

Long, Long Before Your Time

Choreo: Stuart Lewis & Fay Samborsky
7890 Stonehouse Ct. , Centerville OH 45459-5114
937-432-0283 - Dance@SALewis.com

Music: "Long , Long Before Your Time" - Phil Coulter
CD "Timeless Tranquility" - available as iTunes download

Time/Speed: 3:28 (after trimming silence)/Speed unchanged from download

Footwork: Opposite , directions for man except as noted (W's in parentheses and underlined)

Rhythm: FT Phase: III + 2 (Hover Corte , Back Whisk) Release Date: May 2009

SEQ: I A[05-17] B C A B T



I

[CP COH]

01-04 WAIT ; ; LEFT TURNING BOX 1/2 ; ;

01 - 02 In CP Man facing COH with lead feet free wait 2 measures ; ;

03 - 04 {Left Turning Box 1/2} Forward left commence left face upper body turn , - , forward and side right complete 1/4 turn , close left ; back right commence left face upper body turn , - , back and side left complete 1/4 turn , close right ;

A

01-04 LEFT TURNING BOX ; ; ; ;

01 - 04 {Left Turning Box} In CP facing Wall , forward left commence left face upper body turn , - , forward and side right complete 1/4 turn , close left ; back right commence left face upper body turn , - , back and side left complete 1/4 turn , close right ; Forward left commence left face upper body turn , - , forward and side right complete 1/4 turn , close left ; back right commence left face upper body turn , - , back and side left complete 1/4 turn , close right ;

05-08 HOVER ; THRU CHASSE TO SCP ; THRU CHASSE TO SCP ; WING ;

01 {Hover} In CP facing Wall forward left , - , forward and side right rising to ball of foot optionally brushing left to right , recover left to tight SCP ;

02 {Thru chasse to SCP} Thru right commence turn to face , - , side left/close right , side left to SCP ;

03 {Thru chasse to SCP} Thru right commence turn to face , - , side left/close right , side left to SCP ;

04 {Wing} Forward right , - , draw left toward right , touch left to right turning upper part of body left face with left side stretch to end in a tight SCAR facing DLC ; (Forward left beginning to cross in front of man commence turn slightly left face , - , forward right around man continue to turn slightly left face , forward left around man complete slight left face turn to end in a tight SCAR facing DRW ;)

09-12 LF TRN [RLOD] ; HOVER CORTE ; BK WHISK ; MANEUVER ;

01 {Left Turn} Forward left commence left face upper body turn blending to CP , - , continue turn to face RLOD side and back right , close left ;

02 {Hover Corte} Back right starting left face turn , - , side and forward left with hovering action continuing body turn , recover right in BJO facing LOD ;

03 {Back Whisk} Back left , - , back and side on right , cross left in back of right finishing in SCP ; (Forward right , - , forward and side left , cross right in back of left finishing in SCP ;)

04 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (Small forward left , - , side right , close left ;)

13-16 SPIN TURN ; BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP ;

01 {Spin Turn} Commence right face upper body turn back left toe pivoting 1/2 right face to face LOD , - , forward right between woman's feet heel to toe continue right face turn to DLW keeping left leg extended back and side , complete turn side and back on left ; (Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face , - , back left toe continue turn brush right to left , complete turn forward right ;)

02 {Box Finish} Back right turning 1/4 left face to DLC , - , side left , close right ;

03 {Turn left & right chasse} Forward left commence left face upper body turn , - , side right continue turn left face/close left , side right complete turn to BJO ;

04 {Impetus to SCP} Commence right face upper body turn back left , - , close right to left [heel turn] continue right face turn , complete turn forward left in tight SCP facing DLC ; (Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right

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face , - , side and forward left continue turn around man brush right to left , complete turn forward right ;)

17-17 THRU FACE CLOSE ;

17 Forward right between partners with a reaching step , - , forward left turning to face partner , close right to left ;

B

01-04 HOVER ; MANEUVER ; IMPETUS [SCP] ; HOVER FALLAWAY ;

01 **{Hover}** Forward left to CP , - , forward and side right rising to ball of foot optionally brushing left to right , recover left to tight SCP ;

02 **{Maneuver}** Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; **(Small forward left , - , side right , close left ;)**

03 **{Impetus to SCP}** Commence right face upper body turn back left , - , close right to left [heel turn] continue right face turn , complete turn forward left in tight SCP facing DLC ; **(Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face , - , side and forward left continue turn around man brush right to left , complete turn forward right ;)**

