

OLD FASHIONED FOXTROT

Pg 1 of 3

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Record: Special Pressing Flip of: AMERICAN BLUE TANGO (847) 831-5413

Phase: 3 + 2 +1 Unphased gilwmartin@aol.com

Rhythm: Foxtrot Speed: 45 RPM

Ph 4 figures: Diamond Turn, Weave To Semiclosed Woman's footwork opposite

Unphased Figure: Arm to Arm

Sequence: INTRO, A, B, A(1-8 Modified), C, D, END

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INTRO

1-4 LOP FCG DLW (W FC DRC) WAIT; ; STP TOG CP TCH; BX FIN FC LOD;

- 1-2 M fc ptr DLW LOP wait 2 meas; ;
SS 3 {STP TOG CP TCH} Fwd L CP, -, tch R beside L CP DLW, -;
SQQ 4 {BX FIN FC LOD} Commence LF trn bk R, -, cont LF trn sd L, cl R CP LOD;

PART A

1-4 FWD RN 2; MANUV SD CL; IMP SCP; PU SD CL;

- SQQ 1 {FWD RN 2} Fwd L, -, fwd R, fwd L;
SQQ 2 {MANUV SD CL} Commence RF trn fwd R, -, cont RF trn sd L, cl R CP RLOD (W: Commence RF trn bk L, -, cont RF trn sd R, cl L CP LOD);
SQQ 3 {IMP SCP} Commence RF trn Bk L, -, cont RF trn on L heel cl R, fwd L DLC SCP (W: Commence RF trn fwd R, -, cont RF trn sd & fwd L, brush R to L fwd R SCP DLC);
SQQ 4 {PU SD CL} Fwd R commence LF trn, -, cont LF trn sd L, cl R CP DLC (W: Fwd L commence LF trn, -, cont LF trn sd R, cl L CP DRW);

5-8 2 LF TRNS; ; HVR SCP; CHR REC TO FC WALL STP SD;

- SQQ SQQ 5-6 {2 LF TRNS} Commence LF trn fwd L, -, cont LF trn sd R, cl L fc RLOD; Commence LF trn bk R, -, cont LF trn bk & sd L, cl R CP WALL;
SQQ 7 {HVR SCP} Fwd L, -, sd R ckg, rec L SCP LOD;
SQQ 8 {CHR REC TO FC WALL STP SD} Fwd R lowering ckg, -, rec L commence RF trn (W: LF trn), cont RF trn sm sd R CP WALL;

9-12 CL HVR [Alternate cues: FWD HVR CP WALL]; BX FIN FC LOD; PROG BX TO FC WALL; ;

- SQQ 9 {CL HVR} Fwd L, -, fwd & sd R rising up onto R ft ckg fwd motion, rec bk L CP WALL;
SQQ 10 {BX FIN FC LOD} Bk R commence LF trn, -, continue LF trn sd L, cl R CP LOD;
SQQ SQQ 11-12 {PROG BX TO FC WALL} Fwd L, -, sd R, cl L; Fwd R commence RF trn, -, cont RF trn sd L, cl R CP WALL;

13-16 TWST VN 3 BJO; MANUV SD CL; SPN TRN; BX FIN;

- SQQ 13 {TWST VN 3 BJO} Sd L, -, XRib, sd L BJO DLW (W: Sd R, -, XLif, sd R BJO DRC);
SQQ 14 {MANUV SD CL} Fwd R commence RF trn, -, cont RF trn sd L, cl R CP RLOD (W: Bk L commence RF trn, -, cont RF trn sd R, cl L CP LOD);
SQQ 15 {SPN TRN} Bk L pivot RF fc LOD, -, fwd R rising up onto R ckg, rec bk onto L;
16 {BX FIN} Bk R, -, bk & sd L, cl R CP LOD;

PART B

1-4 DIA TRNS; ; ; ;

SQQ SQQ 1-4 {DIA TRNS} Commence LF trn fwd L, -, cont LF trn sd & bk R BJO, bk L BJO fc DRC;
SQQ SQQ Commence LF trn bk R, -, cont LF trn sd L, fwd R fc DRW; Commence LF trn fwd L, -,
cont LF trn sd R, bk L fc DLW; Commence LF trn bk R, -, cont LF trn sd L, fwd R BJO
DLC;

5-8 FWD RN 2; FWD FC WALL SD CL; VN 3 SCP; PU SD CL;

SQQ 5 {FWD RN 2} Fwd L trng to fc LOD, -, fwd R blending to CP, fwd L CP LOD;
SQQ 6 {FWD FC WALL SD CL} Fwd R commence RF trn, -, cont RF trn sd L, cl R CP WALL;
SQQ 7 {VN 3 SCP} Sd L, -, XRib, sd L SCP LOD;
SQQ 8 {PU SD CL} See Part A Measure 4.

