

# I CAN'T HELP REMEMBERING YOU

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Music: Dean Martin Greater Hits. Vol 1 Side 2 Track 1 (Music on Web Page)  
Footwork: Opposite, directions for man except where noted.  
Phase & Rhythm: VI - Foxtrot September 25, 2009  
Sequence: INTRO A B INTERLUDE B(1-14) END  
Speed: as per Tape



## INTRO

FC PARTNER MAN OUTSIDE FC COH LADY INSIDE FC WALL ARMS AT SIDES  
TRAILING FOOT FREE AS MUSIC STARTS BRING ARMS IN

### 1 - 4 WAIT; THRU TURNING HOVER REC to LEFT OPEN LOD; 3 STEP LADY RF TRN SHADOW; FEATHER;

- 1 (Wait) ;
- 2 (Thru Turning Hover Rec Left Open LOD) In Open pos Man fc COH Lady fc WALL thru R,-, begin to extend arms trn RF (LF) sd L with hovering action cont extending arms, rec R left open LOD Man's left arm around Lady's waist (right arm on Man's left shoulder);
- 3 (3 Step Lady Right fc Trn Shadow) Fwd L lead Lady to trn RF,-, fwd R, fwd L shadow fc DC join left arms (Fwd R trn RF,-, sd & bk L fc RLOD, cont trn sd & fwd R shadow pos DC);
- 4 (Feather) Fwd R,-, fwd & sd L, fwd R DC BJO (Fwd L,-, trn LF sd & bk R, bk L BJO);

## A

### 1 - 8 CLOSED TELEMARQUE; NAT WEAVE;; HOVER TELEMARQUE; PREP to SAME FOOT LUNGE;; OPEN REV LADY SWIVEL SCP; OPEN NATURAL;

- 1 (Closed Telemarque) Fwd L commence LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW BJO;
- 2 - 3 (Nat Weave SQQ QQQQ) Fwd R start RF trn,-, cont RF trn sd L (Heel trn), bk R; bk L BJO, bk R to CP start to trn LF, sd & fwd L, fwd R DW BJO;
- 4 (Hover Telemarque) Fwd L,-, sd & fwd R rising with hovering action stretch right side trn RF 1/8, fwd L DW SCP;
- 5 (Prep Turn) Thru R trn RF,-, fwd L twd WALL, cont trn tch R fc COH (Thru L,-, fwd R swivel RF RDW, close L);
- 6 (Same Foot Lunge) Relax left knee & stretch right sd with sway twd RLOD reach sd & slightly fwd with R without wgt,-, transfer wgt to R, stretch left sd look sharply to LOD (Relax L knee & reach bk with right toe well under body sway twd RLOD,-, transfer wgt to R, with strong body trn left & look left);
- 7 (Open Reverse Lady Swivel SCP & QQS) On count & trn body LF to CP/fwd L trn LF, bk R RLOD fc DW, bk L BJO with right shoulder lead leading Lady to swivel RF keep right foot fwd DW,- (On count & rec L to CP/bk R, sd L BJO, thru R & swivel RF SCP DW,-);
- 8 (Open Natural) Fwd R,-, trn RF sd & bk L, bk R BJO fc RLOD;

### 9 - 16 BK, BK/LOCK, BK; HEEL PULL to RUMBA CROSS; OPEN IMPETUS; PROMENADE WEAVE;; THREE STEP; HOVER CROSS;;

- 9 (Bk, Bk/Lock, Bk SQ&Q) Trn upper body RF bk L LOD,-, bk R BJO/lock RIF, bk R LOD ;
- 10 (Heel Pull to Rumba Cross QQQQ) Bk L trn RF, cont trn on L pull right heel twd L & chg wgt to R (Sd L around Man) CP LOD, fwd L LOD left sd lead, XRIB (XLIF) trn RF fc RLOD;
- 11 (Open Impetus) Comm RF body trn bk L,-, cl R heel trn cont trn, fwd L SCP DC (Comm RF body trn fwd R between Man's feet pivoting RF,-, sd & fwd L cont trn around Man brush R to L, fwd R);
- 12-13 (Prom Weave SQQ QQQQ) Thru R,-, fwd L trng LF, sd R LOD cont trn; bk L DW BJO, bk R LOD CP, sd L preparing to trn to BJO, fwd R BJO DW;
- 14 (Three Step) Fwd L,-, fwd R CP, fwd L DW;
- 15-16 (Hover Cross SQQ QQQQ) Fwd R commence RF trn,-, sd L DW cont trn (Heel trn), sd R LOD SCAR; cont trn fwd L right shoulder lead, bk R CP, sd & fwd L, fwd R DC BJO;

