SINCERELY

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MUSIC: "Sincerely" by the   **RHYTHM:** Foxtrot
    Forester Sisters   **TIME/SPEED:** 2:54@ 59 rpm
    Download Itunes/Amazon   or as desired
    REL DATE: February 2019

RAL PHASE: III+ 1(Diamond Turn)
FOOTWORK: Opposite, directions for man except where noted (Woman in parenthesis)
SEQUENCE: Intro – AB – Inter – CBA(mod) – D - End

You Tube https://www.youtube.com/watch?v=8uMSx4lSZZA (45 rpm)

INTRO
LOP FCG DLW WAIT;; CLOSEUP TCH; BOX FINISH LOD;
    (1-2) lop fcg DLW (lead hnds joined) wait 2 Meas;;
    (3-4) Fwd L,-,tch R,- (fwd R,-,tch L,-) CP DLW;
        Bk R comm LF trn, -, sd L, cl R com 1/8 LF trn to CP LOD ;

PART A
1-4   PROG BOX ;; 2 LEFT TURNS ;;
    (1-2) In CP LOD fwd L, -, sd R, cl L **;** Fwd R, -, sd L, cl R **;**
    (3-4) From CP LOD fwd L comm LF upper body trn, -, cont to trn sd and bk R, cl L **;**
        Bk R comm LF upper body trn, -, cont to trn sd and fwd L, comp trn cl R to CP WALL **;**

5-8   HOVER ; THRU HVR BJO ; BK HVR SCP ; PU (SCAR) ;
    (5-6) in CP WALL fwd L,-, fwd & sd R, sd & fwd L to tight SCP;
        xRif, -, fwd L trng upper body to BJO, rec R ;
    (7-8) bk L to SCP, -, sd & bk R trng upper body to SCP, rec L;
        small fwd R (W fwd L), -, sd L, cl R to SCAR DLW;

9-12   X HVR 3X (SCP) ;;; MANUV ;
    (9-10) xLif comm LF trn, -, sd R comm LF trn, cont trn rec L to BJO DC;
        xRif comm RF trn, -, sd L cont RF trn, cont trn rec R SCAR DW;
    (11-12) xLif comm LF trn, -, sd R comm LF trn, cont trn rec L to SCP LOD;
        comm RF trn fwd R, -, cont RF trn to fc ptr sd L, cl R to CP RLOD;

13-16 SPN TRN; BOX FIN; FWD, RUN 2; TWICE DLC;
    (13-14) bk L pivoting 1/2 RF, -, fwd R cont RF trn, sd & bk L;
        bk R trng LF 1/4, -, sd L, cl R fc LOD;
    (15-16) fwd L, -, fwd R, fwd L;
        fwd R, -, fwd L, fwd R DLC;

PART B

1-4   DIAMOND TRN ¾ ;;; BOX FIN (WALL) ;

(1-2) In CP LOD fwd L trng Lft DLC, -, sd R to contra BJO, bk L twd DLW;
    bk R twd DLW trng Lft, -, sd L , fwd R twd DRW;

(3-4) fwd L twd DRW trng Lft, -, sd R cont Lft trn, bk L twd DRC;
    bk R trng LF, -, sd L, cl R to CP/WALL;

5-8   TWL VN 3 ; THRU SD CL ; VIN 8 TO PU ;;

(5-6) Sd L, -, XRIB, sd L; (W sd & fwd R trng 1/2 rf under joined hands, -, sd & bk L trng
    1/2 rf, sd R;
    thru R, -, sd L, cl R ;

(7-8) Sd L, XRIB, sd L, XRIF; Sd L, XRIB, sd L, XRIF picking up W to CP LOD on last beat;

INTERLUDE

1-4   PROG BOX ;; 2 L TRNS ;;

(1-4) Repeat Meas 1-4 Part A

5-7   HVR SCP; THRU CHASSE SCP ; PU ;

(5-6) Fwd L, -, fwd & sd R rising, sd & fwd L to scp LOD;
    Thru R trng to fc, -, sd L/cl R, sd L scp LOD;

(7) Fwd R, -, sd L, cl R picking up W on last beat ;

PART C

1-4   FWD, RUN 2; TWICE; TRN L & R CHASSE (BJO); BK, BK LK BK ;

(1-2) cp LOD Fwd L, -, fwd R, fwd L;
    fwd R,-, fwd L, fwd R;

(3-4) Fwd L trng LF, -, bk & sd R/cl L, bk & sd R to bjo;
    In BJO bk L, -, bk R/Lk Lif, bk R (fwd R, -, fwd L/lk Rib, fwd L);

5-8   IMP SCP; THRU FC CL; ½ BOX ; PU LOD ;

(5-6) Comm RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn of abt 3/8,
    comp trn sd & fwd L in tight SCP (comm RF upper bdy trn fwd R outside M's
    R ft heel to toe pvtg ½ RF, -,sd & fwd L cont trn and M brush R to L, comp
    trn sd & fwd R) ;
    Thru R comm RF trn,-, cont trn to fc wall sd L, cl R;