PART A(1-8 MOD)

**1-8 FWD RN 2; MANUV SD CL; IMP SCP; PU SD CL; 2 LF TRNS; ; HVR SCP; FWD
FC WALL SD CL SCP;**

1-7 See Part A Measures 1-7.
SQQ 8 {FWD FC WALL SD CL SCP} Fwd R commence RF trn, -, cont RF trn sd L, cl R trn
SCP LOD ;

PART C

**1-4 FWD RN 2; ARM TO ARM 2X [Alternate cues: ROLL W ACRS TO 1/2 LOP; ROLL
W BK ACRS TO 1/2 OPN]; ; MANUV SD CL;**

SQQ 1 {FWD RN 2} Fwd L, -, fwd R, fwd L SCP LOD;
SQQ SQQ 2-3 {ARM TO ARM 2X} [Altenerate Cues: ROLL W ACRS TO 1/2 LOP; ROLL W BK ACRS
TO 1/2 OPN] Fwd R, -, fwd L lead W step acrs LF trn end 1/2 LOP, fwd R (W: Fwd L,
-, commence LF trn fwd & sd R acrs in frnt of M, cont LF trn sd & fwd L in 1/2
LOP
, fcg LOD); Fwd L, -, fwd R lead W stp acrs RF trn end 1/2 OP, fwd L (W: Fwd R, -
commence RF trn fwd & sd L acrs in frnt of M, cont RF trn sd & fwd R in 1/2 OP);
SQQ 4 {MANUV SD CL} Commence RF trn fwd R, -, cont RF trn sd L, cl R CP RLOD (W:
Fwd L, -, fwd & sd R, cl L CP LOD);

5-8 IMP SCP; WEV TO SCP; ; PU TO SCAR SD CL;

SQQ 5 {IMP SCP} See Part A Measure 3.
SQQ SQQ 6-7 {WEV TO SCP} Fwd R, -, fwd L PU W trng LF CP fc COH, sd & bk R BJO RLOD
(W: Fwd L, -, fwd R commence LF trn CP fc WALL, cont LF trn sd & fwd L BJO
LOD); Bk L, -, bk R commence LF trn, cont trn sd & fwd L SCP DLW (W: Fwd R, -,
fwd L, fwd R SCP DLW);
SQQ 8 {PU TO SCAR SD CL} Fwd R, -, fwd L, cl R SCAR DLW (W: Commence LF trn fwd L
beginning to step acrs in frnt of M, -, cont LF trn fwd & sd R, cl L SCAR DRC);

PART D

1-4 X HVR BJO; X HVR SCAR; X HVR SCP; FWD FC WALL SD CL SCP;

SQQ 1 {X HVR BJO} Fwd L DLW, -, commence 1/4 LF trn fwd & sd R rise, rec fwd L BJO
DLC;

SQQ 2 {X HVR SCAR} Fwd R, -, commence 1/4 RF trn fwd & sd L rise, rec fwd R SCAR
DLW;

SQQ 3 {X HVR SCP} Fwd L DLW, -, sd R rise, rec fwd L SCP DLC;

SQQ 4 {FWD FC WALL SD CL SCP} See Part A(1-8 MOD) Measure 8.

5-8 SOLO TRN 6 FC PTR; ; TWRL VN 3; MANUV SD CL;

SQQ SQQ 5-6 {SOLO TRN 6 FC PTR} Commence LF trn fwd L, -, cont LF trn sd R, cl L; Commence
LF trn bk R, -, cont LF trn sd L, cl R WALL (W: Commence RF trn fwd R, -, cont
RF
trn sd L, cl R; Commence RF trn bk L, -, cont RF trn sd R, cl L CP COH);

SQQ 7 {TWRL VN 3 SCP} Sd L, -, XRib, sd L SCP (W: Commence RF trn undr jnd lead
hnds sd & fwd R, -, cont RF trn undr jnd lead hnds bk & sd L, fwd R SCP LOD);

SQQ 8 {MANUV SD CL} Commence RF trn fwd R, -, cont RF trn sd L, cl R CP RLOD (W:
Fwd L, -, fwd & sd R, cl L CP LOD);

9-12 IMP SCP; FWD FC WALL SD CL; TWST VN 8; ;

SQQ 9 {IMP SCP} See Part A Measure 3.

SQQ 10 {FWD FC WALL SD CL} Fwd R commence RF trn, -, cont RF trn fwd & sd L, cl R CP
WALL (W: Fwd L commence LF trn, -, cont LF trn fwd & sd R, cl L CP COH);

QQQQ 11-12 {TWST VN 8} Sd L, XRib, sd L, XRif; Sd L, XRib, sd L, XRif (W: Sd R, XLif, sd R,
QQQQ
XLib; Sd R, XLif, sd R, XLib);

END

1-3 2 SD CL SCP; LUN TO L; HOLD;

QQQQ 1 {2 SD CL SCP} CP WALL sd L, cl R, sd L, cl R SCP;

SS SS 2-3 {LUN TO L} Sd L, -, lowering onto soft left knee, -; Hold as music fades;