

OLD FASHIONED FOXTROT 6

Choreographers: Gil & Judy Martin, 1910 Sunnyside Ave., Highland Park, IL 60035-2161

Record: Special Pressing

Flip of: American Blue Tango

(847) 831-5413

Phase: 6

Available from Choreographer

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Rhythm: Foxtrot

Speed: 45 RPM

Woman's footwork opposite

Sequence: INTRO, A, B, A(9 - 16), C, END

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MEAS

INTRO

1-4

WAIT; TO LOD ROLL 3 BFLY; CRV FTHR; OUTSIDE CHG TO SCP;

- 1 WAIT Wait one meas in BFLY lead ft free both looking to LOD lead hnds slightly lower than trailing hnds;
- SQQ 2 TO LOD ROLL 3 BFLY M begin pvt LF fwd L, -, cont LF pvt sd & bk R, cont LF pvt sd & fwd L BFLY (W begin pvt RF fwd R, -, cont RF pvt sd & bk L, cont RF pvt sd & fwd R BFLY);
- SQQ 3 CRV FTHR Fwd R LOD, -, fwd L curving RF around the W, fwd R outsd W curving RF ck (W Fwd L, -, sd R, bk L ck);
- SQQ 4 OUTSIDE CHG TO SCP Release trailing hnds blend to SCP over the next 3 stp bk L, -, bk R begin LF trn, sd & fwd L SCP (W fwd R, -, fwd L, fwd R);

PART A

1-8

NAT WEV CK TO TOP SPN CK;;; IMP; PVT PREP; SAME FT LUNGE; CHG SWY TRANS HVR BJO ; OUTSD CHG SCP;

- SQQ 1-3 NAT WEV CK Fwd R trn RF BJO, -, sd & bk L, bk R (W Fwd L, -, fwd R, fwd L); Bk L, bk R begin LF trn, cont trn sd & fwd L, fwd R BJO
- QQQQ& QQQQ DLW ck TO TOP SPN CK/spn LF; Bk L DRC, bk R begin LF trn, cont trn sd & fwd L, fwd R DRC BJO ck (W Fwd R, fwd L begin LF trn, cont trn sd & bk R, bk L BJO ck/spin LF; Fwd R, fwd L begin LF trn, cont trn sd & bk R, bk L BJO ck);
- SQQ 4 IMP Begin RF trn bk L bring R to left but no wt, -, heel trn RF chg wt to R, fwd L SCP DLC (W fwd R begin RF trn, -, cont trn sd & fwd R, brush R to L fwd R SCP);
- SS (SQQ) 5 PVT PREP Fwd R LOD begin RF trn, -, bk L LOD cont trn end CP fcg COH draw R to L no wt on R,- (W fwd L, -, fwd R trn RF CP, cl L);
- SS 6 SAME FT LUNGE With right sd stretch sd & fwd R DLC (W XRib), -, chg to left sd stretch, -;
- S&QQ 7 CHG SWY TRANS HVR BJO Chg to right sd stretch, -/trn sharply to L no wt chg (W rec on L begin LF trn), fwd L RLOD hvr, rec bk R LOD BJO (W cont trn bk R hvr, rec fwd L BJO);
- SQQ 8 OUTSD CHG SCP Bk L, -, bk R begin LF trn, cont trn sd & fwd L SCP LOD (Fwd R, -, fwd L, fwd R SCP);

- 9-16** **CONT CKD[INTERRUPTED] HVR X;;; REV WAVE;; CHASSE ROLL; SPN TRN; FTHR FIN;**
- SQQ 9-11 CONT CKD[INTERRUPTED] HVR X Fwd R DLW begin RF trn, -, cont trn sd & bk L fc RLOD, cont trn sd R (W Fwd L, -, fwd R CP begin RF trn, cont trn sd L); Cont trn XLif ck fwd SCAR, rec bk R, fwd L SCAR, cl R BJO (W cont trn, XRib ck bk, rec fwd L, bk R SCAR, Xif of M sd L BJO); Bk L BJO, bk R, sd L, fwd R BJO (W Fwd R BJO, fwd L, sd & bk R, bk L BJO);
- SQQ 12-13 REV WAVE Fwd L begin LF trn to fc COH CP, -, cont trn sd R CP fc DRC, bk L (W bk R begin LF trn draw L to R no wt cont with heel trn on R to fc WALL CP, -, cont heel trn cl L CP, fwd R); Bk R, -, bk L, bk R CP RLOD; [NOTE: The last 4 steps are curved equally in CP to end M fcg RLOD.]
- SQ&Q 14 CHASSE ROLL Bk L begin RF trn, -, sd R/cl L, trn RF fwd R between W's feet end CP fcg RLOD;
- SQQ 15 SPN TRN Bk L pvt RF 1/2 fc LOD CP, -, fwd R with sm RF trn rising to toe ck, sd & bk L CP fc DLW (W Fwd R pvt RF 1/2 fc RLOD CP, -, bk L brush R to L, fwd R CP);
- SQQ 16 FTHR FIN Bk R small LF trn, -, sd & fwd L, fwd R BJO DLC;

