Excuse My French

reographers: Chris & Rose Cantrell, 1110 Sage St., Broomfield, CO 80020
Tel: 303-947-7466, email: christopher.a.cantrell@gmail.com & luvz2coachvb@gmail.com
Music: "Excuse My French" by Caro Emerald, CD: "The Shocking Miss Emerald (Deluxe Edition)",
Track #11, Download from Amazon and other sites
and Length: –10% (40.5 rpm equiv, 26.5 mpm), length edited and at speed: 3:28, length downloaded: 3:47
Editing: Cut 3:14.35 to end, fade out 3:12 to 3:14.35, cut 1st 4.2 secs of music, fade in 1st 1.0 sec
yle & Phase: Foxtrot, V + 2 (Link, Same Foot Lunge) + 3 (Jazz Box, Prepare, Heel Turn)
of Difficulty: Average (18 phase IV, 13 phase V)
Steps: Opposite unless noted (W's steps in parentheses)
Timing: Unless noted: SQQ
Released: 8 July 2017, v1.0
Sequence: Introduction A B C A B C[1-12] End

Introduction

1-6   Wait 2 Meas ; ; to RLOD Front Vine 3 & Ronde ; Beh Vine 3 & Ronde ; XLIF Rec Sd Rec ; XLIF Tch on Toe X Arms & Look ;

- - 1-2 *{ Wait 2 Meas }* Wait 2 meas LOP both fc Wall no hnds jnd L ft free ; ;

QS   3 *{ Front Vine 3 & Ronde }* XLIF, sd R, XLIB, ronde R CW , ; (W XLIF, sd R, XLIB, ronde R CW , ;)

QS   4 *{ Beh Vine 3 & Ronde }* XRIB, sd L, XRIF, ronde L CW , ; (W XRIB, sd L, XRIF, ronde L

QQ   5 *{ XLIF Rec Sd Rec }* XLIF chkg, rec R, sd L chkg, rec R ; (W XLIF chkg, rec R, sd L chkg, rec

- -   6 *{ XLIF tch tip of toe X arms & Look }* XLIF w/ tip of toe tchng floor, X arms at chest, look at ptr & nod, ; (W XLIF w/ tip of toe tchng floor, X arms at chest, look at ptr & nod , ;)

7-10   Roll 4 fc LOD Tandem LOD ; S Point L Forward & Back ; Jazz Box ; W Turn LF M Forward Trans CP-DLC ;

7 *{ Solo Roll 4 Tandem LOD }* Fwd L LOD trn LF, sd & bk R cont trn, sd & fwd L fc LOD, fwd
QQ   R tandem WIF fc LOD ; (W fwd L LOD trn LF, sd & bk R cont trn, sd & fwd L fc LOD, fwd R tandem fc LOD ;)

8 *{ S Pt L Fwd & Bk }* Pt L fwd w/o wgt trn bdy sltly LF rt arm fwd lft arm bk , , pt L bk w/o
- -   wgt trn bdy sltly RF lft arm fwd rt arm bk ; (W pt L fwd w/o wgt trn bdy sltly LF rt arm fwd lft arm bk , , pt L bk w/o wgt trn body sltly RF lft arm fwd rt arm bk ;)

QQ   9 *{ Jazz Box }* XLIF, bk R, sd L, fwd R ; (W XLIF, bk R, sd L, fwd R ;)

QQ   10 *{ W Trn LF M Fwd Trans CP-DLC }* Fwd L, fwd R, fwd L, fwd R crvg LF CP-DLC ; (W fwd L
(Q)   comm LF trn , , sd & bk R cont trn, bk L CP fac DRW ;)

Part A

1-4   Bounce Reverse Fallaway Slip ; Change of Direction ; Open Telemark LOD, Thru Bfly; S Sd Draw Cls ;

1 *{ Bounce Reverse Fallaway Slip }* Fwd L LOD w/ qk rise comm LF trn, sd & bk R lwrg, bk
QQ   L in CBMP, sml bk R as L ft stays fwd in CBMP trn LF turn CP-DLW ; (W bk R trn bdy LF, bk & sd L, bk R in CBMP comm LF trn, fwd L cont LF trn CP fc DRC ;)

2 *{ Change of Direction }* Fwd L comm LF trn , , fwd & sd R cont trn draw L to R CP-DLC , ;
SS   (W bk R comm LF trn , , bk & sd L cont trn draw R to L CP fc DRW , ;)

3 *{ Open Telemark LOD, Thru Bfly }* Fwd L comm LF trn, cont trn sd R, cont trn sd & fwd L
QQ   LOD in SCP, thru R to fc Bfly ; (W bk R comm LF trn, cont trn cl L to R [heel trn], cont trn fwd R LOD in SCP, thru L to fc Bfly ;)

‑Q	4	**{ S Sd Draw Cls }** Sd L w/ rt sway , , draw R to L, cl R to L remove sway ; (W sd R w/ lft sway , , draw L to R, cl L to R remove sway ;)

