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(Written for our 30<sup>th</sup> anniversary)

**MUSIC:** ABBA #1'S Track #16

**FOOTWORK:** Opposite of Man except where noted

**RHYTHM:** Foxtrot

**DANCE LEVEL:** Phase IV

**SPEED:** 42 – 44 RPM

**Time: 3:17**

**RELEASED: AUGUST 2009**

**SEQUENCE: INTRO – A – B – A(MOD) – INT – C – B – A - D -END**

## INTRODUCTION

**1 – 4 LOP DLW;; STP TOG TCH; FEATH FIN DLC;**  
Start LOP dia line and wall;; (**Stp TOG tch**) Stp fwd L, tch R; (**Feath fin**) Bk R-, trng 3/8 lft fc sd L, cross R in frnt (Woman cross bhnd) to BJO LOD/COH; ;

## PART A

**1 - 8 REVS TRN;; HVR; WEAVE BJO;; NAT TRN \_ ; CLSD IMP; FEATH FIN;**  
(**Rvs Trn**) Trng \_ lft fc fwd L-, sd R, bk L; bk R, sd L, fwd R to CP diag LOD/WALL;  
(**Hvr**) Fwd L-, fwd R with slight rise, trng to SEMI fwd L; (**Weave – Bjo**) Thru R-, trng \_ lft fc fwd L, sd R blending to BJO; bk L-, sd & bk R, fwd L (Woman thru L-, trng lft fc \_ fwd & sd R, sd L, trng \_ lft fc sd & bk R, bk L, bk R) to end BJO diag LOD/WALL;  
(**Nat'l Trn \_**) Fwd R-; trng \_ rt fc sd L, bk R (Woman fwd L-, sd R, fwd L) to end CP/RLD; (**Cls'd Imp**) Bk L-, trng \_ rt fc sd & fwd R, sd L to end CP diag LOD/WALL;  
(**Feath Fin**) Same as meas 4 intro;

**9 - 12 TELEM – SEMI; HVR FALLAWAY; SLP PVT – BJO; FWD – FC - CLO;**  
(**Telem – Semi**) Trng \_ lft fc fwd L-, sd R, fwd L (Woman trng 3/8 rt fc bk R-, clo L to R, with heel trn fwd L) to end SEMI LOD/WALL; (**Hvr Fallowy**) Fwd R-, fwd L with slight rise, rcvr L-; (**Slip Pvt – Bjo**) Trng slightly lft fc bk L-, bk R, fwd L (Woman bk R, bk L, trng \_ lft fc in frnt of Man fwd R,) to end BJO diag LOD/WALL; (**Fwd – fc – clo**) Fwd R, fwd L trn to fc wall, clo R (Woman bk L, bk R trn to fc man/COH, clo L);

**13 – 16 WHSK; IN & OUT RUNS;; CHAIR & SLIP;**  
(**Whisk**) Fwd L-, fwd R, hook L bhnd R; (**In & Out runs**) Thru R-, trng \_ \_tf c sd & bk L, bk R blending to Bjo; bk L-, trng \_ \_tf c sd & fwd R, fwd L (Woman thru L-, fwd R, fwd L; fwd R-, trng full \_tf c trn fwd & sd L, fwd R) to end SEMI diag LOD/COH; (**Chair & Slip**) Thru R-, rcvr L, bk R (Woman thru L-, rcvr R, trng \_ lft fc fwd L to CP in frnt of Man) to end CP/LOD;

## PART B

- 1 - 8 **DIA TRNS SCAR;;; CROSS HVR 3X – SEMI;;; CHAIR & SLIP;**  
**(Dia trn – scar)** Fwd L trn left, sd R cont trn left (Woman in BJO), bk L (COH), cont trn bk R, sd L, fwd R (RLOD), fwd L, sd R, bk L (Wall), bk R sd L, fwd R –woman slide across on last stp to scar; **(Cross Hvr – 3 Times – Semi)** Cross L in frnt (Woman cross bhnd, trng slightly lft fc sd R with slight rise, fwd L to BJO diag LOD/COH; cross R in frnt (Woman cross bhnd), trng slightly rt fc sd L with slight rise, fwd R to SD/CAR diag LOD/WALL; cross L in frnt (Woman cross bhnd), trng slightly lft fc sd R with slight rise, fwd L to SEMI/LOD; **(Chair & Slip)** Same as meas 16 part A;

