

## OLD TIME FOXTROT

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Music: My Melancholy Baby & Any Time by Claude Blouin  
From the CD album Ballroom Dancing  
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B C D A B Ending

### ..... INTRODUCTION (4 Measures) .....

OPN FCNG DLW LEAD FEET FREE WAIT 2 MEAS;; APART POINT; PKUP & TCH CP LOD;

[1 & 2] In opn fcng pos DLW with lead feet free wait 2 measures;; [3] Step apart L, -, point R toward partner, -;  
[4] Fwd R picking up W clsd pos LOD, -, tch L to right, -;

### ..... PART A (16 Measures) .....

DIAMOND TURN BLND CP DLC;;; CLSD TELEMAR; CURVED FEATHER CHKNG; IMPETUS  
SEMI; NATURAL HOVER CROSS;; REVERSE TURN BJO DLW;; WHISK; IN & OUT RUNS;;  
NATURAL WEAVE;;

[1 - 4] Fwd L trng lf on diag, -, continue lf turn sd R, bk L with partner outside M in bjo; Staying in bjo and trng lf bk R, -, sd L, fwd R outside partner in bjo; Fwd L trng lf on diag, -, sd R, bk L with partner outside M in bjo; Bk R continue lf turn, -, sd L, fwd R blnd clsd pos DLC; [5] Fwd L commence lf turn, -, fwd & sd R around W close to W's feet trng lf, fwd & sd L to end in tight bjo pos DLW; (W bk R commence lf heel turn on right bringing left beside right with no weight, -, continue lf turn on right heel and change weight to L, bk & sd R;) [6] Fwd R commence rf turn, -, with left side lead continue rf turn fwd L, continue rf turn with left side lead fwd R chkng to bjo in CBMP outside partner fcng DRW; [7] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn usually a total of about 3/8 turn, complete turn fwd L to semi-clsd pos LOD; [8 & 9] Fwd R DLW commence rf turn, -, sd L with left side stretch, continue rf turn sd R sdcar pos DLW; With right side stretch fwd L outside partner in CBMP on toe, rec R with slight left side lead, sd & fwd L, with left side stretch fwd R in bjo DLC on toe; (W bk L commence rf turn, -, cl R to left heel turn with right side stretch trng about 3/8 rf, continue rf turn sd L; With left side stretch bk R in CBMP on toe, rec L with slight right side lead, sd & bk R, with right side stretch bk L in bjo pos;) [10 & 11] Fwd L start lf body turn, -, sd R continue turn, bk L LOD to clsd pos; Bk R continue lf turn, -, sd & slightly fwd L DLW, fwd R bjo pos; (W bk R start lf turn, -, cl L to right heel turn continuing turn, fwd R to clsd pos; Fwd L continue lf turn, -, sd R to DLW, bk L bjo pos;) [12] Fwd L, -, fwd & sd R rising to ball of foot, XLIB of right ending in a tight semi-clsd pos; [13 & 14] Fwd R start rf turn, -, sd & bk L DLW to clsd pos, bk R bjo pos; Using CBM bk L trng rf, -, sd & fwd R between W's feet continue rf turn, fwd L to semi-clsd pos; [15 & 16] Fwd R commence rf turn, -, sd L with left side stretch, with right side lead bk R DLC preparing to lead W outside partner; With right side stretch bk L in CBMP, bk R commence lf turn passing thru clsd pos, with left side stretch sd & fwd L preparing to step outside partner trng approx 1/4 lf, with left side stretch fwd R bjo pos DLW; (W bk L commence rf turn, -, cl R to left heel turn with right side stretch, with left side lead fwd L preparing to step outside partner; With left side stretch fwd R in CBMP outside partner, fwd L commence to turn lf passing thru clsd pos, with right side stretch sd R trng lf, with right side stretch bk L bjo pos;)

### ..... PART B (16 Measures) .....

THREE-STEP; NATURAL TELEMAR; 3 CROSS HOVERS TO SEMI;;; PKUP SD CL; REVERSE  
TURN 1/2 - CHECK & WEAVE;;; WALK 2 BJO CHKNG; WHALETAIL;; WALK & FC WALL;  
BOX;; SD DRAW CLOSE;

[1] Fwd L, -, fwd R, fwd L blnd clsd pos; [2] Fwd R commence rf turn, -, sd L with left side stretch, continue rf turn sd & fwd R small step ending sdcar pos DLW; (W bk L commence rf turn, -, cl R to left heel turn with right side stretch, staying well into M's right arm continue rf turn sd & slightly bk L ending sdcar pos;) [3 - 5] Fwd L with slight crossing action commencing to rise and start 1/4 lf turn, -, sd & slightly fwd R continue rise and complete 1/4 lf turn, diag fwd L to bjo pos lowering at end of step; Fwd R with slight crossing action commencing to rise and start 1/4 rf turn, -, sd & slightly fwd L continue rise and complete 1/4 rf turn, diag fwd R to sdcar pos lower at end of step; Fwd L with slight crossing action commencing to rise and start 1/4 lf turn, -, sd & slightly fwd R continue rise and complete turn blnd semi-clsd pos LOD, fwd L; [6] Toward LOD fwd R picking up W clsd pos, -, sd L, cl R; [7 - 9] Fwd L start lf body turn, -, sd R continue turn, bk L LOD to clsd pos; (W bk R start lf

