

LET'S DANCE FOXTROT

Composers: Carlos & Nancy Esqueda, 2360 Leisure World, Mesa, AZ 85206-5409
(480) 832-4154 e-mail: nancar@aol.com
Record: CD (For Dancers Only) CD 1 track 1
Sequence: INTRO A A B C INTERLUDE D (Timing SQQ)
Phase: Foxtrot VI

July 23 2005



DEDICATED to 2 very special ladies' birthdays

Nancy July 23 and Audrey Palmquist July 28

INTRODUCTION

1 – 8 WAIT; INVITE THE LADY; OPPOSITION POINTS; RISE LADY CLOSE; 3 STEP; HAIRPIN ; OPEN IMPETUS ; THRU FLARE TOUCH ;

- 1 (Wait) About 4 feet apart Man fc DW in Dance Position lead foot free for both;
- 2 (Invite The Lady) (Lady fwd R,-, fwd L, close R CP);
- 3 (Opposition Points SS) Relax right knee & point L DC with right sd stretch,-, hold,-(Relax right knee & point L RDW with right sd stretch,-, hold,-);
- 4 (Rise Lady Close SS) Rise on R,-, draw L to R no weight,-(Rise on R,-, close L,-);
- 5 (3 Step) Fwd L,-, fwd R, fwd L;
- 6 (Hairpin) Fwd R commence RF trn,-, with left sd stretch fwd L cont trn, cont trn swiveling RF with strong left sd stretch fwd R RDW BJO;
- 7 (Open Impetus) Bk L trng RF,-, cl R no wgt heel trn chg wgt to R trng Lady to SCP (Cont trn sd & fwd L hover to SCP), fwd L DC;
- 8 (Thru Flare Tch) Thru R DC,-, flare L CW (CCW) trn RF to fc partner, tch R;

PART A

1 – 8 WHISK; OPEN NAT; RUNNING FINISH IN 4 LADY TWIRL; HOVER; WING; OPEN REVERSE; BK to THROWAWAY; REC RONDE & SLIP CP DW;

- 1 (Whisk) Fwd L,-, sd R, XLIB fc WALL;
- 2 (Open Nat) Thru R commence RF trn,-, sd & bk L, bk R DW BJO;
- 3 (Running Finish In 4 Lady Twirl QQQQ) Bk L, sd R fc COH, fwd L DC, fwd R LOD (Fwd R commence RF twirl, L, R, L);
- 4 (Hover) Fwd L blend to CP,-, fwd & sd R with hovering action, fwd L DC SCP;
- 5 (Wing) Thru R,-, draw L to R, tch L to R trng upper body LF (Thru L commence LF trn,-, cont trn fwd R around man, fwd L end in tight SCAR);
- 6 (Open Reverse) Fwd L commence LF trn,-, cont trn sd R, bk L BJO;
- 7 (Bk to Throwaway QQS) Bk on R LOD trng LF, sd L LOD, leaving R extended rotate body LF lead Lady into Throwaway,-(Fwd L trng LF, sd R cont trn, lower on R extend left leg bk,-);
- 8 (Rec Ronde Slip CP DW) Rec R trn body RF XLIB no wgt,-, rec L, slip R bk fc DW CP (Fwd & sd L ronde R CW no wgt,-, rec R, slip L fwd);

PART A

1 – 8 WHISK; OPEN NAT; RUNNING FINISH IN 4 LADY TWIRL; HOVER; WING; OPEN REVERSE; BK to THROWAWAY; REC RONDE & SLIP CP DW;

1 - 8 ;;;;;;

PART B

1 - 8 HOVER; THRU SEMI CHASSE; WING; THRU FLARE & CHECK; BACK & LOCK 5 ;; OPEN IMPETUS; FEATHER;

