

LES PLAISIRS DEMODES (Old Fashioned Pleasures)

Music: Frank Pourcel
www.amazon.de/ Platinum Collection
Track # 1 Time 3:28
Available from choreographer

Rhythm: Foxtrot Phase: IV

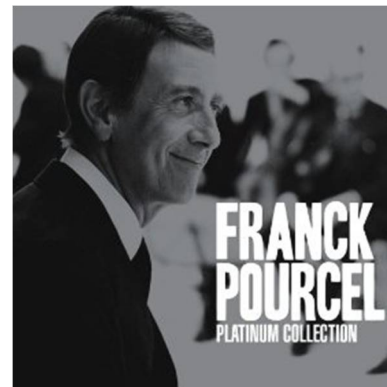
Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB C A BB END



INTRO

01-04 CP DLW LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} CP DLW ld ft free wt 4 meas ; ; ; ;

PART A

01-04 HOVER ; THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ;

{Hover} Fwd L, -, sd & fwd R risg to ball of ft & allowg W to brush R, fwd L to SCP DLC ; {Thru Sd Behind} Thru R, -, sd L, XRib (W XLib) to mom LOP RLOD ; {Roll 3 to SCP} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to OP slight V LOD ; {Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

05-08 LEFT TURNING BOX ; ; ; ;

{Left Trng Box} Fwd L & trn ¼ LF, -, sd R, cl L to CP LOD ; Bk R & trn ¼ LF, -, sd L, cl R to CP COH ; Fwd L & trn ¼ LF, -, sd R, cl L to CP RLOD ; Bk R & trn ¼ LF, -, sd L, cl R to CP WALL ;

09-12 WHISK to 1/2 OP ; OP IN & OUT RUNS ; ; CHAIR & SLIP ;

{Whisk} Fwd L, -, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (W XRib) cont to full rise w/ ld arms out to sd ; {OP in & Out Runs} Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD (W fwd L, R, L) w/ tl arms out to sd ; Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R) to ½ OP DLC w/ ld arms out to sd ; {Chair & Slip} Ck fwd R w/bent knee, -, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ;

13-16 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; SLOW SIDE LOCK ;

{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr) to BJO RLOD ; {Hover Corte} Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; {Bk Hover to SCP} Bk L, -, bk R risg sltly, rec L (W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R) to SCP DLC ; {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -, sd R trng LF, XLib) to CP DLC ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Turn} Fwd L, -, trng ¼ LF sd R, bk L to DRC ; Bk R, -, trng ¼ LF sd L, fwd R to DRW ; Fwd L, -, trng ¼ LF sd R, bk L to DLW ; Bk R, -, trng ¼ LF sd L, fwd R to DLC ;

05-08 TELEMARK to SCP ; OP NATURAL ; SPIN TURN ; BACK 1/2 BOX ;

3th & 4th TIME: BOX FINISH DLC ;

{Telemark to SCP} Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, sd & sltly fwd R) to SCP DLW ; {OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (W thru L, -, fwd R, fwd L) to BJO ; {Spin Turn} Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R) to CP DLW ; {Bk ½ Box} Bk R, -, sd L, cl R to DLW ;

3th & 4th TIME: {Box Finish} Repeat meas 8 Part B to DLC ;

PART C

01-04 WHISK ; IN & OUT RUNS ; ; PICK UP to SCAR :

{Whisk} Fwd L, -, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ; **{Pick Up to SCAR}** Sm fwd R, -, sd L, cl R trng 1/8 RF (*W trng LF fwd L in frt of M, -, cont trn sd R, cl L trng 1/8 RF*) to SCAR DLW ;

05-08 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; OP NATURAL :

{Cross Hover to BJO} XLif (*W XRib*), -, sd R rise trn LF, rec L to BJO DLC ; **{Cross Hover to SCAR}** XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; **{Cross Hover to SCP}** XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; **{OP Natural}** Repeat meas 6 Part B ;

09-12 IMPETUS to SCP ; PROMENADE WEAVE ; ; CHANGE of DIRECTION :

{Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Promenade Weave}** Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; [QQQQ] Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Chng of Direction}** [SS] Fwd L, -, fwd & sd R trng LF 1/4, draw L to CP DLC ;

13-16 REVERSE TURN ; ; HOVER TELE ; THRU FACE CLOSE :

{Reverse Turn} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD (*W Bk R comm LF trn, -, cl L [heel turn], fwd R btw M's ft*) ; Bk R cont LF trn, -, sd & fwd L cont trn, fwd outsd ptr (*W Fwd L cont LF trn, -, sd & bk R, bk L*) to BJO DLW ; **{Hover Tele}** Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; **{Thru Fc Cl}** Repeat meas 4 Part A ;

ENDING

01-03 TELEMARK to SCP ; THRU VINE 4 ; CHAIR & HOLD :

{Telemark to SCP} Repeat meas 5 Part B ; **{Thru Vine 4}** [OOQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{Chair & Hold}** [S,-,-] Thru R relax R knee both fwd poise, -, hold as music fades, -;