04 **{Hover Fallaway}** Staying in SCP throughout forward right , - , forward left rising to ball of foot and checking , recover on right ;

05-08 BACK HOVER [BJO] ; FORWARD CHASSE [SCAR] ; BACK CHASSE [SCP] ; PICKUP SIDE CLOSE ;

01 **{Back Hover}** Back , - , side and back with a slight rise , recover ; **(Back , - , side and back turning left face with a slight rise & brush free foot to supporting foot , recover to BJO ;)**

02 **{Forward chasse}** Forward right commence turn to face , - , side left/close right , side left turning to SCAR ;

03 **{Back chasse}** Back right commence turn to face , - , side left/close right , side left turning to SCP ;

04 Forward right [short step] , **(Forward left stepping in front of man turning left face to end CP ,)** side left , close right ;

09-12 2 LEFT TURNS ; ; BOX ; ;

01 - 02 **{Left face foxtrot turn}** Forward left commence left face upper body turn , - , continue to turn [up to 1/2] side and back right , close left ; back right commence left face upper body turn , - , continue to turn [up to 1/2] side and forward left , complete turn close right ;

03 - 04 **{Box}** Forward left , - , side right , close left ; back right , - , side left , close right ;

13-16 TWISTY VINE 3 [BJO] ; MANEUVER ; IMPETUS [SCP] ; CHAIR AND RECOVER ;

01 **{Twisty vine}** Side left , - , cross right in back to sidecar position , side left over turning to BJO ; **(Side right , - , cross left in front to sidecar position , side right over turning to BJO ;)**

02 **{Maneuver}** Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; **(Commence right face turn back left , - , continue right face turn to face partner side right , close left ;)**

03 **{Impetus to SCP}** Commence right face upper body turn back left , - , close right to left [heel turn] continue right face turn , complete turn forward left in tight SCP facing DLC ; **(Commence right face upper body turn forward right outside man's feet heel to toe pivoting 1/2 right face , - , side and forward left continue turn around man brush right to left , complete turn forward right ;)**

04 Forward right lunge step , - , recover left , - ;

17-17 THRU FACE CLOSE ;

17 Forward right between partners with a reaching step , - , forward left turning to face partner , close right to left ;

C

01-04 WHISK ; MANEUVER ; SPIN TRN ; BACK 1/2 BOX [SCAR] ;

01 **{Whisk}** Forward left to CP , - , forward and side right commencing rise to ball of foot , cross left in back of right continuing to full rise on ball of foot ending in a tight SCP ;

02 **{Maneuver}** Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; **(Small forward left , - , side right , close left ;)**

03 **{Spin Turn}** Commence right face upper body turn back left toe pivoting 1/2 right face to face LOD , - , forward right between woman's feet heel to toe continue right face turn to DLW keeping left leg extended back and side , complete turn side and back on left ; **(Commence right face**

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upper body turn forward right between man's feet heel to toe pivoting 1/2 right face , - , back left toe continue turn brush right to left , complete turn forward right ;)

- 04 {Back 1/2 box} Back right , - , small side left , (**normal side right ,**) close right to SCAR DLWI ;
- 05-08 CROSS HOVER [BJO] ; CROSS HOVER [SCAR] ; CROSS HOVER [SCP] ; PICKUP SIDE CLOSE ;**
- 01 {Cross Hover} Cross left in front of right , (**Cross right in back of left**) - , side right with a slight rise commence left turn , recover on left complete turn to BJO ;
- 02 {Cross Hover} Cross right in front of left , (**Cross left in back of right**) - , side left with a slight rise commence right turn , recover on right complete turn to SCAR ;
- 03 {Cross Hover} Cross left in front of right , (**Cross right in back of left**) - , side right with a slight rise commence left turn , (**right turn**) recover on left complete turn to SCP ;
- 04 Forward right [short step] , (**Forward left stepping in front of man turning left face to end CP ,**) side left , close right ;
- 09-12 FORWARD RUN 2 ; FORWARD RUN 2 ; 2 LEFT TRNS ; ;**
- 01 {Forward run 2} Forward left , - , forward right , forward left ;
- 02 {Forward run 2} Forward right , - , forward left , forward right ;
- 03 - 04 {Left face foxtrot turn} Forward left commence left face upper body turn , - , continue to turn side and back right , close left ; back right commence left face upper body turn , - , continue to turn side and forward left , complete turn to face Wall close right ;
- 13-16 VINE 3 ; MANEUVER SIDE CLOSE ; 2 RIGHT TURNS ; ;**
- 01 {Vine} Side left , - , cross right in back , side left turning to SCP ;
- 02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (**Small forward left , - , side right , close left ;**)
- 03 - 04 {Right face foxtrot turn} Back left commence right face turn , - , side right toward line of progression continue turn , complete turn close left ; forward right commence right face turn , - , side left diagonally across line of progression continue turn , complete turn to face Wall close right ; ;
- 17-18 DIP HOLD ; HOLD RECOVER ;**
- 01 - 02 Step back and take full weight with the knee relaxed The other leg remains extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor. , - , hold , - ; Hold , - , recover right , - ;

