

I AM JUST A GIRL

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MUSIC: "I Am Just A Girl" by ABBA CD: Ring Ring - Track #11 or Complete Studio Recordings Boxed Set

SEQUENCE: Intro, A, B, C, B (mod), D, A (9-14), Ending **SPEED:** Increase Tempo on CD to 28 MP

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RHYTHM: Foxtrot **PHASE:** V+1 **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 WAIT;

1 - Wait 1 meas including the initial guitar strum in CP DLW w/lead foot free for both ready to start on word "girl";

PART A

1 - 4 THREE STEP; TRAVELING HOVER CROSS;; REVERSE FALLAWAY & SLIP DLW;

1 - Fwd L heel lead blending to CP,-, fwd R heel lead rising to toe, fwd L in CP DLW;

2 - Fwd R,-, fwd & sd L comm RF trn, cont RF trn small sd & slightly fwd R w/toe pting LOD (bk L,-, cl R to L heel trn, cont RF trn sd & slightly bk L) to end in CONTRA SDCR DLC;

QQQQ 3 - Fwd L outsd ptr comm slight RF rotation, fwd R between W's feet to CP, fwd L w/L sd leading, fwd R outsd ptr (bk R, bk L, bk R, bk L) to BJO DLC;

QQQQ 4 - Fwd L comm LF trn squaring w/ptr, cont LF trn sd & bk R w/R sd leading, bk L well under body to SCP DRW rise trng LF & trng W square, cont LF trn bk R checking to CP DLW;

5 - 8 FWD & R CHASSE SDCR; HOV X ENDING DRC; FWD HOVER TO SCP DLW; CHAIR & SLIP;

SQ&Q 5 - Fwd L comm slight LF trn,-, cont LF trn sd & slightly fwd R/cl L to R, sd R to SIDECAR LOD;

QQQQ 6 - Fwd L LOD outsd ptr to SDCAR cking, rec R comm LF trn, cont LF trn sd & fwd L, fwd R to BJO DRC;

7 - Fwd L blending to CP DRC,-, fwd & sd R DRC trng LF, sd & fwd L to SCP DLW;

8 - Lower & lunge fwd R w/fwd poise,-, rec L comm LF trn rise trng W square, cont LF trn bk R to CP DLC;

9-12 TURN LEFT & R CHASSE TO BJO; OUTSIDE SWIVEL TWICE; BK & R CHASSE TO CP DLC; HOVER TELEMARK;

SQ&Q 9 - Fwd L comm LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to CBJO DRC;

SS 10 - Bk L, trn hips RF leading W to swvl leaving R ft fwd, fwd R, leading W to swvl LF to BJO;

SQ&Q 11 - Bk L comm RF trn (outsd ptr), cont RF trn sd & fwd R/cl L to R, sd & fwd R to CP DLC;

12 - Fwd L,-, fwd & slightly sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLC;

13-16 PROMENADE WEAVE; TO; TOPSPIN CHECKING; HESITATION CHANGE;

13 - Fwd R,-, fwd L comm LF trn, sd & slightly bk R cont slight LF trn in CONTRA BODY DRC;

QQQQ 14 - Bk L LOD (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;

QQQQ 15 - Trng 1/8 LF on R ft/bk L (fwd R outsd ptr), cont LF trn bk R, cont LF trn sd & fwd L, fwd R cking to BJO DRC;

SS 16 - Bk L comm RF trn,-, cont RF trn sd R twd DLW and draw L to R to CP DLC,-;

PART B

1 - 4 TELEMARK TO SEMI; NATURAL TRIPLE FALLAWAY WEAVE w/DOUBLE LILT;;;

1 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;

2 - Thru R comm RF trn,-, fwd L cont trng RF, bk R (thru L, fwd R toe pointing to M's L instep trng RF, bk L) to SCP DRW;

QQQQ 3 - Softening R knee bk L rising, bk R softening knee, bk L rising, bk R stay up;

QQQQ 4 - Bk L softening knee, trng W to CP bk R trng LF, cont LF trn sd & fwd L, fwd R (bk R, trng LF to CP slip fwd L, cont LF trn sd & bk R, bk L) to BJO DLW;

5 - 8 TURN LEFT & R CHASSE TO BJO; BK ZIG ZAG 4; IMPETUS TO SCP; FEATHER;

SQ&Q 5 - Fwd L blending to CP comm strong LF trn,-, cont LF trn sd & bk R/cl L to R, sd & bk R to BJO DRC;

QQQQ 6 - Bk L, cl R to L heel turn to SDCR, fwd L outsd ptr, trng LF sd & bk R (fwd R outsd ptr, trng RF sd & bk L, bk R, trng RF sd & fwd L) to BJO DRC;

7 - Bk L DLW comm RF trn,-, cl R to L heel trn, sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;

8 - Thru R,-, fwd L lead W to trn LF, fwd R outsd ptr to BJO DLC;

9-12 DOUBLE REV; CONTRA CHECK & SWITCH; FWD TIPPLE CHASSE INTO; SLOW BK WHISK;

SQ- (SQ&Q) 9 - Fwd L comm LF trn,-, fwd & sd R cont LF trn, touch L to R hold (bk R comm LF trn,-, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R) to CP LOD;

PART B (CON'T)