- 1 (Hover) Fwd L,-, fwd & sd R with hovering action, fwd L DC SCP;
- 2 (Thru Semi Chasse) Thru R,-, sd L/cl R, sd L DC SCP;
- 3 (Wing) Thru R,-, draw L to R no wgt, tch L to R trng upper body LF, (Thru L commence LF trn,-, cont trn fwd R around man, fwd L end in tight SCAR);
- 4 (Thru Flare & Ck SS) Fwd L trng LF on left foot flare R fc RDC BJO,-, fwd R checking,- (Bk R trng LF on right foot flare L fc DW BJO,-, bk L checking,-);
- 5 - 6 (Bk & Lock 5 SQQ QQS) Bk L,-, bk R, XLIF, bk R, XLIF, bk R,-;
- 7 (Open Impetus) Bk L DW trng RF,-, cl R no wgt heel trn chg wgt to R trn Lady to SCP (Cont trn sd & fwd L hover to SCP), fwd L DC;
- 8 (Feather) Thru R,-, fwd & sd L, fwd R DC BJO (Thru L trng LF,-, sd & bk R, bk L);

PART C

- 1 - 8** REV TRN;; 3 STEP; NAT TRN; CLOSED IMPETUS; FEATHER FINISH; REV WAVE;;
1 - 2 (Rev Trn) Fwd L commence LF trn,-, sd R cont trn (Heel trn), bk L LOD CP; bk R cont trn,-, sd & slightly fwd L DW, fwd R BJO;
3 (3 Step) Fwd L blend to CP,-, fwd R, fwd L;
4 (Nat Trn) Fwd R commence RF trn,-, sd & bk L (Heel trn), bk R DW CP;
5 (Closed Impetus) Commence RF trn bk L DW,-, cl R to L heel trn cont trn fc DW, bk L CP (Fwd R between man's feet,-, pivot 1/2 RF sd & fwd L around man brush R to L, fwd R);
6 (Feather Finish) Bk R,-, sd & fwd L, fwd R DC BJO (Fwd L,-, sd & bk R, bk L DC BJO);
7 - 8 (Rev Wave) Fwd L trn LF,-, sd R cont trn (Heel trn), bk L twd WALL; bk R cont trn,-, bk L LOD, bk R CP;
- 9 - 16** BK FEATHER; BK to PROM SWAY; LADY KICK & LINK TO SCP; PREP TRN; SAME FOOT LUNGE; TELESPIN ENDING; NAT WEAWE;;
9 (Bk Feather) Bk L LOD,-, bk R, bk L BJO right sd stretch;
10 (Bk to Prom Sway) Bk R to CP,-, sd & fwd L to SCP stretching body upward to look over joined lead hnds, relax left knee;
11 (Lady Kick & Link to SCP) Trn upper body LF leading Lady to kick left foot,-, fwd R brush L to R, fwd L DW SCP (Kick L,-, bk L brush R to L trng to SCP, fwd R);
12 (Prep Trn) Thru R DW trn 1/4 RF,-, sd & bk L LOD, cont trn draw R to L no wgt right sd stretch look RLOD fc COH (Thru L,-, fwd R trn RF, cont trn cl L fc RDW);
13 (Same Foot Lunge) Relax left knee & stretch right sd with sway twd RLOD reach sd & fwd R toe pointing DC,-, cont to transfer all wgt to R with soft knee look DC, stretch upward and sway right (XRIB of L well under body head well to left);
14 (Telespin Ending & QQS) On count & trn upper body LF no wgt chg/cont trn rec L, cont trn sd & fwd R, fwd L DW SCP,-(On & count fwd L/bk R, cont trn toe spin & cl L, fwd R DW SCP,-);
15 - 16 (Nat Weave SQQ QQQQ) Thru R commence RF trn,-, cont trn sd L, bk R; bk L BJO, bk R to CP start to trn LF, sd & fwd L, fwd R DW BJO;

INTERLUDE

- 1 - 6** CHG OF DIRECTION; BOUNCE FALLAWAY 4 to BJO; WEAWE 4; CHG OF DIRECTION; CURVING 3; BK CURVING 3;
1 (Chg of Direction) Fwd L,-, fwd R right shoulder lead trn LF, draw L to R no wgt fc DC;
2 (Bounce Fallaway 4 BJO QQQQ) Fwd L, sd & fwd R, XLIB, bk R fc RDC BJO;
3 (Weave 4 QQQQ) Bk L, bk R, trn LF sd L fc Wall, fwd R DW BJO;
4 (Chg of Direction) Fwd L,-, fwd R right shoulder lead trn LF, draw L to R no wgt fc DC;
5 (Curving 3) Fwd L,-, trn LF sd & fwd R right shoulder lead, cont trn fwd L with checking action fc RDC;
6 (Bk Curving 3) Trn LF bk R DC,-, bk L COH, bk R with checking action fc DW;