T

- 01-04 WHISK ; MANEUVER ; SPIN TURN ; BACK 1/2 BOX [CP] ;**
- 01 {Whisk} Forward left to CP , - , forward and side right commencing rise to ball of foot , cross left in back of right continuing to full rise on ball of foot ending in a tight SCP ;
- 02 {Maneuver} Commence right face turn forward right , - , continue right face turn to face partner side left , complete turn close right ; (**Small forward left , - , side right , close left ;**)
- 03 {Spin Turn} Commence right face upper body turn back left toe pivoting 1/2 right face to face LOD , - , forward right between woman's feet heel to toe continue right face turn to DLW keeping left leg extended back and side , complete turn side and back on left ; (**Commence right face upper body turn forward right between man's feet heel to toe pivoting 1/2 right face , - , back left toe continue turn brush right to left , complete turn forward right ;**)
- 04 {Back 1/2 box} Back right , - , side left , close right to CP facing DLW ;
- 05-06 HOVER ; CHAIR ;**
- 01 {Hover} Forward left , - , forward and side right rising to ball of foot optionally brushing left to right , recover left to tight SCP ;
- 04 Forward right lunge step , - , - , look at partner ;

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HEAD CUES

SEQ: I A[05-17] B C A B T

- I
- [CP COH]
01-04 WAIT ; ; LEFT TURNING BOX 1/2 ; ;
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- 05-08 HOVER ; THRU CHASSE TO SCP ; THRU CHASSE TO SCP ; WING ;
09-12 LF TRN [RLOD] ; HOVER CORTE ; BK WHISK ; MANEUVER ;
13-16 SPIN TURN ; BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP ;
17-17 THRU FACE CLOSE ;
- B
- 01-04 HOVER ; MANEUVER ; IMPETUS [SCP] ; HOVER FALLAWAY ;
05-08 BACK HOVER [BJO] ; FORWARD CHASSE [SCAR] ; BACK CHASSE [SCP] ; PICKUP SIDE
CLOSE ;
09-12 2 LEFT TURNS ; ; BOX ; ;
13-16 TWISTY VINE 3 [BJO] ; MANEUVER ; IMPETUS [SCP] ; CHAIR AND RECOVER ;
17-17 THRU FACE CLOSE ;
- C
- 01-04 WHISK ; MANEUVER ; SPIN TRN ; BACK 1/2 BOX [SCAR] ;
05-08 CROSS HOVER [BJO] ; CROSS HOVER [SCAR] ; CROSS HOVER [SCP] ; PICKUP SIDE
CLOSE ;
09-12 FORWARD RUN 2 ; FORWARD RUN 2 ; 2 LEFT TRNS ; ;
13-16 VINE 3 ; MANEUVER SIDE CLOSE ; 2 RIGHT TURNS ; ;
17-18 DIP HOLD ; HOLD RECOVER ;
- A
- 01-04 LEFT TURNING BOX ; ; ; ;
05-08 HOVER ; THRU CHASSE TO SCP ; THRU CHASSE TO SCP ; WING ;
09-12 LF TRN [RLOD] ; HOVER CORTE ; BK WHISK ; MANEUVER ;
13-16 SPIN TURN ; BOX FINISH ; TURN LEFT & RIGHT CHASSE ; IMPETUS TO SCP ;
17-17 THRU FACE CLOSE ;
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- 01-04 HOVER ; MANEUVER ; IMPETUS [SCP] ; HOVER FALLAWAY ;
05-08 BACK HOVER [BJO] ; FORWARD CHASSE [SCAR] ; BACK CHASSE [SCP] ; PICKUP SIDE
CLOSE ;
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- 01-04 WHISK ; MANEUVER ; SPIN TURN ; BACK 1/2 BOX [CP] ;
05-06 HOVER ; CHAIR ;