

LOOK WHAT THEY'VE DONE TO MY SONG

Choreo by: Don & Linda Hichman, 2336 Pine Forest Dr., Gastonia, NC 28056-9237
Phone: 704-408-0455 email: DonHi@carolina.rr.com Release: Aug 2006
Music: The New Seekers – Available as a download from Walmart for 88¢
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Mixed [Foxtrot & Jive] Phase: V + 1 unph [Glide To The Side]
Sequence: INTRO A B C D A[Mod] C D[1-12] END Speed: Slow For Comfort

INTRO

1 – 2 **WAIT;;**
1-2 In CP fc ptrn & wall wait;;

PART A [FOXTROT]

1 – 4 **HOVER; PROM WEAVE;; CHG OF DIR;**
1 [Hover] Fwd L,-, sd & fwd R with slight rise, rec on L;
2-3 [Prom Weave] Fwd R,-, fwd L trng LF to CP, sd & slightly bk R to CBMP DLC; Bk L DLC still in CBMP, bk R trng body LF & trn W to CP, sd & slightly fwd L, fwd R to CBP DLW;
4 [Chg Of Dir] Fwd L DLW,-, fwd R DLW R shldr lead & trn LF, draw L to R & brush end DLC;
5 – 8 **OP TELEMAR; CURVED FEATH; DOUB OUTSIDE SWIVEL; OP IMPETUS;**
5 [Op Telemark] Fwd L comm trn L,-, sd R cont trn, sd & slightly fwd L (W bk R comm trn L bring L beside R with no wt,-, trn LF on R heel & chg wt to L, step sd & slightly fwd R) end SCP DLW;
6 [Curved Feath] Fwd R comm trn R,-, with L sd stretch cont R trn sd & fwd L, cont upper body trn to R with L sd stretch fwd R (W fwd L comm trn R,-, staying well into M's R arm with R sd stretch cont R trn sd & bk R, cont upper body trn to R with R sd stretch bk L) end CBMP DRW;
7 [Doub Outside Swivel] Bk L with R shldr lead & pnt R fwd,-, rec R & pnt L,- (W fwd on R & swivel RF on ball of R ft,-, fwd L & swivel LF on ball of L ft,-);
8 [Op Impetus] Comm RF upper body trn bk L,-, cl R to L cont trn, fwd L (W comm RF upper body trn,-, sd & fwd L cont trn brush R to L, fwd R) end SCP DLC;
9 – 12 **SLO SD LOCK; START DIAMOND TRNS;;;**
9 [Slo Sd Lock] Thru R,-, sd & fwd L to CP, XRIBO L trns slightly LF (W thru L start LF trn,-, sd & bk R cont trn to CP, XLIFO R);
10-12 [Start Diamond Trns} Fwd L trng on the diag,-, cont L trn sd R, bk L; Trn LF step bk R,-, sd L, fwd R; Fwd L trng on the diag,-, sd R, bk L;
13 – 16 **FINISH DIAMOND TRNS; OP TELEMAR; NATL HOVER CROSS;;**
13 [Finish Diamond Trns} Bk R cont trn,-, sd L, fwd R end CBP DLC;
14 [Op Telemark] Repeat Part A meas 5;
15-16 [Natl Hover Cross] Fwd R DLW comm trn R,-, sd L with L sd stretch, cont R trn sd R ½ trn fc DLC (W fwd L comm R trn,-, fwd R cont trn, cont R trn sd L to CP);
With R sd stretch fwd L in CBMP outsd ptrn on toe, rec R with slight L sd lead, sd & fwd L, with L sd stretch fwd R in CBMP outsd ptrn on toe end FC DLC;

PART B [FOXTROT]

1 – 4 REV WAVE; to CHECK & WEAVE;; HOVER TELEMAR;

- 1 [Rev Wave] Fwd L start LF body trn blend to CP,-, sd R, bk L end CP DRC;
2-3 [to Check & Weave] Slip R ft bk under body with slight contra ck action,-, fwd L comm trn L, sd R trn L with R sd lead & slight R sd stretch prepare to lead W outsd ptrn; With R sd stretch bk L in CBMP cont trn, bk R to momentary CP cont trn L, sd & fwd L with L sd stretch, with L sd stretch fwd R in CBMP outsd ptrn (W slip L ft under body with slight contra ck action,-, bk R comm trn L, sd L trn with L sd lead & slight L sd stretch prepare to step outsd ptrn; With L sd stretch fwd R in CBMP outsd ptrn, fwd L to momentary CP cont trn L, sd & bk R with R sd stretch, with R sd stretch bk L in CBMP) end fc DLW;
4 [Hover Telemark] Fwd L,-, diag sd & fwd R risight slightly with body trn RF, fwd L on toes (W Bk R,-, diam sd & bk L with hovering action & body trn RF, fwd R small step on toes) end SCP;

