

POOR BUTTERFLY

Music: Victor Silvester Orchestra
Strict Tempo Dancing Disc 3 Track # 15 Time 3:10
www.amazon.fr/Strict-Tempo-Dancing-Disc-3/dp/B076H2SFBR
Available from choreographer

Rhythm: Foxtrot Phase: IV

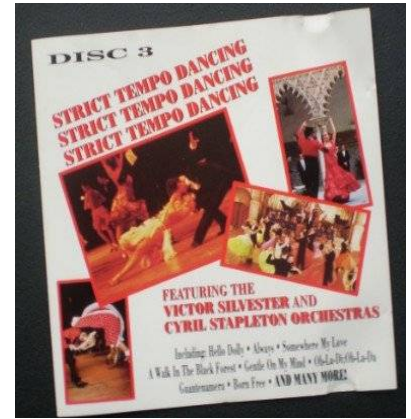
Footwork: Opposite except where (Noted)

Release Date: March 21

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO AB AB A(1-15) END



INTRO

01-04 CP DLW LEAD FOOT FREE WAIT 2 MEASURES ; ; HOVER TELE ; CHAIR & SLIP ;

{Wait} Cp DLW ld ft free wt 2 meas ; ; {Hover Tele} Fwd L, -, fwd & sd R w/ lft shldr lead, sd & fwd L to SCP DLW ; {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 A

01-04 FORWARD & RUN 2 ; OP NATURAL ; CLOSED IMPETUS ; FEATHER FINISH ;

{Fwd & Run 2} Fwd L, -, fwd R, L ; {OP Natural} Fwd R btwn W's ft trng RF, -, sd L twd Wall, bk R w/ rt shldr lead BJO (W bk L, -, cls R heel trn, fwd L outsd M to BJO) ; {Closed Impetus} Comm RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (W comm RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft) to CP DLW ; {Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

05-08 TELEMAR to SCP ; IN & OUT RUNS ; ; CROSS HESITATION ;

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringg L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn 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 ; {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 ;

09-12 BACK TWISTY VINE 4 ; BACK HOVER TELE ; FORWARD HOVER to BJO ; BACK HOVER to SCP

{Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to fc ptr, fwd L in SCAR, sd & bk R trng to BJO DRC ; {Bk Hover Tele} Bk L comm RF trn, -, sd & fwd R betwn ptr's ft cont RF trn to fc brushg L to R and risg, sd & fwd L (W fwd R DLW outsd M comm to trn RF, sd L Wall cont RF trn brushg R to L and risg, sd & fwd R) to SCP DLC ; {Fwd Hover to BJO} Fwd R, -, fwd L w/ slight rise & LF trng, rec R (W fwd L, -, fwd & sd R w/ slight rise & ½ LF trng to RLOD, fwd L) ; {Bk Hover to SCP} Bk L, -, bk R risg sltly, rec L (W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R) to SCP DLC ;

13-16 OP NATURAL ; BACK BACK/LOCK BACK ; IMPETUS to SCP ; SLOW SIDE LOCK ;

{OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ rt sd lead (W thru L, -, fwd R, fwd L) to BJO ; {Bk Bk/lock Bk} [SQ&Q] Bk L, -, bk R/lk Llf, bk R ; {Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw 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 ; {Slow Sd Lk} Thru R, -, fwd & sd L risg trng LF, cl R (W thru L trng LF, -, sd R trng LF, XLlf) to CP DLC ;

PART B

01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Trn 1/2} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; {Qk Diamond 4} [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; {Dip Bk & Rec} [SS] Bk L w/ flexed knee, -, Rec R to CP LOD, - ;

Page 2: Poor Butterfly

05-08 OP REVERSE TURN ; HOVER CORTE ; BACK & CHASSE to SCAR DRW ; CROSS SWIVEL to BJO/W DEVELOPE :

{**OP Reverse Trn**} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; {**Hover Corte**} Bk R stg ½ LF trn, -, cont trn sd & fwd L risg & compg trn, rec R to BJO LOD ; {**Bk & Chasse to SCAR DRW**} [SQ&Q] Bk L, -, trng RF to fcg ptr chasse sd R/cl L to RLOD, sd & fwd R trng to SCAR DRW ; ; {**Fwd Check/W Develope**} [S] Fwd L outsd 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 ;

09-12 FORWARD to FACE SIDE BEHIND ; ROLL 3 to SCP ; PROMENADE WEAVE ; :

{**Fwd to Fc Sd Bhd**} Thru R (*W Bk L trng to fc ptr*) comm RF trn, -, sd L to fc ptr, XRib (*W XLib*) ; {**Roll 3 to SCP**} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to OP slight V LOD ; {**Prom Weave**} [SQO; 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 ;

13-16 DOUBLE REVERSE SPIN to DLW ; WHISK ; THRU VINE 4 ; SLOW SIDE LOCK :

{**DbI Reverse Spin to DLW**} [SS/ SQ&Q] Fwd L com to trn LF, -, sd R, 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 to R [heel trn]/sd & slightly bk R cont LF trn, XLif*) to CP DLW ; {**Whisk**} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; {**Thru Vine 4**} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L trn to SCP LOD ; {**Slow Sd Lk**} Repeat meas 16 Part A ;

ENDING

01 THRU CHAIR & HOLD ;

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