

# SEEIN' MY FATHER IN ME

**Music:** Paul Overstreet  
[www.amazon.com](http://www.amazon.com) Cd The Best of P Overstreet  
Track # 3 Time 3:25  
Available from choreographer

**Rhythm:** Foxtrot **Phase:** IV+1 (Natural Weave)

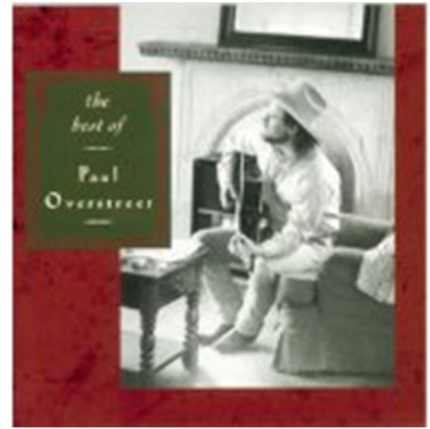
**Footwork :** Opposite except where (Noted)

Release Date: Oct 2014

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**Sequence :** INTRO AB BRIDGE AB C B\* END



## INTRO

### 01-04 CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; BOX ; ;

{Wait} CP WALL 1d ft free wt 2 meas ; ; {Box} Fwd L, -, sd R, cl L ; Bk R, -, sd L, cl R ;

## PART A

### 01-04 HOVER ; THRU VINE 4 ; OP NATURAL ; HESITATION CHANGE ;

{Hover to SCP} Fwd L, -, sd & fwd R risg to ball of ft & allowg W to brush R, fwd L to SCP DLC ; { Thru Vine 4} Thru R, sd L, XRib (W Xib), sd L ; {OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (W thru L, -, fwd R, fwd L) to BJO ; {Hesitation Change} Bk L trng RF, -, sd R contg trn, draw L CP DLC ;

### 05-08 OP REVERSE TURN ; OUTSIDE CHECK ; OUTSIDE CHANGE to BJO ; FORWARD FACE CLOSE to WALL ;

{OP Reverse Turn} 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 ; {Outsd Ck} Bk R with checking action, -, sd L DW with left shoulder lead, fwd R in BJO DRW with checking action ; [Outsd Chg to BJO] Trng LF bk L, -, bk & sd R cont LF trn, sd & fwd L (W fwd R, -, L trn LF, bk R) to BJO DLW ; {Fwd Fc Cl} Fwd R, -,sd L to fc ptr, cl R to CP WALL ;

### 09-12 WHISK ; THREE IN & OUT RUNS ; ; ;

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {3 In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R between M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R) to SCP DLC ; Repeat meas 10 Part A ;

### 13-16 DOUBLE OUTSIDE SWIVEL ; SPIN TURN ; BACK & L CHASSE to SCP ; SLOW SIDE LOCK ;

{Double Outsd Swivel} [S,-,S,-] Bk L Xg Rif w/ no wgt, -, fwd R, point L (W fwd R & swvl 1/2 RF to SCP DRC, -, fwd L & swvl LF 1/2) to BJO DRC ; {Spin Turn} Begin RF upper body trn bk L toeing in pivot 1/2 RF, -, cont trn fwd R betw W's ft, rec sd & bk L (W begin RF upper body trn fwd R heel to toe betw M's ft pivot 1/2 RF, -,cont trn bk on L toe, fwd R) to CP DLW ; {Bk & L Chasse to SCP} [1,2&3] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L to SCP LOD ; {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -,sd R trng LF, XLif) to CP DLC ;

## PART B

### 01-04 TELEMARK to SCP ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR ;

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; {Hover Fallaway} Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; {Slip Pivot} Bk L, -, bk R trng LF, fwd L (W bk R, -, trng 1/2 LF slip L fwd, sd & bk R) to BJO DLW ; {Cross Pivot to SCAR} Fwd R in frt of W strt RF trn, -, sd L cont RF trn, fwd R (W sm bk L strt RF trn, -, fwd R betw M's ft heel to toe pvtg 1/2 RF, sd & bk L) to SCAR DLW ;

### 05-08 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; THRU VINE 4 ;

{Cross Hover to BJO} XLif (W XRib), -, sd R rise trn LF, rec L to BJO DLC ; {Cross Hover to SCAR} XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; {Cross Hover to SCP} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Thru Vine 4 to SCP} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

**09-12 PROMENADE WEAVE ; ; DRAG HESITATION ; HESITATION CHANGE ;**

**{Promenade Weave }** [SQQ;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 LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Drag Hesitation}** [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ; **{Hesitation Change}** [S,S,-] Bk L trng RF,-, sd R contg trn, draw L CP LOD ;

**13-16 DIAMOND TURN 3/4 ; ; ½ BACK BOX to WALL ;**

**{Diamond Turn 3/4}** Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; Repeat meas 13 Part B to DLW ; **{1/2 Bk Box}** Bk R, -, sd L trng to Wall, cl R ;

**\*3<sup>th</sup> TIME :**

**13-16 DIAMOND TURN 1/2 ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;**

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

**BRIDGE**

**01-02 BOX ; ;**

**{Box}** Repeat meas 3,4 Intro ; ;

**PART C**

**01-04 HOVER ; NATURAL WEAVE ; ; HOVER TELE to ½ OP ;**

**{Hover}** Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; **{Natural Weave}** [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R (*W fwd L, fwd R between M's feet, fwd L*) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; **{Hover Tele to ½ OP}** Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to ½ OP LOD ;

**05-08 OP IN & OUT RUNS ; ; THRU SIDE BEHIND ; ROLL 3 to SCP ;**

**{OP in & Out Runs}** Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD w/trail arms out to sd [*W fwd L, -, R, L*] ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ; **{Thru Sd Behind}** Thru R, -, sd L to BFLY, XRib (*W XRib*) to mom LOP RLOD ; **{Roll 3 to SCP}** Bk & sd L stg LF (*W RF*) roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to SCP LOD ;

**09-12 OP NATURAL ; BACK TWISTY VINE 4 ; SPIN TURN ; BOX FINISH ; ;**

**{OP Natural}** Repeat meas 3 Part A ; **{Bk Twisty Vine 4}** (QQQQ) Back L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; **{Spin Turn}** Repeat meas 14 Part A ; **{Box Finish}** Bk R, -, sd & bk L trng 1/4 LF, cl R to CP DLC ;

**13-16 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; CHAIR & SLIP ;**

**{OP Reverse Turn}** 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 rising & compg trn, rec R to BJO LOD ; **{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 ; **{Chair & Slip}** Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

**ENDING**

**01-05 DIAMOND TURN 1/2 ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER CHECKING ; DIP BACK & HOLD ;**

**{Diamond Turn 1/2}** Repeat meas 13,14 Part B 3<sup>th</sup> Time ; **{Ok Diamond 4}** Repeat meas 15 Part B 3<sup>th</sup> Time ; **{Dip Bk & Rec}** Repeat meas 16 Part B 3<sup>th</sup> Time Checking ; **{Dip Bk & Hold}** [S,-,-,-] Bk L w/ flexed knee, -, -, -;