5-8 **Vine 3 Cl/Pt ; to RLOD Front Vine 3 Cl/Pt ; Fwd & Open Natural Turn ; Heel Pull SCAR-DLW ;**

&-	5	**{ Vine 3 Cl/Pt }** sd L, XRIB, sd L / cl R to L, pt L sd ; (W sd R, XLIB, sd R / cl L to R, pt R sd
&-	6	**{ to RLOD Front Vine 3 Cl/Pt }** XLIF, sd R, XLIB / cl R to L, pt L sd twd LOD ; (W XRIF, sd L, XLIB / cl L to R, pt R sd twd LOD ;)
QQ	7	**{ Fwd & Open Natural Turn }** Fwd L blend SCP, fwd R comm RF trn, cont trn sd L CP, cont trn bk R prep to stp in BJO-DRC ; (W fwd R blend SCP, fwd L bdy trn RF, fwd R CP cont bdy trn, fwd L cont body trn DLW prep to stp in BJO ;)
SS	8	**{ Heel Pull SCAR-DLW }** Bk L BJO comm RF turn , , sd R sml stp cont trn SCAR-DLW , ; (W fwd R BJO comm RF trn , , sd L cont trn, draw R to L SCAR ;)

9-12 **Hover Cross Ending ; Reverse Turn 1/2 ; M's Q LF Heel Trn , Run 2 DLW ; Right Lunge , Rock 2 ;**

QQ	9	**{ Hover Cross Ending }** W/ rt sd stretch fwd L in CBMP on toe, rec R trn RF, w/ lft sd lead sd & fwd L, fwd R BJO-DLC ; (W w/ lft sd stretch bk R in CBMP on toe, rec L trn RF, w/ rt sd lead sd & bk R sml stp, bk L BJO ;)
	10	**{ Reverse Turn 1/2 }** fwd L comm LF trn , , sd R cont trn, bk L CP-RLOD ; (W bk R comm LF trn , , cl L to R [heel trn] cont trn, fwd R CP fc LOD ;)
QQ	11	**{ M's Q LF Heel Turn, Run 2 Twd DLW }** Bk R comm LF trn, cont trn cls L to R [heel trn] fc DLW, fwd R, fwd L CP-DLW ; (W fwd L comm LF trn, sd R cont trn, bk L, bk R CP fc
	12	**{ Right Lunge, Rock 2 }** Flex L knee LF trn sd & fwd R twd DLW flex rt knee sway rt & look rt chkg , , rec L, fwd & sd R chkg ; (W flex R knee comm LF trn sd & bk L twd DLW flex lft knee sway lft & look lft chkg , , rec R, bk & sd L chkg ;)

13-16 **Roll & Q Feather Finish Chkg ; Top Spin (DRW) ; Double Reverse Spin (DRC) ; Contra Check and Switch (DLW) ;**

QQ	13	**{ Roll & Q Feather Finish Chkg }** Rec L bdy trn RF CP, bk R trng LF, sd & fwd L cont trn, fwd R chkg BJO-DLC ; (W rec R bdy trn RF, fwd L trng LF, sd & bk R cont trn, bk L chkg
QQ	14	**{ Top Spin }** On ball of R spin LF then bk L, bk R trn LF, sd & sltly fwd L, fwd R BJO-DRW ; (W on ball of L spin LF then fwd R, fwd L trn LF, sd & sltly bk R, bk L BJO ;)
Q- Q)	15	**{ Double Reverse Spin }** Fwd L comm LF trn , , sd R cont LF trn, spin LF on R tch L to R CP-DRC ; (W bk R comm LF trn , , cl L to R [heel turn]/sd & sltly bk R cont trn, XLIF of R CP fc DLW ;)
	16	**{ Contra Check and Switch }** fwd L chkg in CBMP sltly flexing knees bdy trn LF look rt , , rec R comm RF trn leaving L in plc, cont RF trn rec L chkg w/ R xtnded fwd CP-DLW ; (W bk R chkg in CBMP sltly flexing knees bdy trn LF look lft , , rec L comm RF leaving L in plc, cont RF trn rec R chkg w/ L xtnded bk CP fc DRC ;)

Part B

1-4 **Extended Natural Weave ; ; , Tipple Chassé Pivot ; Feather DLC ;**

QQ QQ	1	**{ Extended Natural Weave }** Fwd R comm RF trn , , cont trn RF sd L, bk R ; bk L BJO, bk R, bk L BJO, bk R comm LF trn ; sd & fwd L cont trn, fwd R BJO-DLW , (W bk L comm RF trn , , cls R to L cont RF trn [heel turn], fwd L ; fwd R BJO, fwd L, fwd R BJO, fwd L comm to trn LF ; sd R & bk R cont trn, bk L BJO ,)
&Q	3.5	**{ Tipple Chassé Pivot }** Trng RF sd L DLW/cls R to L cont RF trn, sd & bk L pivot RF CP-DLC; (W trng RF sd R/cls L to R cont RF trn, fwd R pivot RF CP fc DRW ;)
	4	**{ Feather }** Fwd R , , bdy trn RF fwd & sd L, fwd R BJO-DLC; (W bk L , , bdy trn RF bk & sd R, bk L BJO ;)