- 10 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L),-; rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP RLOD; **NOTE:** Next 2 meas move RLOD.
- SQ&Q 11 - Cont RF trn fwd R,-, w/L sway cont RF trn sd L/cl R to L lose sway, cont slight RF trn sd & bk L to CP LOD;
- SS 12 - Cont RF trn bk & sd R,-, trng W XLIB of R (cont RF trn fwd & sd L,-, cont RF trn XRIB of L) to SCP LOD,-;
- 13-16 LADY ROLL OUT TO LOP WALL; FRONT VINE 4; 2 QK FENCE LINES; * 2ND ONE w/POINT; * 2ND TIME THRU CUE - 2ND ONE M CHASSE ENDING TO SKATER LOD (R FOOT);**
- QQ-- 13 - Soften L knee fwd & across R LOD flexing R knee leading W fwd, rec L, point sd & bk R (fwd L, fwd R trng ¾ LF, sd & fwd L LOD) to LEFT OPEN POS FCING WALL,-; **NOTE:** Same footwork now until meas 7 Part C.
- QQQQ 14 - XRIF of L, sd L, XRIB of L, sd L;
- QQS 15 - Soften L knee fwd & across R LOD flexing R knee, rec L trng RF, sd R,-;
- QQ-- 16 - Soften R knee fwd & across L RLOD flexing L knee, rec R trng LF, point L sd LOD,-;
- QQ&Q 16 - **NOTE:** 2nd time thru B meas 16 M replaces slow point with sd L/cl R to L, sd & fwd L (QQS) (W replaces slow point with sd & fwd L,-) to end SKATERS POS DLW;

PART C

- 1 - 4 QK SD FRONT BALANCE L & R; FRONT VINE 4; SAILOR SHUFFLES; BEHIND VINE 3 FAN;**
- QaQQaQ 1 - Sd L/XRIF of L, rec L, sd R/XLIF of R, rec R;
- QQQQ 2 - Sd L, XRIF of L, sd L, XRIB of L/fan L ft CW;
- QaQQaQ 3 - XLIB of R/sd R, sd L, XRIB of L/sd L, sd R;
- QQS 4 - XLIB of R, sd R, XLIF of R, fan R ft CCW to a sd & slightly fwd pos;
- 5 - 8 HOOK IN FRONT,-, UNWIND,-; QK ROLL 3; & FENCELINE TO SEMI M IN 4; FEATHER;**
- Q 5 - XRIF of L pressure wgt, releasing lead hands, comm to unwind LF on the heel of R & ball of L, complete full LF unwind to end with full wgt on R;
- QQS 6 - Sd & fwd L comm LF trn, fwd R LOD cont LF trn, sd & fwd L to re-join lead hands,-;
- QQQQ 7 - Soften L knee fwd & across R LOD flexing R knee, rec L, cl R to L, sd & fwd L (soften L knee fwd & across R flexing R knee, rec L trng RF, fwd R trng RF,-) blending to SCP DLC; **NOTE:** Now back to opposite footwork.
- (QQS) 8 - Thru R,-, fwd L lead W to trn LF, fwd R outsd ptr to BJO DLC;

PART D

- 1 - 4 2 SKATER OPEN RIGHT TURNS;; 2 MONKEY WALKS; FORWARD UNDERARM ROLL RIGHT;**
- 1 - Fwd R DLW comm RF trn,-, fwd & sd L out stepping W cont RF trn to fc RLOD, cont slight RF trn bk R still in SKATERS POS FCING DRC; **NOTE:** All same footwork until meas 8.
- 2 - Bk L DLW comm RF trn,-, sd & fwd R behind & between W's feet cont RF trn to fc LOD, cont slight RF trn fwd L still in SKATERS POS FCING DLW;
- SS 3 - Sweep R ft fwd & then to R/as you step sd & fwd R in front of W's L hip,-, sweep L ft fwd & then to the L/as you step sd & fwd L (W's step is in front of M's R hip),-;
- 4 - Fwd R LOD,-, fwd L trng ¾ RF as L arm loops over W's head, cont RF trn sd & fwd R taking joined L hands down behind M's back;
- 5 - 8 CROSS LUNGE & TURN L TO SHADOW WALL; VINE 4 TO REV; SLOW LUNGE SIDE & REC; FEATHER LADY 4 QUICK;**
- 5 - Lower well in R knee fwd & across L LOD & extend R arm out to sd toward LOD,-, rec R, sd & bk L swivel ½ LF as L arm swings up and over W's head again place R hand on W's R shoulder blade to SHADOW WALL;
- QQQQ 6 - Sd R, XLIB of R, sd R, XLIF of R;
- SS 7 - Sd R soften knee in lunge line,-, trng slightly LF rec fwd L now more SHADOW POS FCING LOD,-;
- 8 - Fwd R,-, lifting L arm up to lead W to trn fwd L, fwd R outsd ptr to BJO DLC (fwd R, fwd L lifting L arm to (QQQQ) comm LF trn, sd & bk R, bk L) to BJO DLC;

ENDING

- 1 - 2 (SLOWING DOWN) CHANGE OF DIRECTION; SLOW CONTRA CHECK & EXTEND;**
- SS 1 - Fwd L comm LF trn,-, with R sd leading fwd R toe pointing LOD cont LF trn and draw L to R to CP DLC,-;
- S-- 2 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading and continue bringing R sd thru to extend over measure looking toward but over W (head well to L) loosen R arm to allow W to extend further to end Contra Check POS DLC; **NOTE:** There are a couple extra beats of fading music here to extend.

NOTE: Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.