5 – 8 NATL WEAVE;; CHG OF DIR; OP TELEMAR;

- 5-6 [Natl Weave] Fwd R comm trn R,-, sd L with L sd stretch under ¼ trn between 1 & 2, R sd lead bk R DLC prepare to lead W outsd ptrn slight trn to R between 2 & 3 (W fwd L,-, fwd R, fwd L); With R sd stretch bk L in CBMP, bk R comm LF trn passing thru CP, with L sd stretch sd & fwd L prepare to step outsd ptrn trng ¼ between 5 & 6 body trns less, L sd stretch fwd R in CBMP outsd ptrn (W with L sd stretch fwd R in CBMP outsd ptrn, fwd L comm trn L passing thru CP, with R sd stretch sd R 1/8 trn between 5 & 6, R sd stretch bk L 1/8 trn between 6 & 7 body trns less) end DLW;
7 [Chg Of Dir] Fwd L DLW,-, fwd R DLW & R shldr lead & trn LF, draw L to R & brush end DLC;
8 [Op Telemark] Repeat Part A meas 5;

9 – 12 OP NATL; BK BK/LK BK; BK TRNG WHISK; SYNC WHISK;

- 9 [Op Natl] Comm RF upper body trn fwd R heel to toe,-, sd L X LOD, cont slight RF upper body trn to lead ptrn to step outsd bk R (W fwd L,-, fwd R, fwd L) to CBP;
10 [Bk Bk/Lk Bk] Bk L with R shldr lead,-, bk R/bk L, bk R;
11 [Bk Trng Whisk] Bk L comm trn R with slight RS stretch,-, sd & bk R cont upper body trn to R with R sd stretch, XLB R (W fwd R comm trn R with slight L sd stretch,-, stay well into M's R arm sd & fwd L cont upper body trn to R with L sd stretch, XRB L) end tight SCP;
12 [Sync Whisk] Thru R in CBMP,-, L hip trns twds ptrn cl L to R CP/sd R with slight R sd stretch, R sd stretch with slight body trn to R L XIB of R to tight SCP;

13 – 16 START PROM WEAVE; OUTSD SWIVEL & P/U; FWD BOX; BK TRNG BOX;

- 13 [Start Prom Weave] Repeat Part B meas 5 end CBMP fc RLOD;
14 [Outsd Swivel & P/U] Bk L with R shldr lead & pnt R ft fwd,-, rec R & pick W up,- (W fwd R & swivel RF on ball of R ft,-, fwd L & swivel to fc ptrn,-) end CP fc RLOD;
15 Fwd L,-, sd R, cl L;
16 Bk R,-, sd & fwd L trng ¼ LF, cl R end CP fc wall;

PART C [JIVE]

- 1 – 4** **JIVE CHASSE L & R; TRIPLE CHASSE ROLL;; START CHASSE ROLL BACK;**
- 1 [Jive Chasse L & R] Sd L/cl R, sd L, sd R/cl L, sd R;
2-3 [Triple Chasse Roll] Rk bk L to SCP, rec R to fc, sd L/cl R, sd L trn R to bk-to-bk pos;
Sd R/cl L, sd R cont trn to fc, sd L/cl R, sd L end fc ptrn;
4 [Start Roll Back] Rk bk R to ½ OP, rec L to fc, sd R/cl L, sd R trn to bk-to-bk pos;
- 5 – 8** **FINISH CHASSE ROLL BK; FALLAWAY RK ~ CHG R TO L;;**
- 5 [Finish Chasse Roll Bk] Sd L/cl R, sd L cont trn to fc, sd R/cl L, sd R end fc ptrn & wall;
6-7.5 [Fallaway Rk] Rk bk L to SCP, rec R to fc, sd L/cl R, sd L; Sd R/cl L, sd R,
7.5-8 [Chg R to L] Rk bk L to SCP, rec R; Sd L/cl R, sd L trng ¼ LF, sd & fwd R/cl L, sd R
(W rk bk R to SCP, rec L; Sd R/cl L, fwd R trng ¾ RF under jnd lead hnd, sd & slightly
bk L/cl R) end fc ptrn & LOD;
- 9 – 12** **STOP & GO;; STOP & GO;;**
- 9-10 [Stop & Go] Rk bk L, rec R, fwd L/cl R, fwd L (W rk bk R, rec L, IP R/L, R trng ½ LF
under jnd hnds to end at M's R sd); Rk fwd R, rec L, small bk R/cl L, R (W M catches W
with R hnd on W's L shldr blade at end of triple to stop movement. Rk bk L, rec R IP L/R,
L trng ½ R fc under jnd hnds to end fc M);
11-12 [Stop & Go] Repeat Part C meas 9 & 10;;
- 13 – 16** **AMERICAN SPIN ~ CHG L TO R;; RK REC ~ KICKBALL CHG;**
- 13-14.5 [American Spin] Rk bk L, rec R, sd L/cl R to L, sd L; Sd R/cl L to R, sd R (W rk bk R,
rec L, sd R/cl L to R, sd R spin 1 full trn; Sd L/cl R to L, sd L) still fc LOD,
14.5-15 [Chg L to R] Rk bk L, rec R; sd L/cl R, sd L trng ¼ RF, sd R/cl L, sd R (W rk bk R, rec L;
fwd R/cl L, fwd R trng ¾ LF under jnd lead hnds, sd L/cl R, sd L cont LF trn) now fc wall;
16 [Rk Rec ~ Kickball Chg] Rk bk L, rec R, kick L/ball L, cl R;