(7-8) Fwd L,-, sd R, cl L; bk R,-, sd & fwd L, cl R LOD picking up W on last beat;

PART B, repeat

PART A, (MOD)

1-4   PROG BOX ;; 2 LEFT TURNS ;;

(1-2) In CP LOD fwd L, -, sd R, cl L ; Fwd R, -, sd L, cl R ;

(3-4) From CP LOD fwd L comm LF upper body trn, -, cont to trn sd and bk R, cl L ;
    Bk R comm LF upper body trn, -, cont to trn sd and fwd L, comp trn cl R to CP WALL ;

5-8   HOVER ; THRU HVR BJO ; BK HVR SCP ; PU CP LOD ;
          (5-6) in CP WALL fwd L,-, fwd & sd R, sd & fwd L to tight SCP;
                  xRif, -, fwd L trng upper body to BJO, rec R ;
          (7-8) bk L to SCP, -, sd & bk R trng upper body to SCP, rec L;
                  small fwd R (W fwd L), -, sd L, cl R picking up W on last beat CP LOD;

9-11   BOX ;; DIP BK, REC ;
          (9-10) LOD Fwd L,-, sd R, cl L; bk R,-, sd L, cl R;
          (11) Bk L with relaxed knee, -, rec R, (measure is short 1 beat);

PART D
1-4   TELEMARK SCP; FWD HVR BJO; BK HVR SCP; THRU SD CL ;
          (1-2) Fwd L comm lf turn, -, sd R continue lf turn, sd & slightly fwd L to end in tight semi-
               clsd pos; (W bk R comm to turn left bring left beside right with no weight, -, turn lf on
               right heel [heel turn] and chng weight to L, sd & slightly fwd R to end in tight semi-clsd
               pos;)
               Fwd R, -, sd & fwd L with slight rise, rec bk R bjo pos;
          (3-4) Bk L, -, sd & bk R with slight rise, rec fwd L to semi-clsd pos LOD;
                Toward LOD step thru R trng to fc ptnr, -, sd L, cl R;

5-8   WHISK; PU; SD TCH SD TCH; DIP BK/ REC ;
          (5-6) Fwd L clsd pos, -, fwd & sd R comm rise to ball of foot, XLIB of right
               continue to full rise on ball of foot ending tight semi-clsd pos;
               small fwd R (W fwd L), -, sd L, cl R picking up W on last beat CP LOD;
          (7-8) sd L, tch R, sd L, tch R ;
               Bk L with relaxed knee, -, rec R, -, ;

ENDING
1-4   FWD, RUN 2; TWICE ; 2 L TRNS ;;
          (1-2) fwd L, -, fwd R, fwd L;
               fwd R, -, fwd L, fwd R;
          (3-4) From CP LOD fwd L comm LF upper body trn, -, cont to trn sd and bk R, cl L **;**
               Bk R comm LF upper body trn, -, cont to trn sd and fwd L, comp trn cl R to CP WALL **;**

(5-6)   TWL VN 3 ; APT PT ;
          (5-6) Sd L, -, XRIB, sd L; (W sd & fwd R trng 1/2 rf under joined hands, -, sd & bk L trng ½
               rf, sd R;)
               Step apart L, -, point R toward ptnr, -;

SINCERELY, QUICK CUES
PHASE III + 1 FOXTROT
(DIAMOND TURN)
Sequence: Intro, AB, Inter, CBA (mod), D, Ending

INTRO
LOP FCG DLW WAIT 2 lead ft free ;; TOG TCH ; BOX FIN (LOD) ;

PART A
PROG BOX ;; 2 L TRNS ;;
HVR ; THRU HVR BJO ; BK HVR SCP ; PU (SCAR) ;
X HVR 3X (SCP) ;;; MANUV ;
SPN TRN ; BOX FIN ; FWD, RUN 2 ; TWICE (DLC) ;

PART B
DIAMOND TRN ¾ ;;; BOX FIN (WALL) ;
TWL VN 3 ; THRU SD CL ; VIN 8 TO PU ;;

INTERLUDE
PROG BOX ;; 2 L TRNS ;;
HVR SCP ; THRU CHASSE SCP ; PU ;

PART C
FWD, RUN 2 ; TWICE ; TRN L & R CHASSE (BJO); BK, BK LK BK ;
IMP SCP ; THRU FC CL ; ½ BOX ; PU (DLC) ;

PART B
DIAMOND TRN ¾ ;;; BOX FIN (WALL) ;
TWL VN 3 ; THRU SD CL ; VIN 8 TO PU ;;

PART A (MOD)
PROG BOX ;; 2 L TRNS ;;
HVR ; THRU HVR BJO ; BK HVR SCP ; PU ;
BOX (LOD) ;; DIP BK, REC into ;

PART D
TELEMARK SCP ; FWD HVR BJO ; BK HVR SCP ; THRU SD CL ;
WHISK; PU ; SD TCH SD TCH ; DIP/ RECOVER ;

END
FWD RUN 2; TWICE ; 2 L TRNS;;
TWL VN 3; APT PT;