**B**

- 1 - 8**      **REV WAVE;; BK FEATHER; BK to OUTSIDE CHECK; BK & SD LADY RF TRN SHADOW; CROSS LUNGE; REC TO HIGH LINE & SLIP; ROLL 4 RLOD FC WALL, MAN IN 2 SD BY SD;**
- 1-2    **(Rev Wave SQQ SQQ)** Fwd L CP trn LF,-, sd R cont trn (Heel trn), bk L DW; bk R cont trn,-, bk L LOD, bk R CP;
- 3    **(Bk Feather)** Bk L,-, bk R right shoulder lead, bk L BJO;
- 4    **(Bk To Outside Check)** Bk R LOD trn LF,-, sd & fwd L, check R RDW BJO;
- 5    **(Bk & Sd Lady RF Trn Shadow SS [SQQ])** Bk L LOD trn RF,-, sd & fwd R shadow DC hold left hands,-(Fwd R trn RF,-, sd & bk L cont trn, sd & fwd R DC);
- 6    **(Cross Lunge SS)** Cross LIF with a lunge action both right hnds extended DC;
- 7    **(Rec to Highline & Slip SQQ)** Rec R,-, sd & fwd L on toes straight leg looking DC, slip bk R small step fc RDC;
- 8    **(Roll 4 RLOD fc Wall Man in 2 Side by Side SS {QQQQ})** Bk & sd L RLOD,-, sd & fwd R RDW jnd Man's right Lady's left hnds,- (Trn LF bk & sd L, cont trn bk & sd R RLOD, cont trn sd & fwd L, cont trn sd R RDW);

**NOTE: MEAS 6 & 7 IDENTICAL FOOT WORK.**

- 9 - 16**      **JND HNS MAN RIGHT LADY'S LEFT CROSS CHECK REC SIDE; WEAVE ENDING LADY IN 4; WHISK; OPEN NATURAL; OUTSIDE SPIN; TWIST TRN SCP; THRU to THROWAWAY & EXTEND;;**
- 9    **(Cross Check Rec Side)** Jnd Hnds Man's right Lady's left same foot work XLIF with checking action (extend right arm twd RDW) rec R, bk & sd L LOD
- 10    **(Feather Finish Lady in 4 SQQ {QQQQ})** Bk R DC,-, sd L LOD, fwd R DW BJO (Bk R DC, sd L LOD comm. LF trn, sd R DW, bk L BJO);
- 11    **(Whisk)** Fwd L,-, sd R, XLIB of R;
- 12    **(Open Natural)** Commence RF body trn fwd R,-, sd L, bk R LOD BJO (Fwd L, fwd R fwd L BJO);
- 13    **(Outside Spin)** Very small step bk L pivot 1/2 RF keep shoulders parallel,-, fwd R heel lead around Lady rise on toe cont RF trn, sd & bk L LOD (Fwd R around Man,-, cl L toe trn, fwd R between Man's feet CP);
- 14    **(Twist Turn & QQS)** XRIB trn RF/twist RF on ball of R heel of L, cont trn transfer wgt to R, rise cont trn fwd L DC,-, (Run fwd around Man L/R, fwd L toe pivot RF swivel on L, rise fwd R DC,-);
- 15-16    **(Thru to Throwaway & Extend SS SS)** Thru R,-, sd L & fwd both look LOD,-, trn Lady LF on her R to RDC as Man turns LF on L to DW,-, relax M's L Lady's R knees Lady extends L bk DW on tip of toe Man extends R bk RDC upper body well up Lady's head to left looking up,-;