MEAS

PART B

1-8 LEFT FTHR; CHASSE ENDG BJO TO BK LILT; QK OUTSD CH BJO; REV WAVE; SLO CK REC TRN STP SD; LK CHG SWAY STP SD; WEAVE ENDG; OPEN TRAV CONTRA CK;

- SQQ 1-2 LEFT FTHR; CHASSE ENDG TO BJO BK LILT Fwd L CP, -, fwd R, fwd L SCAR (W Bk R, -, bk L, bk R SCAR); Sd R trn LF CP COH/cl L, trn LF sd & bk R BJO fc RLOD (W Sd L trn LF CP/cl R, trn LF sd & fwd BJO), bk L [Step back on ball of foot causing a slight rising] (W Fwd R on heel to ball of foot), bk R [Step back on ball of foot lowering to flat foot] (W Step fwd on ball of L foot lowering to flat foot);
- Q&QQQ 3 QK OUTSD CH BJO Bk L, bk R trn LF, cont trn bk & sd L, cont trn XRif BJO;
- SQQ 4 REV WAVE Fwd L trn LF to fc DLC CP, -, cont trn sd R CP, bk L fc COH (W bk R trn LF to fc DRW CP draw L to rt no wt on L, -, cont trn on R heel cl L CP, fwd R);
- SQQ 5 SLO CK REC TRN STP SD Bk R ck, -, rec L small trn LF, cont small trn sd R COH;
- SQQ 6 LK CHG SWAY STP SD XLif right side stretch, -, body rise changing to left side stretch, sd & bk R DLC begin LF trn fc RLOD (W XRib left side stretch, -, body rise changing to right side stretch, sd & fwd L begin LF trn);
- Q&QQQ 7 WEAVE ENDG Bk L DLC, bk R begin LF trn, cont trn sd L, fwd R BJO DLW;
- SQQ 8 OPN TRAV CONTRA CK Fwd L heel lead lowering with upper body trn to left. Head looking in the direction of travel (W bk R matching M's body trn head to L thinking contra check), -, fwd R heel to ball of foot rising with upper body trn to R with head looking in the direction of travel begin to trn W to SCP (W Bk L matching M's body trn head to right begin trn to SCP), fwd L ball of foot to flat foot lowering SCP (W fwd R ball of foot to flat foot lowering SCP);

PART A (9-16)

