

IT'S ALL ABOUT YOU

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Music: Medley: Embraceable You / How About You by Dennis Hayward
From the CD album Recall
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 A B B A (1-8) Ending

..... INTRODUCTION (4 Measures)

OPN FCNG POS DLW W/ LEAD FEET FREE WAIT 2 MEAS;; APART POINT; PKUP & TCH CP LOD;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;; [3] Step apart L, -, point R toward partner, -; [4] Fwd R picking up partner clsd pos LOD, -, tch L to right, -;

..... PART A (16 Measures)

DIAMOND TURN;;; 2 LT TURNS CP WALL;; CLSD HOVER; BOX FINISH FC LOD; TELEMARK SEMI; CURVED FEATHER CHKNG; BK FEATHER; BK FEATHER FINISH; IN BJO, FWD & RUN 2; MANUV SD CL; IMPETUS SEMI; PKUP SD CL;

[1 - 4] Fwd L turning lf on the diag, -, continue lf turn sd R, bk L with partner outside M in bjo pos; Staying in bjo pos and turning lf bk R, -, sd L, fwd R outside partner bjo pos; Fwd L turning lf on the diag, -, sd R, bk L with partner outside M in bjo pos; Bk R continue lf turn, -, sd L, fwd R blnd clsd pos DLC; [5 & 6] Fwd L start lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R start lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn clsd pos fcng wall cl R; [7] Staying in clsd pos fwd L, -, sd & fwd R with slight rise, rec bk L; [8] Bk R with slight lf body turn, -, sd & bk L continue turn to fc LOD, cl R; [9] Fwd L start lf turn, -, sd R continue lf turn, sd & slightly fwd L to end tight semi-clsd pos; (W bk R start lf turn bringing left beside right with no weight, -, turn lf on right heel [heel turn] and change weight to L, sd & slightly fwd R to end tight semi-clsd pos;) [10] Fwd R start rf turn, -, with left side lead continue rf turn fwd L, continue rf turn with left side lead fwd R checking to bjo pos about RLOD outside partner; [11] Staying in bjo pos bk L, -, bk R, bk L; [12] Bk R start lf body turn, -, sd & fwd L continue turn to DLW, fwd R bjo pos; [13] Fwd L, -, fwd R, fwd L; [14] Start rf turn fwd R, -, continue turn to fc partner sd L, cl R; [15] Start rf upper body turn bk L, -, cl R to left [heel turn] continue turn, complete turn fwd L tight semi-clsd pos LOD; [16] Toward LOD fwd R picking up partner clsd pos, -, sd L, cl R;

..... PART B (16 Measures)

OPN REVERSE TURN; HOVER CORTE; BK WHISK; THRU VINE 4; THRU & SEMI-CHASSE; PROMENADE WEAVE;; CHANGE OF DIRECTION; TURN LT & CHASSE BJO; IMPETUS SEMI; NATURAL HOVER CROSS CHKNG;; TO A TOP SPIN; WALK & FC CP WALL; 2 SD CLOSES; WALK & PKUP;

[1] Fwd L turning lf up to 1/4, -, continue turn sd R, bk L bjo pos; [2] Bk R start lf turn, -, sd & fwd L with hovering action continue body turn, rec R bjo pos; [3] Bk L, -, bk & sd R, XLIB of right finish semi-clsd pos; [4] Toward LOD thru R with slight rf turn, sd L, XRIB,

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sd L; [5] Thru R blnd semi-clsd pos, -, fwd L/cl R, fwd L; [6 & 7] Fwd R, -, fwd L start lf turn, sd & slightly bk R to bjo pos; Continue lf turn bk L, bk R continue turn leading W to clsd pos, sd & slightly fwd L DLW, fwd R outside partner bjo pos DLW; [8] Fwd L, -, fwd R with right shldr lead turning slightly lf starting to draw left to right and continue draw over remainder of measure, -; [9] Fwd L with lf upper body turn, -, sd R/cl L, sd R ending bjo pos; [10] Same as measure 15 of Part A; [11 & 12] Fwd R DLW start rf turn, -, sd L with left side stretch, continue rf turn sd R; 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 bjo pos on toe DLC checking forward movement; [13] With weight on ball of right foot start lf spin bk L in CBMP, bk R turning about 1/8, with left side stretch sd & slightly fwd L about 1/4 turn, with left side stretch fwd R bjo pos about DLW; [14] Fwd L, -, fwd R turning to fc partner & wall clsd pos, -; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwd L, -, fwd R picking up partner clsd pos LOD, -;

..... ENDING (8 Measures)

LEFT TURNING BOX;;; THREE-STEP; FC WALL SD CL; 2 SD CLOSES; STEP APT & POINT;

[1 - 4] Fwd L start lf upper body turn, -, fwd & sd R complete 1/4 turn, cl L; Bk R start lf upper body turn, -, bk & sd L complete 1/4 turn, cl R; Repeat these two measures;;

[5] In clsd pos LOD fwd L, -, fwd R, fwd L; [6] Fwd R turning rf to fc wall, -, sd L, cl R;

[7] Sd L, cl R, sd L, cl R; [8] Step apart L, -, point R toward partner, -;