

HEAVENLY BLUE FOXTROT

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Music: My Blue Heaven by The New Stanton Band
From the CD album Grand Island Casino
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B A (9-16) C B A (9-16) Ending

..... INTRODUCTION (4 Measures)

CP DLC LEAD FEET FREE WAIT 4 MEASURES;;;;

[1 - 4] In clsd pos DLC with lead feet free wait 4 measures;;;;

..... PART A (16 Measures)

CURVING THREE-STEP; BK CURVING THREE-STEP; THREE-STEP; OPN NATURAL;
OUTSIDE SPIN; BK [LEFT] TURNING LOCK; MANUV SD CL; PIVOT 2 LOD; REVERSE
TURN 1/2 - CHK & WEAVE;;; WHISK TO 1/2 OP LOD; OPN IN & OUT RUNS;;; THRU
FC CL; WALK & PKUP;

[1] Fwd L commence lf turn, -, fwd R passing well under the body with right side stretch continue lf turn, with right side stretch banking into the curve fwd L well under the body; [2] Bk R commence lf turn, -, bk L passing well under body with left side stretch continue lf turn, with left side stretch banking into the curve bk R well under the body; [3] Three forward passing steps fwd L, -, fwd R, fwd L; [4] Commence rf upper body turn fwd R heel to toe, -, sd L across LOD, continue slight rf upper body turn bk R lead partner to step outside M to bjo pos; (W commence rf upper body turn bk L, -, cl R [heel turn] continue turn, fwd L outside partner bjo pos;)
[5] Commence rf body turn toeing in with right side lead bk L in CBMP small step about 3/8 rf turn, -, fwd R in CBMP heel to toe continue rf turn, sd & bk L to end clsd pos fcng about DRW; (W commence rf body turn with left side lead staying well into M's right arm step fwd R in CBMP outside partner heel toe, -, cl L to right pivot on toes of both feet about 5/8 turn, continue rf turn fwd R between M's feet to clsd pos;)
[6] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R commence lf turn, sd & slightly fwd L bjo pos DLW;
[7] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [8] Step bk L commence rf pivot on ball of foot, -, sd & fwd R complete pivot to clsd pos LOD, -; [9 - 11] Fwd L start lf body turn, -, sd R continue turn, bk L LOD to clsd pos; Slip R back under body with a slight contra check action, -, fwd L commence lf turn, sd R with right side lead and slight right side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue lf turn, bk R to a momentary clsd pos continue lf turn, sd & fwd L with left side stretch, with left side stretch fwd R bjo pos DLW; [12] Fwd L, -, fwd & sd R start rise to ball of foot blndng 1/2 OP LOD, XLIB (W XRIB) continue to full rise; [13 & 14] Fwd R start rf turn, -, sd & fwd L crossing in front of W continue turn, sd & fwd R to 1/2 LOP LOD with free arms out to side (W fwd R, -, L, R); Fwd L, -, R, L (W fwd R start rf turn, -, sd & fwd L crossing in front of M continue turn, fwd & sd R) to 1/2 OP LOD; [15] Toward LOD thru R, -, start rf turn to fc partner step sd L, cl R; [16] Toward LOD fwd L, -, fwd R picking up W clsd pos;

..... PART B (8 Measures)

DIAMOND TURN CP DLC;;;; TELEMARK SEMI; CURVED FEATHER CHKNG; OUTSIDE CHNG
SEMI; PKUP SD CL;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside M bjo pos; Staying in bjo and turning lf bk R, -, sd L, fwd R outside partner bjo pos; Fwd L turning lf on diag, -, sd R, bk L partner outside M bjo pos; Bk R continue lf turn, -, sd L, fwd R blind clsd pos DLC; [5] Fwd L commence lf turn, -, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos DLW; [6] Fwd R start rf turn, -, with left side lead continue rf turn fwd L, continue turn with left side lead fwd R checking to bjo pos DRW; [7] Bk L, -, bk R crossing in front of W and turning lf, sd & fwd L semi-clsd pos LOD; [8] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R;

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..... PART C (16 Measures)

THREE-STEP; NATURAL HOVER CROSS CHKNG;; TO A TOP SPIN BJO; IN BJO FWD & RUN 2; MANUV SD CL; IMPETUS SEMI; NATURAL WEAVE;; CHNG OF DIRECTION; TELEMARK SEMI; THRU SD BHND; ROLL 3 SEMI; PKUP SD CL; 2 LT TURNS FC LOD;;

[1] Three forward passing steps fwd L, -, fwd R, fwd L; [2 & 3] Fwd R DLW commence rf turn, -, sd L with left side stretch, continue rf turn sd R to scdar pos DLW; With right side stretch fwd L outside partner in CBMP on toe, rec R with slight left side lead, sd & fwd L, with left side stretch fwd R in bjo on toe checking forward movement; [4] With weight on ball of right foot begin lf spin stepping bk L in CBMP, bk R turning approx. 1/8 lf, with left side stretch sd & slightly fwd L approx. 1/4 lf, with left side stretch fwd R bjo pos DLW; [5] In bjo pos fwd L, -, fwd R, fwd L; [6] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [7] Commence rf upper body turn bk L, -, cl R to left heel turn continue rf turn, complete turn fwd L semi-clsd pos LOD; [8 & 9] Fwd R commence rf turn, -, sd L with left side stretch, with right side lead bk R DLC preparing to lead W outside partner; With right side stretch bk L in CBMP, bk R commence lf turn passing through clsd pos, with left side stretch sd & fwd L preparing to step outside partner, with left side stretch fwd R bjo pos DLW; [10] Fwd L, -, fwd & slightly sd R with right shldr lead turning lf starting to draw L to right and continue drawing left to right over the remainder of the measure, -; [11] Same as measure 5 of Part B; [12] Toward LOD thru R, -, sd L to fc partner, XRIB (W XLIB); [13] Rolling lf (W rf) down LOD fwd L, -, R, L to end semi-clsd pos LOD; [14] Same as measure 8 of Part B; [15 & 16] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn to fc LOD cl R;

..... ENDING (8 Measures)

FWD & RUN 2 TWICE;; 2 LT TURNS WALL;; SLOW HOVER IN 4;; 2 SD CLOSES; STEP SIDE – POINT RLOD;

[1 & 2] In clsd pos LOD fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R; [3 & 4] Same as measures 15 & 16 of Part C but end fcng wall;; [5 & 6] Fwd L, -, fwd & slightly sd R rising to ball of foot, -; Sd & slightly fwd L semi-clsd pos, -, step thru R toward LOD, -; [7] Sd L turning to fc partner clsd pos, cl R, sd L, cl R; [8] Sd L, -, point R RLOD, -;