

FOOTSTEPS

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Music: CD Songs of Inspiration-I Believe Disc 1 by Daniel O'Donnell Speed: As On CD
Rhythm: JIVE / FOXTROT Phase: III+2 (THROWAWAY, DIAMOND TURN)
Sequence: Intro ABA INT BA Ending

Intro:

1-4 WAIT 2;; APT PT TOG TCH [BFLY]::

wait 2 meas;; bk L, pt R; fwd R, tch L [bfly];

Part A [JIVE]:

1-8 JV CHASSE L/R; LINK RK & JV WKS;;; SWVL WK 4; PT STPS;; THRWAY:

sd L/cl R, sd L, sd R/cl L, sd R; rk bk L, rec R, fwd L/cl R, fwd L blending to cp,
sd R/cl L sd R ~ rk bk L, rec R, fwd L/stp R, stp L, fwd R/stp L, stp R;;;
swvl fwd L, swvl fwd R, swvl fwd L, swvl fwd R; pt fwd & sd L, stp L, pt R thru, stp R;
pt fwd & sd L, stp L, pt R thru, stp R; ldg W in frnt & apt sd L/cl R, sd L,
in LOP FCg sd R/cl L, sd R;

9-16 CHG L-R & LINK RK;;; R TRNG FALWY & CHG R-L;;; CHG HNDS BEH BK & RK REC [CP]::

rk bk L, rec R, sd L/cl R, sd L (W twrls LF under ld hnds) sd R/cl
L, sd R ~ rk bk L, rec R, fwd L/cl R, fwd L[CP], sd R/cl L, sd R;;;
rk bk L, rec R to fc, trng RF ½ sd L/cl R, sd L, cont trn ¼ sd R/cl L, sd R ~ rk bk L, rec R,
sd L/cl R, sd L (W twrls RF under ld hnds), sd & fwd R/cl L, sd R;;; rk bk L, rec R, chg
hnds to M's R W's R while trng LF fwd L/cl R, fwd L; chg hnds to M's L W's R
while sd & bk R/cl L, sd R, rk bk L, rec R;;

Part B [FOXTROT]:

1-8 3 STP; FC SD CL[WALL]; HVR; MANUV; SPN TRN; 1/2 BOX BK; 2 L TRNS [WALL]::

fwd L, -, fwd R, fwd L; fwd R (W bk L), -, trng to fc WALL sd L, cl R;
fwd L, -, sd & fwd R w/ rise, rec L; fwd R trng RF in frnt of W, -, sd L, cl R to CP RLOD;
bk L pvtg RF 1/2, -, fwd R w/ rise, sd & bk L; bk R, -, sd L, cl R; fwd L trng LF, -, sd R, cl L;
bk R trng LF, -, sd L, cl R;

9-14 WSK; PKUP [SCAR/DLW]; X HVR BJO; X HVR SCAR; X HVR BJO; MANUV;

fwd L, -, sd & fwd R w/ rise, hk L beh R (W hk R beh L); fwd R ldg W in frnt, -, sd L, cl R
[SCAR/DLW]; in SCAR XLIFR (W XRIBL), -, sd R w/ rise, rec L to BJO; in BJO XRIFL (W XLIBR), -,
sd L w/ rise, rec R to SCAR; in SCAR XLIFR (W XRIBL), -, sd R w/ rise, rec L to BJO; fwd R trng RF
in frnt of W, -, sd L, cl R to CP RLOD;

15-16 2 R TRNS [BFLY/ WALL]::

bk L trng RF, -, sd R, cl L; fwd R trng RF, -, sd L, cl R [BFLY/WALL];

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Repeat Part A [JIVE]::

1-8 JV CHASSE L/R; LINK RK & JV WKS;;; SWVL WK 4; PT STPS;; THRWAY;

9-16 CHG L-R & LINK RK;;; R TRNG FALWY & CHG R-L;;; CHG HNDS BEH BK & RK REC [CP]::

INTERLUDE [FOXTROT]:

1-4 DIAM TRN:;;;

fwd L, -, sd R, bk L; bk R, -, sd L, fwd R; repeat last 2 meas;;

Repeat Part B [FOXTROT]:

1-8 3 STP; FC SD CL[WALL]; HVR; MANUV; SPN TRN; 1/2 BOX BK; 2 L TRNS [WALL]:;

9-14 WSK; PKUP [SCAR/DLW]; X HVR BJO; X HVR SCAR; X HVR BJO; MANUV;

15-16 2 R TRNS[BFLY/ WALL]:;

Repeat Part A [JIVE]::

1-8 JV CHASSE L/R; LINK RK & JV WKS;;; SWVL WK 4; PT STPS;; THRWAY;

9-16 CHG L-R & LINK RK;;; R TRNG FALWY & CHG R-L;;; CHG HNDS BEH BK & RK REC [CP]::

End [FOXTROT]:

1-8 DIAM TRN:;;; 3 STP; FC SD CL [WALL]; SD CANTER; SD, CL, SD CORTE;

fwd L, -, sd R, bk L; bk R, -, sd L, fwd R; repeat last 2 meas;;

fwd L, -, fwd R, fwd L; fwd R (W bk L), -, trng to fc WALL sd L, cl R; sd L, draw R to L, -, cl R; stp sd L, cl R, stp sd L relaxing knee leaving R leg extended;