

# IT'S TRUE

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Music: True, True, True Artist: UB40 Album: Labour of Love IV (Track 10 - 2:55) iTunes, Amazon.com

Footwork: Opposite unless noted (Woman's footwork in Parentheses) Time: 2:55 @ download speed

Rhythm: Two Step RAL Phase II AVG

Sequence: INTRO A B C B D Amod B C B B END

## INTRODUCTION

### **SCP FCG LOD WAIT “OOOH” & DRUM BEATS - START ON “TRUE”**

#### **1-4    LACE ACRS ; WALK 2 ; LACE BK ; WALK 2 ;**

- 1 SCP fcg LOD moving diag bhd W w/lead hnds joined (W Xif of M) [begin moving on “It's” so first step is on “True”] Fwd L, cl R, fwd L,-;
- 2 LOP LOD Fwd R,-, fwd L,-;
- 3 Under joined trailing hnds M Xing bhd W Fwd R, cl L, fwd R,-;
- 4 OP LOD Fwd L,-, fwd R,-;

#### **5-8    HITCH FWD 3 ; BK 2 SLOW ; HITCH BK 3 ; WALK 2 TO BFLY ;**

- 5-6 Fwd L, cl R, bk L,-; Bk R,-, bk L,-;
- 7-8 Bk R, cl L, fwd R,-; Fwd L,-, fwd R to BFLY WALL,-;

## PART A

#### **1-4    SCIS THRU ; WALK 2 ; SCIS THRU ; WALK 2 ;**

- 1-2 Sd L comm slight RF trn (W trn LF), cl R, XLif of R,-; in LOP RLOD Fwd R,-, fwd L,-;
- 3-4 BFLY WALL Sd R comm slight LF trn (W trn RF), cl L, XRif of L,-; in OP LOD Fwd L,-, fwd R,-;

#### **5-8    CIRC AWY TWO STP ; WALK AWY 2 ; CIRC TOG 2 STP ; WALK 2 TO CP ;**

- 5-6 Moving awy fm ptr in a circular pattern Fwd L, cl R, fwd L,-; Cont circ Fwd R,-, fwd L to fc RLOD,-;
- 7-8 Cont circling pattern twds ptr Fwd R, cl L, fwd R,-; Fwd L,-, fwd R to CP WALL,-;

#### **9-12    BROKEN BOX ; ; ;**

- 9-10 Sd L, cl R, fwd L,-; Rk fwd R,-, rec L,-;
- 11-12 Sd R, cl L, bk R,-; Rk bk L,-, rec R,-;

#### **13-16    2 SD CL ; SD THRU ; SCOOT ; WALK 2 TO BFLY ;**

- 13-14 Sd L, cl R, sd L, cl R; Sd L,-, XRif of L,-;
- 15-16 OP LOD Fwd L, cl R, fwd L, cl R ; Fwd L,-, fwd R comm to fc to BFLY,-;

## PART B

#### **1-4    FC-FC & BK-BK ; ; BBALL TRN ; ;**

- 1-2 BFLY WALL Sd L, cl R, sd L trng LF (W trn RF) to BK-BK pos,-; Sd R, cl L, sd R trng RF (W trn LF),-;
- 3-4 Sd L & check trng 1/4 RF,-, rec R cont trn to LOP RLOD,-; fwd L & check trng 1/4 RF,-, rec R cont trn to BFLY WALL,-;

#### **5-8    FC-FC & BK-BK ; ; OP VINE 4 ; ;**

- 5-6 Repeat meas 1-2 of Part B ; ;
- 7-8 Sd L comm trng to LOP RLOD,-, XRib of L,-; Sd L comm trng to OP LOD,-, XRif of L,-;

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### PART C

#### **1-4    SD 2 STPL ; LUNGE THRU REC ; SD 2 STPR ; LUNGE THRU REC :**

1-2 BFLY WALL Sd L, cl R, sd L,-; in BFLY XRif of L bending knee & checking,-, rec L,-;  
3-4 Sd R, cl L, sd R,-; in BFLY XLif of R bending knee and checking,-, rec R,-;

#### **5-8    TRAV BOX ; ; ;**

5-6 CP WALL Sd L, cl R, fwd L,-; in RSCP to RLOD Fwd R,-, fwd L,-;  
7-8 CP WALL Sd R, cl L, bk R,-; in SCP to LOD Fwd L,-, fwd R,-;