PART D [JIVE]

- 1 – 4** **START R TRNG FALLAWAY & GLIDE TO SIDE [2];;;;**
- 1-2 [Start R Trng Fallaway & Glide to the Side] Rk bk L, rec R to loose CP, trng RF ¼ sd L/
cl R, sd L; Cont trn RF bk & sd R, XL IFO R, sd R/cl L, sd R now fc ptrn & COH;
3-4 [Start R Trng Fallaway & Glide to the Side] Repeat Part D meas 1-2 end fc ptrn & wall;;
- 5 – 8** **FALLAWAY THROWAWAY ~ LINK TO WHIP TRN ~ START CHG L TO R;;;**
- 5-6.5 [Fallaway Throwaway] Rk bk L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R trng ¼ LF (W rk
bk R, rec L, pickup R/L, R; Sd & bk L/cl R, sd L trng ½ on triples) now fc ptrn & LOD,
6.5-7.5 [Link To Whip Trn] Rk apt L, rec R; Start RF trn fwd L/R, L to CP, X RIB of L toe trnd
out cont RF trn, sd L cont RF trn: Chasse R/cl L, sd R comp 1 full trn now fc LOD,
7.5-8 [Start Chg L to R] Rk apt L, rec R;
- 9 – 12** **FINISH CHG L TO R; SHE GO/HE GO [H/S] ~ MIAMI SPECIAL;;;**
- 9 [Finish Chg L to R] Repeat Part C meas 15 end fc ptrn & wall;
10-11.5 [She Go/He Go] Rk apt L, rec R, fwd L/R, L trng RF to look at W's bk; fwd trng LF under
jnd lead hnds R/L, R & chg to R to R hnds now fc ptrn & COH (W rk apt R, rec L, fwd
trng LF ¼ under jnd lead hnds R/L, R; cont LF trn and ¼ bk L/R, L),
11.5-12 [Miami Special] Rk apt L, rec R; Fwd L/R, L trng RF ¾ to lead W to trn LF under jnd
R hnds putting jnd hnds over M's head so hnds rest bhd M's neck, sd R/L, R (W rk apt R,
rec L, fwd R/L, R trn LF ¾ under jnd R hnds, sd L/R, L release hnd hold & slide R hnd
down M's L arm) end LOP fc ptrn & wall;

- 13 – 16** **BASIC RK ~ RK REC;; SWIVEL WALK 4 [FC]; 2 SIDE CL;**
13-14 [Basic Rk ~ Rk Rec] Rk apt L, rec R to CP, sd L/cl R, sd L; Sd R/cl L, sd R, rk bk L to SCP, rec R;
15 [Swivel Walk 4] In SCP swivel L, R, L, R end in CP fc ptnr & wall;
16 [2 Side Cl] Sd L, cl R, sd L, cl R;

PART A [MODIFIED] FOXTROT]

- 1 – 4** **HOVER; PROM WEAVE;; CHG OF DIR;**
Repeat Part A meas 1 – 4;;;;
5 – 8 **OP TELEMARK; CURVED FEATH; DOUB OUTSIDE SWIVEL; OP IMPETUS;**
Repeat Part A meas 5 – 8;;;;
9 – 12 **SLO SD LOCK; START DIAMOND TRNS;;;**
Repeat Part A meas 9 – 12;;;;
13 – 16 **FINISH DIAMOND TRNS; OP TELEMARK; NATL HOVER FALLAWAY;**
BK FACE CL & PNT TO SD;
Repeat Part A meas 13 – 14;;
15 [Natl Hover Fallaway] Fwd R with slight body trn to R,-, fwd L on toe trng to R with slo rise, rec bk on R (W fwd L,-, fwd R on toe between M's feet trng RF with slo rise, rec bk on L);
16 [Bk Face Cl & Pnt to Sd] Bk L start LF trn ,-, bk & sd R trng to CP fc wall, pnt L sd;

REPEAT PART C

REPEAT PART D [Thru meas 12]

END

- 1 – 2** **RK REC ~ SWIVEL WALK 4 ~ APT & PNT;;**
1-2 [Rk rec ~ Swivel Walk 4 ~ Apt & Pnt] Rk apt L, rec R to SCP, swivel L, R; L, R, apt L, pnt R;