

Forrest Gump 4

Released: December 2009

Choreographer: Lee & Irene Rogers, 3892 Cook-Underwood Rd, Cook, WA 98605
 phone: 509-538-2828(home) or 360-624-2707(cell) email: Lee.Rogers@pepperdine.edu
 Music: "I'm Forrest . . . Forrest Gump" Artist: Alan Silvestri
 Recording: Album: "Forrest Gump - Original Motion Picture Score" Track 1 or
 downloadable from Amazon.com and various other Internet sites
 Footwork: Opposite except where otherwise noted
 Rhythm/Level: Foxtrot Phase IV Difficulty: AVG
 Speed: 105% of normal Duration: 2:41 as recorded, 2:34 at 105%
 Sequence: Intro A A B C Ending

MEASURES

INTRO

1-4 BJO DLC – TRLG FT FREE – WAIT 1 MEAS; X HVR TO SCAR; X HVR TO BJO; FEATHER;

- 1 BJO DLC – Trailing foot free – Wait 1 measure ;
- 2 XRif, -, sd L hvrg stg 1/4 RF trn, rec R compg RF trn to SCAR DLW ;
- 3 XLif, -, sd R hvrg stg 1/4 LF trn, rec L compg LF trn to BJO DLC ;
- 4 Fwd R, -, fwd L, fwd R to BJO DLC ;

PART A

1-4 REV TRN 1/2; BK TURN L & CHASSE TO BJO; FRONT TWISTY VIN 4; 1/2 NAT TRN;

- 1 Fwd L stg 3/8 LF trn blndg to CP, -, sd R (W cl L heel trn) compg LF trn, bk L to CP RLOD ;
- 2 Bk R stg 3/8 LF trn, -, sd L contg LR trn/cl R, sd L compg LF trn to BJO DLW ;
- 3 XRif (W XLif), sd L trng slight RF, XRib (W XLif) to SCAR, sd L trng slight LF to BJO DLW ;
- 4 Fwd R trng RF, -, sd L (W cl R heel trn), bk R to CP RLOD ;

5-8 TWO RIGHT TURNS TO WALL;; TWISTY VINE 4; CHG DIR;

- 5 Bk L stg 3/8 RF trn, -, sd R contg RF trn, cl L compg RF trn ;
- 6 Fwd R stg 3/8 RF trn, -, sd L contg RF trn, cl R compg RF trn to CP WALL ;
- 7 Sd L trng slight RF, XRib to SCAR, sd L trng slight LF, XRif to BJO DLW ;
- 8 Fwd L, -, fwd R trng 1/4 LF, draw L to R to CP DLC ;

PART B

1-4 OPEN TELEMAR; CHAIR & SLIP; 3-STEP; TRN R & CHASSE TO SCP;

- 1 Fwd L stg 3/4 LF trn, -, fwd & sd R contg trn (W heel trn), fwd & sd L to SCP WALL ;
- 2 Chk thru R with lunge action, -, rec L stg LF body trn, slip R bhd L to CP DLC (W chk thru L with lunge action, -, rec & swvl LF on R, step fwd L outsd M's R ft) ;
- 3 Fwd L, -, fwd R, fwd L to CP DLC ;
- 4 Fwd R trng 1/4 RF, -, sd L/cl R, sd L blndg to SCP DLC ;

5-8 PROMENADE WEAVE;; 3-STEP TO LOD; DRIFT APART;

- 5 Fwd R, -, fwd L trng LF to CP, sd & bk R to BJO DRW ;
- 6 Bk L, bk R CP stg LF trn, contg LF trn stp sd & fwd L, fwd R to BJO DLW ;
- 7 Fwd L, -, fwd R blndg to CP, fwd L trng slight LF to CP LOD ;
- 8 Sm fwd R (W bk L longer stp), -, sd & fwd L, cl R to L-OP-FCG LOD ;

9-12 THRU TWINKLE TWICE;; REVERSE WAVE;;

- 9 XLif, -, sd R, cl L to L-OP-FCG LOD ;
- 10 XRif, -, sd L, cl R to CP LOD ;
- 11 Fwd L stg 3/8 LF trn, -, sd & bk R compg trn (W heel trn), bk L to CP DRC ;
- 12 Bk R, -, bk L crvg LF, bk R to CP RLOD ;

13-16 OVERSPIN TURN TO WALL; BK 1/2 BOX; HOVER; THRU SD CL;

