CHASSE PVT; SPIN TRN; FEATHER FIN;**

- QQQQ 13 {Back Double Lilt} In Bjo bk L in CBMP, cl R rising on toe but keeping knees bent, again,,
- 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} Repeat meas 4 Intro;

**REPEAT PART A**

**PART B mod**

**1 - 14 MINI TELESPIN;; CONTRA CHK & SWITCH; CURVED FEATHER CHK; OUTSD SWVL LILT PVT; QK HINGE; HVR EXIT TO SCP; CHAIR & SLIP; REV FALLAWAY TO BJO; BK TO VIEN X; DBL REV; TRN L & R CHASSE; BK DBL LILT; TIPPLE CHASSE PVT;**

1-14 Repeat meas 1 thru 14 Part B;,,,,,,,,,,,,;

**15 - 16 SPIN OVRTRN; QK BK TO CHAIR;**

- 15 {Spin Over Turn} Comm upper body trn RF bk L pivot 1/2 RF,-, fwd R between W's feet cont trn 3/8 RF 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 DRW;
- QQS 16 {Quick Back To Chair} Bk R blend to SCP LOD, sd & fwd L (W sd & fwd R), cross lunge thru R with bent knee look LOD,-;

AB AB

	WAIT CLOSED IMPETUS	WAIT FEATHER FINISH
A	REVERSE WAVE 1/2 ---- BACK CURVING 3 TRAVELING HOVER CROSS ..... OPEN TELEMARCK OUTSIDE CHANGE SCP ---- <1/2 NATURAL	CHECK & WEAVE CURVING THREE STEP THREE STEP ---- ..... OPEN NATURAL ZIG ZAG <THREE STEP <HEEL PULL FEATHER END
B	MINI TELESPIN CONTRA CHECK & SWITCH OUTSIDE SWIVEL LILT PIVOT HOVER EXIT SCP ..... REVERSE FALLAWAY 4 TO BJO DOUBLE REVERSE BACK LILT 4 SPIN TURN (1) OVERSPIN TURN (2)	---- CURVED FEATHER HINGE CHAIR & SLIP ..... BACK TO VIENNESE TURN TURN LEFT & RIGHT CHASSE TIPPLE CHASSE PIVOT FEATHER FINISH BACK SIDE THRU TO CHAIR

EMBRACEABLE YOU (DOI) 6902  
 (CP RLOD LEAD FOOT FREE)