5-8 **Reverse Turn 1/2 ; Back 3 SCAR Chkg ; Cross Swvl BJO, Link to SCP-DLW ;**
Running Open Natural Turn ;

5   *{ Reverse Turn 1/2 }* fwd L comm LF trn , , sd R cont trn, bk L CP-RLOD ; (W bk R comm LF trn , , cl L to R [heel trn] cont trn, fwd R CP fc LOD ;)

6   *{ Back 3 SCAR Chkg }* Bk R comm LF body trn , , bk L cont LF body trn, bk R SCAR-RLOD chkg ; (W fwd L comm LF body trn , , fwd R cont LF body trn, fwd L SCAR chkg ;)

7   *{ Cross Swvl BJO, Link to SCP }* Fwd L swvl LF BJO-LOD , , fwd R brush L to R body trn RF, sd & fwd L SCP-DLW ; (W bk R swvl LF BJO , , bk L brush R to L trn RF, fwd R SCP ;)

&Q   8   *{ Running Open Natural Turn }* Fwd R comm RF trn , , sd & bk L cont trn CP/bk R cont trn, bk L BJO-DRC ; (W fwd L comm RF bdy trn , , fwd R cont bdy trn/fwd L cont bdy trn, fwd R BJO ;)

Part C

1-4 **Right Turning Lock LOD ; Open Natural Turn ; Outside Spin 4 ; Back Hover**

QS   1   *{ Right Turning Lock LOD }* Bk R trn RF/XLIF of R cont RF trn, fwd & sd R trn SCP, fwd & sd L SCP-LOD , ; (W fwd L trn RF/XRIB of L cont RF trn, sd & bk L trn SCP, fwd R SCP , ;)

2   *{ Open Natural Turn }* Fwd R comm RF trn , , sd & bk L cont trn CP, bk R cont trn prep to stp BJO-DRC ; (W fwd L comm RF bdy trn , , fwd R cont bdy trn, fwd L cont RF bdy trn prep to stp BJO ;)

QQ   3   *{ Outside Spin 4 }* Bk L trng RF sml stp , fwd R BJO-DLW trng RF, cont RF turn sd L CP, bk R CP-DRC ; (W fwd R DLW BJO trng RF, cl L to R cont trn RF on toes, cont trn fwd R CP, fwd L CP fc DLW ;)

4   *{ Back Hover Telemark }* Bk L comm RF trn , , sd & bk R slt rise cont trn, fwd & sd L SCP-DLC ; (W fwd R comm RF trn , , sd & fwd L slt rise cont trn brush R to L, fwd R SCP ;)

5-8 **Promenade Weave ; ; Forward, Open Natural Turn ; Double Outside Swivel ;**

QQ   5-6   *{ Promenade Weave }* Fwd R , , fwd L comm LF trn CP, sd & bk R ; bk L in BJO, bk R to
QQ   CP comm LF trn, sd & fwd L cont trn, fwd R DLW BJO-DLW ; (W fwd L comm LF trn , , sd & sltly bk R cont trn, sd & fwd L ; fwd R BJO, fwd L to CP comm LF trn, sd & bk R cont

QQ   7   *{ Forward, Open Natural Turn }* Fwd L, fwd R comm RF trn, sd & bk L cont trn CP, bk R cont trn prep to stp BJO-DRC ; (W bk R, bk L comm RF trn, fwd R cont trn, fwd L cont trn prep to stp BJO ;)

SS   8   *{ Double Outside Swivel }* Bk L DLW trn RF to SCP , , fwd R DRC trn LF prep to stp BJO-DRC ; (W fwd R DLW swvl RF to SCP , , fwd L DRC swvl LF prep to stp BJO ;)

9-12 **Back Feather ; Check and Weave ; ; Hover Telemark LOD ;**

9   *{ Back Feather }* Bk L , , bk & sd R RF bdy trn, bk L BJO-DRC ; (W fwd R , , fwd & sd L RF bdy trn, fwd R BJO ;)

10-11   *{ Check and Weave }* Bk & sd R CP LF bdy trn chkg , , fwd L comm LF trn, sd R cont trn ;
QQ   bk L in BJO, bk R comm LF trn, sd & fwd L cont LF trn, fwd R BJO-DLW ; (W fwd L CP LF
QQ   bdy trn chkg , , bk R comm LF trn, sd L cont trn ; fwd R in BJO, fwd L comm LF trn, sd & bk R cont LF trn, bk L BJO ;)

12   *{ Hover Telemark LOD }* Fwd L , , fwd R trn RF, fwd & sd L SCP-LOD ; (W bk R , , bk L trn RF, fwd R SCP ;)

13-16 **Through Prepare, Same Foot Lunge ; , Change Sway / W Pickup ; Open**
Reverse Turn ; Q Back to Left Whisk ;