- 13 Bk L pvt 1/2 RF, -, fwd R trng 1/4 RF (W bk L/brush R), rec bk & sd L to CP WALL ;
- 14 Bk R, -, sd L, cl R to CP WALL ;
- 15 Fwd L, -, fwd & sd R rising, rec L to SCP LOD ;
- 16 Thru R trng to fc ptr, -, sd L, cl R to CP WALL ;

**Forrest Gump 4
Lee & Irene Rogers**

17-18 HOVER; THRU, RUN 2 TO SCP;

- 17 Repeat measure 15 of Part B ;
- 18 Thru R, -, fwd L, fwd R to SCP LOD ;

PART C

1-4 FOXTROT LACE UP;;;;

- 1 Fwd L diag across LOP passing bhd W with ld hnds jnd (W fwd R diag across LOP passing ifo M undr jnd ld hnds), -, fwd R, fwd L to L-OP LOD ;
- 2 Fwd R, -, fwd L, fwd R to L-OP LOD ;
- 3 Fwd L diag across LOP passing bhd W with trlg hnds jnd (W fwd R diag across LOP passing ifo M undr jnd trlg hnds), -, fwd R, fwd L to OP LOD ;
- 4 Fwd R, -, fwd L, fwd R to OP LOD ;

5-8 ROLL 3 TO FACE; THRU SIDE CLOSE; HOVER; THRU CHASSE TO SCP;

- 5 Fwd & sd L trng 1/4 LF, -, bk & sd R trng 1/4 LF, bk & sd L trng 1/4 LF to CP WALL ;
- 6 Repeat measure 16 of Part B ;
- 7 Repeat measure 15 of Part B ;
- 8 Thru R trng to fc ptr, -, sd L/cl R, sd L to SCP LOD ;

9-12 OPEN IN & OUT RUNS – TWICE – GO TO SCP DLC;;;;

- 9 Fwd R diag acrs LOP stg RF roll acrs ifo W, -, sd L compg roll to fc LOD, fwd R (W fwd L, -, fwd R, fwd L) to L-1/2-OP LOD ;
- 10 Fwd L, -, fwd R, fwd L (W fwd R diag acrs LOP stg RF roll acrs ifo M, -, sd L compg roll to fc LOD, fwd R) to 1/2-OP LOD ;
- 11-12 Repeat measures 9-10 of Part C except ending SCP DLC ;

13-16 WEAVE TO BJO;; FEATHER; CHG DIR;

- 13 Fwd R, -, fwd L trng LF to CP, sd & bk R to BJO DRW ;
- 14 Bk L, -, bk R CP trng LF, cont trng LF stp sd & fwd L to BJO DLW ;
- 15 Fwd R, -, fwd L, fwd R to BJO DLW ;
- 16 Repeat measure 8 of Part A ;

ENDING

1-4 REVERSE TURN TO LOD;; BOX;;

- 1 Repeat measure 1 of Part A ;
- 2 Bk R stg 1/2 LF trn, -, sd L compg LF trn, fwd R to CP LOD ;
- 3-4 Fwd L, -, sd R, cl L ; bk R, -, sd L, cl R to CP LOD ;

5-8 DIP BACK, RECOVER TO SCAR; X HVR TO BJO; X HVR TO SCAR LOD; DRIFT APART;

- 5 Dip bk L, -, rec R blndg to SCAR DLW, - ;
- 6 Repeat measures 3 of INTRO ;
- 7 XRif, -, sd L hvrg trng 1/8 RF trn to LOD, rec R to SCAR LOD ;
- 8 Sm fwd L (W bk R longer stp), -, sd & fwd R, cl L to BFLY LOD ;

9-12 WRAP LADY; WALK 6;; UNWRAP LADY TO OP-FCG POSITION LOD;

- 9 Sm fwd R ldg W to LF trn under jnd ld hnds, -, sm fwd L, cl R (W fwd & sd L stg 1/2 LF trn, -, fwd & sd R compg LF trn, cl L) to WRP LOD ;
- 10-11 Fwd L, -, fwd R, fwd L ; fwd R, -, fwd L, fwd R to WRP LOD ;
- 12 Releasing ld hnds sm stp fwd L, -, sm fwd R, cl L (W fwd R stg 1/2 RF trn, -, sd L compg RF trn to fc RLOD, cl R) to OP-FCG LOD ;

13 SLOW SIDE WITH ARMS & LADY CURTSIES;

- 13 With trailing hnds joined stp sd R, -, slowly extend L arm twd COH (W XRib tch, lowering body slightly while flaring out skirt with R hnd), - ; [hold position as music fades out]