

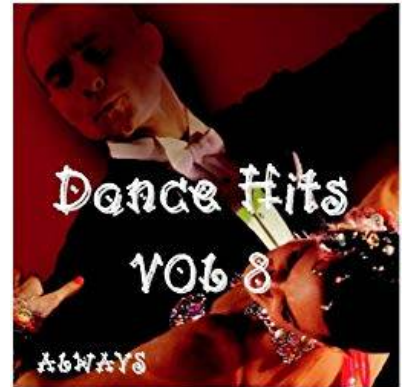
# MY SONG

**Music:** Blue Angels  
<https://music.amazon.com/albums/B00JHBGWAO>  
Cd. Dance Hits Vol. 8 Track # 14 Time 2:27  
Available from choreographer

**Rhythm:** Foxtrot Phase: IV+2(Hover Cross+DBL Nat Spin)  
+1U (Hover Corte w/ Slip Action)

**Footwork:** Opposite except where (Noted)

Release Date: Aug 20  
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Sequence: INTRO AA B A(9-16) A(1-15) END



## INTRO

### 01-04 SCP LOD TRAIL FOOT FREE WAIT 2 MEASURES ; ; THRU VINE 4 ; SLOW SIDE LOCK ;

{Wait} SCP LOD trl ft free wt 2 meas ; ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ; {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -, sd R trng LF, XLif) to CP DLC ;

## PART A

### 01-04 THREE STEP ; NATURAL HOVER CROSS ; ; DBL REVERSE SPIN to DLW ;

{Three Step} [With a slight RF curve] Fwd L, -, sd & fwd R betwn W's ft, fwd L to CP DLW ; {Nat Hover Cross} [SQQ: QQQQ] Fwd R twd WALL begin RF trn, -, cont RF trn sd L, cont RF trn fwd R (W Bk L begin RF trn, -, cl R [heel turn] cont RF trn, cont RF trn sd & slightly back L backing DLW) to SCAR DLW ; Fwd L small step on toes, rec R, trng LF & blndg briefly to CP sd L, XRif to BJO DLC ; {Dbl Reverse Spin to DLW} [SS/W SQ&Q] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L [heel trn] /sd & slightly bk R cont LF trn, XLif) to CP DLW, -;

### 05-08 HOVER TELE ; PROMENADE WEAVE ; ; CHANGE of DIRECTION ;

{Hover Tele} Fwd L, -, sd & fwd R btwn ptrs ft w/ r-shldr lead, fwd L to SCP DLW ; {Promenade Weave } [SQQ:QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick-up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (W Fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ; {Chng of Direction} [SS] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

### 09-12 TURN LEFT & R CHASSE to BJO ; OUTSIDE CHANGE to SCP ; IN & OUT RUNS ; ;

{Trn Left & R Chasse to BJO} [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; {Outsd Chng to SCP} Trng LF bk L, -, bk & sd R cont LF trn, sd & fwd L (W fwd R, -, L, R) to SCP DLW ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R betwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R betwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R) to SCP DLC ;

### 13-16 CROSS HESITATION ; BACK TWISTY VINE 4 ; IMPETUS to SCP ; CHAIR & SLIP ;

{Cross Hesitation} [S,-/SQQ] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, -, cont trng LF on ball of R ft ckg (W fwd L stg LF trn, -, sd R arnd M trng LF, contg LF trn cl L) to BJO DRC, - ; {Bk Twisty Vine 4} (QQQQ) Bk L trng slightly RF, sd R, XLif, sd & bk R to fc DRC (W Fwd R trng RF, sd & bk L, cont trng XRib, sd & fwd L to BJO) ; {Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R outsd M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvlng LF on R fwd L) to CP DLC ;

## PART B

### 01-04 TELEMARK to SCP ; WHIPLASH to DLW ; ; WHISK ; THRU VINE 4 ;

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; {Whiplash to CP DLW} [S] Thru R, -, trng bdy RF to ptr pt L DLW (W thru L, -, pt R fwd, swivel slowly on L LF to fc ptr) to CP DLW, - ; {Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ;

### 05-08 WEAVE 3 to BJO ; BACK & CHASSE to SCAR DRW ; FORWARD CHECK/W DEVELOPE ; HOVER CORTE w/ SLIP ACTION ;

{Weave 3 to BJO} Thru R comm LF trn, -, fwd L cont LF trn, sd & bk R (W fwd L pickg-up, -, sd R trng LF, contg trn fwd L) to BJO RLOD ; {Bk & Chasse to SCAR} [SQ&Q] Bk L, -, trng RF to RLOD chasse sd R/cl L, sd & fwd R trng to SCAR DRW ; {Fwd Ck/W Develop} [S] Fwd L out lft-sd of W Checkg, -, -, (W bk R, -, bring L ft up R leg to insd of R knee, extend L ft fwd) to SCAR DRW ; {Hover Corte w/ Slip Action} Bk R, -, trng ½ LF sd & fwd L to LOD leavng R leg in pl, w/ slight LF upper bdy trn slp R bhd L contg bdy trn (W fwd L, -, swvlng ½ LF sd & fwd R & brush L to R, fwd L outsd M's R ft) to CP DLC ;

## ENDING

### 01 CHAIR & HOLD ;

{Chair & Hold} [S] Thru R relax R knee both fwd poise, -, hold, -;