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body turn, -, cl L to right [heel turn] continue turn, fwd R to clsd pos;) Slip R bk under body with slight contra check action, -, fwd L commence lf turn, sd R with right side lead and slight right side stretch preparing to lead W outside partner; With right side stretch bk L in CBMP continue lf turn, bk R to momentary clsd pos continue lf turn, sd & fwd L with left side stretch, with left side stretch fwd R bjo pos DLW; [10] In bjo pos fwd L, -, fwd R chknng forward movement, -; [11 & 12] XLIB of right but not tightly, as body commences to turn right take small step sd R complete 1/4 rf body turn, fwd L with left shldr lead, XRIB of left but not tightly; Sd L commence lf body turn, cl R complete 1/4 lf body turn, XLIB of right commence rf body turn, sd R complete 1/4 rf body turn; [13] Fwd L, -, fwd R trng rf to fc partner & wall clsd pos, -; [14 & 15] Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R; [16] Sd L, draw R to left, cl R, -;

## ..... PART C (16 Measures) .....

LEFT TURNING BOX FINISH TO LOD;;; OPN REV TURN; HOVER CORTE; BK TWISTY VINE 4; BK HOVER SEMI; THRU SD BHND; ROLL 3 SEMI; PROMENADE WEAVE;; HOVER TELEMAR; THRU FC CL; 2 SD CLOSES; WALK & PKUP CP LOD;

[1 - 4] Fwd L turn 1/4 lf, -, sd R, cl L; Bk R turn 1/4 lf, -, sd L, cl R; Fwd L turn 1/4 lf, -, sd R, cl L; Bk R turn lf finishing to fc LOD, -, sd L, cl R; [5] Fwd L trng lf 1/8 to 1/4, -, continue lf turn sd R, bk L bjo pos; [6] Bk R start lf turn, -, sd & fwd L with hovering action continue body turn, rec R bjo pos fcng DLW; [7] Bk L start rf body turn, sd R fc partner, XLIF to sdcar pos, sd R trng lf to finish in bjo pos; [8] Bk L, -, sd & bk R with slight rise, rec L; [9] Toward LOD thru R, -, sd L, XRIB of left; [10] Continuing down LOD take three lf rolling steps L, -, R, L blndng to semi-clsd pos; [11 & 12] Fwd R, -, fwd L commence lf turn, sd & slightly bk R to bjo pos; Bk L, bk R commence lf turn and lead W thru clsd pos, sd & slightly fwd L, fwd R outside partner to bjo pos DLW; [13] Fwd L, -, diag sd & fwd R rising [hovering] slightly with body trng 1/8 to 1/4 rf, fwd L small step on toes semi-clsd pos; [14] Toward LOD thru R, -, fwd L trng rf to fc partner & wall, cl R; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD fwd L, -, fwd R picking up W clsd pos, -;

## ..... PART D (16 Measures) .....

FWD & RUN 2 TWICE;; 2 LT TURNS DLW;; CLOSED HOVER; FEATHER FINISH; OPN REV TURN; OUTSIDE CHECK; DBL OUTSIDE SWIVEL; WEAVE 4 ENDING; WHISK; WING; TURN LT & CHASSE BJO; BK TIPPLE CHASSE PIVOT; PIVOT 4 FC LOD;;

[1 & 2] In clsd pos LOD fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R; [3 & 4] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn to DLW cl R; [5] Staying in clsd pos fwd L, -, fwd & slightly sd R rising to ball of foot, rec bk L; [6] Bk R start slight lf body turn, -, sd L continue turn, fwd R bjo pos DLC; [7] Fwd L trng lf 1/8 to 1/4, -, continue lf turn sd R, bk L bjo pos; [8] Bk R trng lf, -, sd & fwd L, chk fwd R outside partner bjo pos fcng DRW; [9] Bk L, XRIF with no weight, fwd R, leaving L at side unweighted; (W fwd R, swivel rf on ball of right foot, fwd L, swivel lf on ball of left foot;) [10] Bk L, trng lf and blndng clsd pos bk R, sd & fwd L, fwd R bjo pos DLW; [11] Fwd L blnd clsd pos, -, fwd & sd R commence rise to ball of foot, XLIB of right continue to full rise on ball of foot ending in tight semi-clsd pos; [12] Fwd R, -, draw L toward right, tch L to right trng upper body lf with left side stretch; (W fwd L beginning to cross in front of M commence slight lf turn, -, fwd R around M continue lf turn, fwd L around M completing turn to end tight sdcar pos;) [13] Fwd L trng lf to fc COH, -, sd R/cl L, sd R trng slightly lf to finish in bjo pos; [14] Bk L commence rf turn, -, with right side sway continue turn sd R/cl L, sd R pivoting rf to end clsd pos fcng RLOD; [15 & 16] With soft or flexed knees commence rf upper body turn bk L toe trng on ball of foot approx 1/2 rf, -, continue turn fwd R between W's feet heel to toe trng approx 1/2, -; Continuing turn bk L toe trng on ball of foot approx 1/2 rf, -, continue turn fwd R between W's feet heel to toe trng rf to end clsd pos LOD, -;

## ..... ENDING (1 Measure) .....

STEP APART & POINT;

[1] Step apart L, -, point R toward partner, -;