PART D

- 1 - 8** 3 STEP; FEATHER; QUICK FWD RIGHT LUNGE BODY ROLL & SLIP; OPEN TELEMARK; NAT TELEMARK; CL TELEMARK; NAT TRN; CHASSE LADY TWIRL to HND SHAKE;
1 (3 Step) Fwd L blend to CP,-, fwd R, fwd L;
2 (Feather) Fwd R,-, fwd & sd L, fwd R DW BJO (Bk L,-, sd & bk R, bk L BJO);
3 (Quick Fwd Right Lunge Body Roll & Slip QQQQ) Fwd L, flex left knee fwd & sd R DW relax right knee keep right arm parallel to floor look at Lady, roll body RF rec L, brush R bk past L trn LF fc DC CP (Bk R, relax right knee bk & sd L relax left knee extend into man's right arm look left, sway RF rec R, fwd L CP);
4 (Open Telemark) Fwd L commence LF trn,-, cont trn sd & fwd R (Heel trn), sd & fwd L DW SCP;
5 (Nat Telemark) Thru R trn RF fc RDW,-, sd L DW, cont trn sd & fwd R LOD SCAR;
6 (Cl Telemark) Fwd L DC commence LF trn,-, cont LF trn sd & fwd R (Heel trn), sd & fwd L DW BJO;
7 (Nat Trn) Fwd R commence RF trn,-, sd & bk L, bk R LOD CP;
8 (Chasse Lady Twirl to Hnd Shake SQ&Q) Bk L,-, trn RF sd & fwd R raise lead hnd to lead Lady to twirl RF, cl L/cont trn small fwd R shake hnds fc LOD (RF twirl R,-, L, R/L to fc ptr & RLOD);

- 9 - 16 **SLOW OPEN CONTRA CHECK; LADY ROLL LF to BFLY fc WALL;**
SLOW OUTSIDE SWIVEL; THRU to BFLY HINGE; BK HOVER in BFLY;
THRU SEMI CHASSE; THRU & SYNC VINE 8; QUICK SIDE LUNGE,
- 9 **(Slow Open Contra Ck SS)** Flex right knee small LF trn fwd L with right shoulder lead look above Lady's head
(Head well to left),-, extend line,-;
- 10 **(Lady Roll LF to BFLY fc WALL)** Rec R fc WALL,-, thru L roll Lady RF, sd R BFLY fc WALL look RLOD
(Fwd R commence RF trn,-, bk L cont trn, sd R blend to BFLY fc WALL look RLOD);
- 11 **(Slow Outside Swivel SS)** Thru L swivel LF,-, point R RLOD look RLOD,-;
- 12 **(Thru to BFLY Hinge SS [SQQ])** Stay in BFLY thru R,-, sd L,-(Thru L,-, sd R, XLIB relax left knee);
- 13 **(Bk Hover in BFLY)** Hold lead Lady to rec,-, rec R right side stretch hovering action, sd L LOD BFLY (Rec R,-,
sd L hovering action, sd R LOD BFLY);
- 14 **(Thru Semi Chasse SQ&Q)** Thru R,-, sd L, cl R/ sd L to BFLY;
- 15 - 16 **(Thru & Sync Vine 8 S&Q&Q&Q)** Thru R,-, sd L/ XRIB, sd L/ XRIF; sd L/XRIB (Thru L,-, sd R/XLIB,
sd R/XLIF; sd R/XLIB,)
(Quick Side Lunge Q) Sd L LOD with a lunge action look RLOD release hnds rotate arms in and out,

(NOTE) Part D Measures 11 thru 16 are in BFLY