9-16 REPEAT PART A MEAS. 9-16

PART C

- 1-8 TELE; CURV FTHR CK; IMP; FTHR; REV FALWY & SLP; DBL REV SPN; CONTRA CK REC STP SD SCP; FTHR;**
- SQQ 1 TELE Fwd L DLC begin LF trn, -, cont trn sd R, sd & fwd L SCP DLW (W bk R begin LF trn bring L to R no wt on L, -, cont trn on R heel chg wt to L, fwd R SCP DLW);
 - SQQ 2 CURV FTHR CK Fwd R, -, fwd L begin RF trn, cont trn fwd R ck BJO DRW (W fwd L, -, sd R, bk L ck BJO);
 - SQQ 3 IMP SEE MEAS. 4 PART A
 - SQQ 4 FTHR Fwd R DLC, -, fwd L, fwd R BJO (W fwd L trn LF to fc M, -, cont trn sd & bk R to BJO, bk L);
 - QQQQ 5 REV FALWY & SLP Fwd L DLC begin LF trn, cont trn bk R DLC SCP, bk L Xib, trn LF sd & fwd R CP LOD (W bk R DLC, bk L DLC SCP, trn LF sd & fwd R, cont trn bk L CP);
 - SQQ (SQ&Q) 6 DBL REV SPN Fwd L begin LF trn, -, cont trn sd R, drw L to R no wt on L spin CP WALL (W Bk R begin LF trn bring L to R no wt on L, -, cont trn on R heel chg wt to L/sd R, XLif CP);
 - SQQ 7 CONTRA CK REC STP SD SCP Lowering ck fwd L WALL with strong upper body LF trn (W Lowering bk R with strong upper body LF trn), -, rec bk on R, sd L SCP LOD;
 - SQQ 8 FTHR Fwd R, -, fwd L, fwd R BJO LOD (W Fwd L begin LF trn, -, cont LF trn sd & bk R, Bk L BJO);
- 9-16 3 STP; CHASSE SCP; OPN IN & OUT RUNS SCP; ; QK MANUV PVT 3 SCP; M CHAIR REC CL W ROLL OUT TO SHAKE HNDS; QK OPN CONTRA CK TO LEFT 1/2 OPN; HVR TRN IN SCP;**
- SQQ 9 3 STEP Fwd L to CP, -, fwd R, fwd L CP LOD;
 - SQ&Q 10 CHASSE SCP Fwd R begin upper body trn RF, -, sd & fwd L/cl R, fwd R SCP LOD (W Bk L begin upper body trn RF, -, bk & sd R/cl L, sd & fwd L SCP);
NOTE: The trng to SCP in PART C meas 10 occurs over all 4 stps of the figure.
 - SQQ 11-12 OPN IN & OUT RUNS SCP Fwd R begin RF trn, -, sd & bk L crossing in front of W release lead hnds preparing to put them on the back of partner, cont trn sd & fwd R 1/2 LOP LOD (W Fwd L, -, fwd R release lead hnds, fwd L 1/2 LOP); Fwd L, -, fwd R, fwd L SCP (W Fwd R begin RF trn, -, cont trn sd & bk crossing in front of M, cont trn sd & fwd R SCP LOD);
 - QQQQ 13 QK MANUV PVT 3 SCP Fwd R RF trn CP fc RLOD, bk L cont trn, fwd R cont trn, bk L cont trn SCP LOD (W fwd L, fwd R trn RF, cont trn bk L, cont trn fwd R SCP LOD);
 - SQQ 14 M CHAIR REC SD W ROLL OUT TO SHAKE HNDS Fwd R lowering to ck lead W to cont fwd, -, rec bk, chg hnd hold to shake hnds small sd R (W fwd L trn LF, -, cont trn sd & bk R to fc RLOD & M, chg hnd hold to shake hnds cl L);
 - QQQQ 15 QK OPN CONTRA CK TO LEFT 1/2 OPN Lowering fwd L ck, rec bk on R ck lead W to rec, fwd on L trn 1/4 RF to fc WALL ck while trng W under joined right hnds, [head loop] placing the joined right hnds over M's head onto his back release joined hands while blending to left 1/2 opn rec R RLOD (W Lowering bk R ck looking well to left, rec L begin LF under arm trn under joined right hnds, cont under arm trn sd & bk R, cont trn sd & fwd L to 1/2 left opn fc RLOD);
 - SQQ 16 HVR TRN IN SCP Fwd L 1/2 LOP RLOD, -, begin LF trn fwd & sd R rising ckg, cont trn lowering on to L SCP LOD (W fwd R, -, begin RF trn fwd & sd L rising ckg, cont trn lowering on to R SCP LOD);

END

- 1-7 RIPPLE CHASSE; OPN NAT; HESITATION CHG; ZIG ZAG 8 SCAR; ; CONTRA CK OUTSIDE PTR; CHG SWAY;**
- SQ&Q 1 RIPPLE CHASSE Fwd R SCP LOD, -, fwd L with left side stretch/close R cont L sd stretch, chg to right sd stretch fwd L;
 - SQQ 2 OPN NAT Fwd R begin RF trn,-, sd & bk L across W to BJO fc RLOD, bk R LOD (W fwd L, -, fwd R, fwd L BJO);
 - SQQ 3 HESITATION CHG Bk L begin RF trn, -, cont trn sd R CP DLC, drw L to R (W fwd R begin RF trn, -, cont trn sd L, drw R to L);
 - QQQQ 4-5 ZIG ZAG 8 Fwd L CP begin LF trn BJO, bk R DLW, bk L drw R to L no wt on R, heel trn on L chg wt to R SCAR fc DLC(W bk R begin LF trn BJO, sd & fwd L DLW, fwd R begin RF trn to SCAR, sd & fwd L); Fwd L trn LF BJO, bk R DLW, bk L drw R to L no wt on R, heel trn on L chg wt to R SCAR fc DLC (W bk R begin LF trn BJO, sd & fwd L DLW, fwd R begin RF trn SCAR, sd & bk L); ;
 - SS 6 CONTRA CK OUTSIDE PTR Lowering fwd L CBMP SCAR ck;
 - SS 7 CHG SWAY Slowly chg to right side stretch while trng body & head to left as music fades. (W left side stretch while trng body & head to right.)