**INTERLUDE**

- 1 - 9**      **RISE to SAME FOOT POINT; MINI TELESPIIN;; CONTRA CHECK & SWITCH; HAIRPIN; BK ZIG ZAG 6;; HOVER TELEMAR; FEATHER;**
- 1    **(Rise to Same Foot Point S&S)** Rise on L trn 1/8 RF bring Lady to fc,-, cl R/relax R knee point L LOD,- (Rise on R to fc,-, swivel RF on R/relax R knee point L LOD);
- 2 - 3    **(Mini Telespin & SQQ & QQS)** Trn body LF/fwd L cont trn,-, sd R cont trn, bk & sd L LOD partial wgt fc WALL; trn upper body LF to lead Lady to CP commence spin/fwd L cont spin LF drawing R under body, close R, hold,- (Trn LF rec L/bk R,-, heel trn, fwd R keeping right side toward Man; fwd L trn LF/fwd R to CP, close L, hold,-);
- 4    **(Contra Check & Switch)** Relax R knee fwd L,-, rec R, slip L past right toe in pivot RF leave R fwd LOD CP;
- 5    **(Hairpin)** Fwd R DW,-, sd & fwd L strong RF prepare to step to BJO, cont trng fwd R DRW right shoulder lead;
- 6

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- 6 - 7 **(Bk Zig Zag 6 SQQ SQQ)** Bk L LOD,-, sd R, fwd L SCAR DC; trn LF sd & bk R BJO,-, bk L DW, trn RF sd & fwd R loose CP DC;
- 8 **(Hover Telemark)** Fwd L,-, sd & fwd R with hovering action trn RF, fwd L SCP DC;
- 9 **(Feather)** Thru R,-, fwd & sd L, fwd R DC BJO (Thru L,-, trn LF sd & bk R, bk L BJO);

#### REPEAT B (1 – 14)

- 1 - 8 **REV WAVE;; BK FEATHER; BK to OUTSIDE CHECK; BK & SD LADY RF TRN SHADOW; CROSS LUNGE; REC TO HIGH LINE & SLIP; ROLL 4 RLOD FC WALL, MAN IN 2 SD BY SD;**
- 9 - 14 **JND HNDS MAN RIGHT LADY'S LEFT CROSS CHECK REC SIDE; WEAVE ENDING LADY IN 4; WHISK; OPEN NATURAL; OUTSIDE SPIN; TWIST TRN SCP;**

#### ENDING

- 1 - 9 **PROM WEAVE ; ; FWD RIGHT LUNGE BODY ROLL & SLIP; ; OPEN TELEMARK; THRU TO SLOW THROWAWAY & EXTEND;; RISE TO OPEN SAME FOOT POINT;;**
- 1 – 2 **(Prom Weave SQQ QQQQ)** Thru R ,-, fwd L trng LF, sd R LOD cont trn; bk L DW BJO, bk R LOD CP, sd L preparing to trn to BJO, fwd R BJO DW;
- 3 – 4 **(Fwd Right Lunge Body Roll & Slip [SS SQQ])** Fwd L CP DW,-, flex L knee fwd & side R DW keeping left side in twd partner & as weight is taken on R flex right knee ,-, extend line,-, trn upper body LF rec L, slip R past left foot fc DC;
- 5 **(Open Telemark)** Fwd L comm LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW SCP;
- 6 – 7 **(Thru to Slow Throwaway & Extend SS SS)** Thru R,-, sd & fwd L both look LOD,-; trn Lady LF on her R to RDC as Man turns LF on L to DW,-, relax M's L Lady's R knees Lady extends L bk DW on tip of toe Man extends R bk RDC upper body well up Lady's head to left looking up,-;
- 8 – 9 **(Rise to Open Same Foot Point SS SS)** Rise on L trn 1/8 RF bring Lady to fc,-, cl R place Lady's right hand on Man's left shoulder,-; relax R knee point L LOD extend left arm,-, hold,- (Rise on R to fc,-, swivel RF on R point L LOD extend left arm up RLOD,-, relax R knee look LOD,-, hold,-);