## PART A (MOD)

- 1 - 4 **TELEM – SEMI; HVR FALLAWAY; SLP PVT – BJO; FWD - FC - CLO;**  
**(Telem – semi)** Same as meas 9 part A; **(Hvr fallaway)** same as meas 10 part A; **(Slp pvt – bjo)** Same as meas 11 part A; **(Fwd – fc – clo)** Same as meas 12 part A;
- 5 – 8 **WHSK; IN & OUT RUNS;; THRU – FC - CLO;**  
**(Whsk)** Same as meas 13 part A; **(In & out runs)** Same as meas 14-15 Part A; **(Thru – fc - clo)** Stp thru R, fwd L trn to fc wall, clo R;

## INT

- 1 - 4 **BOX;; TWIST VINE - BJO; FWD & RUN 2 TO CP/LOD;**  
**(Box)** Fwd L, sd R, clo L; bk R, sd L, clo R; **(Twist vine – BJO)** Sd L, XIB R sdcar, sd L trn to BJO/LOD (woman sd R, XIF L sdcar, sd R trn to fc BJO/RLOD ; **(Fwd & run 2)** Fwd R, fwd L, fwd R CP/LOD, (woman bk L, bk R, bk L blend to CP);

## PART C

- 1 - 5 **DIA TRN \_;; QK DIA TRN 4; DIP BK AND RCV; REVERSE TRN \_;**  
**(Dia Trn \_)** Trng \_ lft fc fwd L-, sd R, bk L; bk R-, sd L, fwd R to end BJO/RLOD;  
**(Qk Dia Trn -4)** Trng \_ lft fc fwd L, sd R, bk L, bk R to end CP/LOD; **(Dip Bk & Rcvr)** Bk L-, rcvr R-; ; **(Rvs Trn \_)** Trng \_ lft fc fwd L-, sd R, bk L to end CP diag RLOD/WALL;

**PART C (CONT)**

- 6 - 8     **HVR CORTE – BJO; BK WHISK; P/U;**  
**(Hvr Corte – Bjo)** Trng 3/8 lft fc bk R-, sd & fwd L with slight rise, rcvr bk L to end BJO  
diag LOD/WALL; **(Bk Whisk)** Bk L-, trng \_ rt fc sd R, hook L bhnd R; **(Pck up)** Small  
fwd R, sd L, clo R, (Woman fwd L trn to fc, sd R, clo L);

**REPEAT PARTS “B” & “A”**

**PART D**

- 1 - 8     **2 LFT TRNS;; BOX;; HVR; IN & OUT RUNS;; THRU – FC – CLO;**  
**(2 lft trns)** Fwd trn L, fwd trn R, clo L; bk trn R, bk trn L, clo R; **(Box)** Same as meas 1 -  
2 Int; **(Hvr)** Same as meas 3 Part A; **(In & out runs)** Same as meas 14 -15 part A;;  
**(Thru – fc – clo)** Same as meas 8 Part A(mod);

**END**

- 1 - 4     **WHSK; FWD HVR BJO; BK HVR SEMI; MANV;**  
**(Whsk)** Same as meas 13 Part A; **(Fwd Hvr – Bjo)** Trng to SEMI fwd R-, fwd L with  
slight rise, rcvr R (Woman fwd L-, trng \_ lft fc bk R with slight rise, rcvr L) to end  
BJO/LOD; **(Bk Hvr – Semi)** Bk L-, bk R with slight rise, fwd L (Woman fwd R-, trng \_ rt  
fc bk R with slight rise, rcvr L) to end SEMI/LOD; **(Manuv)** Trng \_ rt fc fwd R, sd L, clo  
R to end CP/RL0D;

- 5 - 8     **SPIN TRN; \_ BOX BK; DIP BK TWIST HOLD;**  
**(Spin Trn)** Trng 3/8 rt fc bk L, fwd R with slight rise, rcvr bk L to end diag CP  
LOD/WALL; **(1/2 Box Bk)** Bk R, trng slightly rt fc sd L, clo R to CP/LOD; **(Dip bk  
twist hold)** Step bk L, slight twist of shld & hold;