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Record Making Memories, The Complete Frankie Laine, available from Itunes

Rhythm Foxtrot

Level Roundalab Phase 5 with one unphased (Nat fallaway weave)

Footwork Directions for man, lady opposite footwork except as otherwise noted

Sequence Intro A B C A9-16 B End

INTRODUCTION

1-4 IN CP FACING DLC BOTH WITH TRAILING FT FREE

WAIT 2 BEATS & 2 MEAS ; ; 2 SD TCHES ; SLO SD DRAW TCH ;

(1-2 In CP DLC Wait 2 meas ; ;

(3) Sd R tch L to R, sd L tch R to L ; slo sd R,-, draw L to R no wgt, - ;

PART A

1-8 OP TELE ; NAT F/AWAY WEAVE ; ; 3 STP ; NAT WEAVE ; ; HOV ; SLO SD LK ;

(1) Fwd L comm Lf trn,-, sd R cont trn, sd R slightly fwd L in tight SCP; (bk R comm LF trn bring L to R no wgt,-, trn LF on R heel <heel trn> chng wgt to L, sd & fwd R to SCP)

(2-3) Fwd R with slight body trn to R, - , fwd L on toe trng R with rise, rec R ; bk L in CBMP cont trn, bk to Cp cont LF trn, sd & fwd L with left sd stretch 1/4 trn, with left sd stretch fwr R to CBMP outsd ptr : (Fwd L, - , fwd R on toe between M's feet trng RF with rise, rec bk L; bk R comm LF trn ball of foot keep left leg extended, fwd L cont trn place L near M's R, bk R ;)

(4) Fwd L, - , fwd R, fwd L to CP DWL ;

(5-6) Fwd r comm RF trn, -, sd L with left sd stretch, bk R to CBMP ; with right sd stretch bk L CBMP, bk R comm LF trn assing thru CP, with left sd dtretch sd & fwd L prep to stp outsd ptr, fwd r in CBMP fcg DLW ;

(7) Fwd L, - , fwd & sd R rise to ball of foot, rec L to SCP ;

(8) Thru R , -, sd & fwd L to CP, XRIB trn slightly to face left ; (thru L comm LF trn , - , sd & bk R cont trn to CP, XLIF)

9-16 OP TELE ; NAT HOV X ; ; 1/2 WAVE CK & WEAVE ; ; ; HOV ; THRU FC CLO

(9) Repeat meas 1

(10-11) Fwd R DLW comm RF trn, - , sd L with left sd stretch, cont RF trn sd R fcg DLC ; with right sd stretch fwd L in CBMP outsd ptr on toe, rec R with left sd lead, sd & fwd L, with left sd stretch fwd r in CBMP ;

(12) Fwd L comm LF body trn, -, sd R, bk L on diag ; bk R under body slight contra ck action , - , fwd L comm Lf trn , sd R prep to lead W outsd ; with right sd stretch bk L in CBMP cont trn, bk R to CP cont LF trn, sd& fwd L with left sd stretch, fwd R to CBMP ;

(15) Repeat meas 7.

(16) Thru R trn to fc ptr, - sd L, clo R to CP ;

PART B

1-4 WHISK ; TWIST VINE 4 ; ½ NAT ; SLO DIP & REC ;

- (1) Fwd L ,-, fwd & sd R comm rise, XLIB cont rise to SCP ;
- (2) Fw R trn to CP, Sd L, XRIB to SCAR, sd L to CP ;
- (3) Comm RF upper body trn f wd R heel to toe , -, sd L across LOD, bk R ; (comm RF upper body trn ,-, clo R <heel trn> cont trn , fwd L)
- (4) Bk L,-, rec R,-;

5-8 CLO IMP ; FEATH FIN ; OP TELE; CURVED FEATH CK ;

- (5) Comm RF upper body trn bk L ,-, clo R <heel trn>, sd & bk L to CP ; (comm Rf upper body trn fwd R betw M's feet heel to toe trn ½ RF, -, sd & fwd L cont trn around M brush R to L, fwd R betw M's feet to CP)
- (6) Bk R trng LF ,-, sd & fwd L, fwd R outsd W XRIF at thighs to CBMP ;
- (7) Repeat meas 1
- (8) Fwd R trn RF, -, with left sd stretch cont trn fwd L , cont trn with left sd strch fwd R outsd ptr in CBMP with c hecking fwd motion;

9-16 OUTSD SPIN ; BK CHASSE TO SCP ; OP IN & OUT RUN ; ; SCP CHASSE ; IN & OUT RUN ;; THRU FC CLO

- (9) Lead W to outsd bk L small stp toeing in , -, fwd R heel to toe cont trn, sd & bk L to CP ; (Comm RF body trn stay into M's R arm fwd R outsd ptr hell to toe, -, L close to R on toe 5/8 trn , cont trn fwd R between M's feet to CP)
- (10) Comm LF upper body trn Bk R ,-, sd & fwd L/ clo R, sd L to SCP ;
- (11) Fwd R comm RF trn,-, sd & bk L cont trn, fwd R to LOP ; fwd L, -, fwd R betw W's feet, fwd R to SCP; (fwd L , fwd R betw M's feet, fwd L to LOP; fwd R comm Rf trn,-, fwd & sd L cont trn, fwd R to SCP)
- (13) Thru R, trn to fc ptr, -, sd L/clo R, sd L to SCP ;
- (14-15) Fwd R start RF trn ,-, sd & bk L to CP, bk R to CBMP ; bk L trn RF ,-, sd & fwd R betw W's feet cont R trn, fwd L to SCP ; (Fwd L ,-, fwd R betw M's feet, fwd L in CBMP ; fwd R start RF trn ,-, fwd L cont trn, fwd R to SCP)
- (16) Repeat meas 16 of Part A

PART C

1-8 HOV; PROM WEAVE ;; CHNG DIRECTION ; DIAMOND TRNS ; ; ; ;

- (1) Fwd L ,-, fwd & sd R rise to ball, rec L to tight SCP :
- (2-3) Fwd R ,-, fwd L trng LF, sd & slightly bk R to CBMP DLC ; bk L, bk R trng body LF & trn W to CP, sd & slightly fwd L, fwd R to BJO DLW ;
- (4) Fwd L DLW, -, fwd R DLW with right shldr lead trng LF, draw L to R & brush
- (5-8) Fwd L trn on diag, -, cont trn sd R, bk L to BJO ; trng LF bk R, -, sd L, fwd R ; fwd L on diag,-, cont trn sd R, bk L to BJO ; trng LF bk R, -, sd L, fwd R ;

REPEAT PART A 9-16

REPEAT PART B

END

1-4 HOV ; SLO SD LK ; REV TRN ½ ; BK TO A HINGE

- (1-2) Repeat meas 7-8 of Part A
- (3) Fwd L start LF body trn ,-, sd R cont trn, bk L LOD in CP (Bk R start LF body trn, -, clo L to R cont trn <heel trn> , fwd R to CP)
- (4) Bk R comm LF trn,-, sd & fwd L trng 1/4 comm left sd stretch swvl 1/8 lead W to XLIB keeping left sd twd ptr relaxing left knee and away right to look at W, - ; (fwd L comm trn left ,-, sd R 1/4 trn comm right sd stretch swvl LF, XLIB keep left sd twd ptr, relaxing left knee (head to L with shldrs almost parallel to ptr) no wgt on R.