**REPEAT PART B**

### PART D

#### **1-4    CIRC AWAY 2 TWO STPS ; ; SCOOT TOG ; WALK 2 TO OP ;**

1-2 Moving awy fm ptr in a circular pattern Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R fc RLOD,-;  
3-4 Cont circling pattern twds ptr Fwd L, cl R, fwd L, cl R; Fwd L,-, fwd R to OP LOD,-;

#### **5-8    2 FWD 2 STPS ; ; HITCH 4 ; WALK 2 TO BFLY ;**

5-6 Fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;  
7-8 Fwd L, cl R, bk L, cl R; Fwd L,-, fwd R comm trn to fc ptr to BFLY,-;

### PART A MOD

#### **1-4    SCIS THRU ; WALK 2 ; SCIS THRU ; WALK 2 ;**

#### **5-8    1 FWD 2 STP ; WALK 2 ; 1 FWD 2 STP ; WALK 2 TO CP ;**

#### **9-12    BROKEN BOX ; ; ;**

#### **13-16    2 SD CL ; SD THRU ; SD DRAW CL ; SD THRU ;**

1-14 Repeat meas 1-14 Part A ; ; ; ; ; ; ; ; ; ; ; ;  
15-16 Sd L, draw R to L,-, cl R; Sd L,-, XRif of L,-;

**REPEAT PART B**

**REPEAT PART C**

**REPEAT PART B 2X**

### END

#### **1-4    LACE ACRS ; WALK 2 ; LACE BK ; WALK 2 ;**

1-4 Repeat meas 1-4 of Intro ; ; ;

#### **5-9    HITCH FWD 3 ; BK 2 SLOW ; HITCH BK 3 ; WALK 2 ; APT PT ;**

5-8 Repeat meas 5-8 of Intro ; ; ;

9 Trailing hnds joined Step apt L,-, leave R extended & pt toe twds ptr,-;

## **IT'S TRUE**

IN SCP FCG LOD Wait “Oooh” & Drum beats – Begin moving on “It's” so first step is on “True”

Intro      Lace Acrs ; Walk 2 ; Lace Bk ; Walk 2 ;  
              Hitch Fwd 3 ; Bk 2 Slow ; Hitch Bk 3 ; Walk 2 to BFLY ;

Part A      Scis Thru ; Walk 2 ; Scis Thru ; Walk 2 ;  
              Circ Awy 1 Two Stp ; Walk Awy 2 ; Circ Tog 1 Two Stp ; Walk 2 to CP ;  
              Broken Box ; ; ;  
              2 Sd Cl ; Sd Thru ; Scoot ; Walk 2 to BFLY ;

Part B      Fc-Fc & Bk-Bk ; ; BBall Trn ; ;  
              Fc-Fc & Bk-Bk ; ; OP Vine 4 ; ;

Part C      Sd 2 Stp L ; Lunge Thru Rec ; Sd 2 Stp R ; Lunge Thru Rec ;  
              Trav Box ; ; ;

Part B      Fc-Fc & Bk-Bk ; ; BBall Trn ; ;  
              Fc-Fc & Bk-Bk ; ; OP Vine 4 ; ;

Part D      Circ Awy 2 Two Stps ; ; Scoot Tog ; Walk 2 to OP ;  
              2 Fwd 2 Stps ; ; Hitch 4 ; Walk 2 to BFLY ;

Part Amod Scis Thru ; Walk 2 ; Scis Thru ; Walk 2 ;  
              Circ Awy 1 Two Stp ; Walk Awy 2 ; Circ Tog 1 Two Stp ; Walk 2 to CP ;  
              Broken Box ; ; ;  
              2 Sd Cl ; Sd Thru ; Sd Draw Cl ; Sd Thru ;

Part B      Fc-Fc & Bk-Bk ; ; BBall Trn ; ;  
              Fc-Fc & Bk-Bk ; ; OP Vine 4 ; ;

Part C      Sd 2 Stp L ; Lunge Thru Rec ; Sd 2 Stp R ; Lunge Thru Rec ;  
              Trav Box ; ; ;

Part B      Fc-Fc & Bk-Bk ; ; BBall Trn ; ;  
              Fc-Fc & Bk-Bk ; ; OP Vine 4 ; ;

Part B      Fc-Fc & Bk-Bk ; ; BBall Trn ; ;  
              Fc-Fc & Bk-Bk ; ; OP Vine 4 ; ;

END      Lace Acrs ; Walk 2 ; Lace Bk ; Walk 2 ;  
              Hitch Fwd 3 ; Bk 2 Slow ; Hitch Bk 3 ; Walk 2 ; Apt Pt ;