

FORGET YOU

Music: Dancesport Cup
www.amazon.fr/Forget-you-SK-29-bpm/dp/B0024PNOE8
Time 2:31 Available from choreographer

Rhythm: Foxtrot **Phase:** IV+2 (Curved Feather+ Syncopated Whisk)

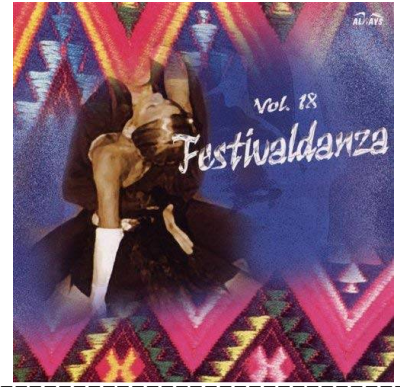
Footwork: Opposite except where (Noted)

Release Date: Sept 20

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Sequence: INTRO AB AB(1-14) END



INTRO

01-05 CP DLW LEAD FOOT FREE WAIT 2 MEASURES ; ; HOVER TELE ; OP NATURAL ; HESITATION CHANGE ;

{Wait} CP DLW Id ft free wt 2 meas ; ; **{Hover Tele}** Fwd L, -, fwd & sd R w/ lft-shoulder lead, sd & fwd L to SCP LOD ;
{OP Natural} Thru R stg RF trn, -, contg RF trn sd L ifo W, bk R (*W fwd L, -, fwd R btwn M's feet, fwd L*) to BJO RLOD ;
{Hesitation Chng} [SS Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

PART A

01-04 REVERSE TURN ; ; WHISK ; SYNCOPATED WHISK ;

{Reverse Turn} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD (*W Bk R comm LF trn, -, cl L [heel turn], 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 ; **{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Syncopated Whisk}** [SQ&Q] Thru R in SCP, trng twd ptr cl L to CP WALL/sd R, XLib (*W XRib*) to SCP LOD ;

05-08 3 IN & OUT RUNS ; ; HESITATION CHANGE ;

{3 In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP DLC ; Repeat meas 5 Part A ; **{Hesitation Chng}** Repeat meas 5 Intro ;

09-12 REVERSE WAVE ; ; BACK HOVER TELE ; CROSS PIVOT to SCAR ;

{Reverse Wave} Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; **{Bk Hover Telemark}** Bk L DW comm RF trn, -, sd & fwd R DW betwn ptr's ft cont RF trn to fc DLW brushg L to R and rising, sd & fwd L (*W fwd R DLW outsd M comm to trn RF, -, sd L Wall cont RF trn brushg R to L and rising, sd & fwd R*) to SCP DLC ; **{Cross Pivot to SCAR}** Fwd R ifo W begin RF trn, -, sd L cont trn, fwd R (*W fwd L sm stp, -, fwd R betwn M's ft heel to toe pvt ½ RF, contg trn sd & bk L*) to SCAR DLW ;

13-16 CROSS HOVER to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; SLOW SIDE LOCK ;

{Cross Hover to SCP} XLif, -, sd R & fwd hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; **{Thru Sd Behind}** Thru R, -, sd L to fc ptr, XRib (*W XLib*) ; **{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{Slow Sd Lock}** Repeat meas 5 Intro ;

PART B

01-04 TELEMAR to SCP ; CURVED FEATHER Checkg ; QUICK DBL OUTSIDE SWIVELS ; WEAVE ENDING ;

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; **{Curved Feather}** Fwd R stg RF trn, -, contg RF trn sd & fwd L, contg upper bdy RF trn fwd R outsd W (*W fwd L stg slight RF trn, -, sd & bk R cont trn, bk L*) to BJO DRW checkg ; **{Ok DBL Outsd Swivels}** [S,S] Bk L Xg Rif w/ no wgt, -, fwd R, point L (*W fwd R & swvl ½ RF to SCP DRC, -, fwd L & swvl LF ½*) to BJO DRW ; **{Weave Ending}** [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ;

05-08 TURN LEFT & R-CHASSE to BJO ; IMPETUS to SCP ; THRU VINE 4 ; WHIPLASH to CP DLW ;

{Trn Left & r-Chasse to Bjo} [SQ&Q] Fwd L start LF turn, -, sd R/cl L, sd & bk R to BJO RLOD ; **{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Thru Vine 4}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{Whiplash to CP}** [S] Thru R, -, trngbdy RF to ptr point L LOD (*W thru L, -, point R fwd swivel slowly on L LF to fc ptr*) to CP DLW, - ;

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09-12 WHISK ; PROMENADE WEAVE ; ; HOVER TELE :

{Whisk} Repeat meas 3 Part A ; **{Promenade Weave }** [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*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 ; **{Hover Tele}** Repeat meas 3 Intro ;

13-16 THRU VINE 4 TWICE ; ; CROSS HESITATION ; HESITATION CHANGE ;

{Thru Vine 4 Twice } Repeat meas 7 Part B x 2 ; ; **{Cross Hesitation}** [S,-,-/SQQ] Fwd R w/o chg wgt trn ¼ LF on ball of R ft, - cont trng LF on ball of R ft ckg, - (*W fwd L stg LF trn, -, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Hesitation Chng}** Repeat meas 5 Intro ;

17 SIDE TOUCH L & R ;

{Sd Tch L & R} [Q&Q&] Sd L, tch R to L, sd R, tch L to R to CP DLC ;

ENDING

01-02 THRU SIDE BEHIND ; QUICK CHASSE & TWIST ;

{Thru Sd Behind} Repeat meas 14 Part A ; **{Quick Chasse & Twist}** [QQQQ] Sd L/cl R/sd L, twist upper body to RSCP RLOD ;