

MY GUY FOXTROT

Choreographer: Mike Seurer, 449 East 5th Street, Fond du Lac, WI 54935 (920)907-1214

Record: Collectable or Motown 426, "My Guy," Mary Wells

Rhythm: Foxtrot

Speed: 45 rpm

Released: March 2004

Phase: III+1(Diamond Turns)

Time:

Footwork: Opposite, except as noted

Sequence: INTRO AAB A INTER A ENDING

INTRODUCTION

1----4 WAIT;; TWIRL VINE 3, PICK/UP, SIDE CLOSE;
1-2 In BFLY/WALL wait 2 meas;;
3-4 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R);Fwd R trn
LF LOD,-, fwd L, cl R;

PART A

1----4 FWD, RUN 2; FWD, RUN 2; PROG FOXTROT BOX;;
1-2 Six passing steps Fwd L,-,fwd R,fwd L; Fwd R,-, Fwd L,fwd R;
3-4 Fwd L,-, sd R, cl L; Fwd R,-, sd L, cl R;

5----8 TWO LEFT TURNS;;(WALL) BOX;;
5-6 Fwd L comm LF upper body trn,-, cont trn sd &bk R, cl L; Bk R comm LF
upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;
7-8 Fwd L,-, sd R, cl L; bk R,-,sd L ,cl R;

9----12 VINE 3: THRU FACE CLOSE; WHISK; WING(SDCAR);
7-8 Sd L,-, XRib of L, sd L; Stp Thru on R,-, twd LOD, sd L, cl R;
9-10 Fwd L,-, Fwd R & sd rise, XLib;Small fwd R, trng LF to fc LOD,-, sd L,
cl R to SDCAR/DLW(W fwd L arnd M,-, sd R, cl L);

13----16 X HOVER BJO; X HOVER, SCDAR; X HOVER SCP, PU,SD, CL;
11-12 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec R SDCAR;
13-14 XLif,-, sd R rise, rec L SCP; thru R sd L(W fwd R arnd M to CP/LOD), cl R;

PART B

1----4 DIAMOND TURNS;;;(SDCAR)
1-2 Fwd L start LF trn,-, sd R cont LF trn, XLibR contra BJO DRC; Bk R cont
LF trn,-, sd L cont LF trn, XRifL contra BJO DRW;
3-4 Fwd L cont LF trn,-, sd R cont LF trn, XLibR contra BJO DW; bk R cont
LF trn,-, sd L cont LF trn, sd L, Fwd R to SDCAR;

5----8 X HOVER BJO; MANUV; SPIN TURN; 1/2 BOX BACK;
5-6 XLif,-, sd R rise, rec L BJO;Fwd R,-, trng RF to CP/RLOD, sd L ,cl R;
7-8 Bk L pvt 1/2 RF,-, fwd R rising(W bk L/brush R), rec bk & sd L to fc DLW;
Bk R trng 1/2 LF to fc LOD,-, sd L, cl R;

INTERLUDE

1----4 LEFT TURNING BOX;;;;
1-2 Fwd L,-, trng 1/4 LF, sd R, cl L to R; Step bk on R,-, trng 1/4 LF, sd L, cl R to L;
3-4 Fwd L,-, trng 1/4 LF, sd R, cl L to R; Step bk on R,-, trng 1/4 LF, sd L, cl R to L;

ENDING

1----4 FWD, RUN 2; FWD, RUN 2; TWO LEFT TURNS;;(WALL)
1-2 Six passing steps Fwd L,-,fwd R,fwd L; Fwd R,-, Fwd L,fwd R;
3-4 Fwd L comm LF upper body trn,-, cont trn sd &bk R, cl L; Bk R comm LF
upper body trn,-, cont trn to fc WALL sd & fwd L, cl R;

5----8 BOX;; TWIRL VINE 3; THRU FACE CLOSE;
5-6 Fwd L,-, sd R, cl L; bk R,-,sd L ,cl R;
7-8 Sd L,-, XRib, sd L(W fwd R ld hnds jnd,-, fwd L trn RF, fwd R);thru R twd LOD,-,
sd L, cl R;

9----10 HOVER; CHAIR;
9-10 Fwd L,-, fwd & sd R rising to ball of foot,rec L to tight SCP; Stp thru on R to
chair pos, HOLD;