

# Somewhere In Time Foxtrot

Page 1 of 4

Released : Dec. 2015  
Choreographer : Reiko Hata, 4-43-27 Kugayama, Suginami-ku, Tokyo, 168-0082 Japan  
E-mail : Rdrhata@aol.com  
Rhythm & Phase : Foxtrot, V+2+1 [Same Foot Lunge, Double Telemark, Outside Spin w/ Swivel]  
Degree of difficulty : AVG  
Music : "Somewhere In Time (from 'Somewhere In Time') (SF 28)" Casa-musica.com  
Artist: Prandi Sound Orchestra Album: Ancona Open Ballroom Vol. 9  
INTRO and ENDING have different music, cue sheet described simplicity as plain meas.  
Time@Tempo : 2:11@28BPM (Original) 2:13 (Decrease speed 1.5%)  
Footwork : Opposite (W's footwork in parentheses)  
Sequence : INTRO A B C ENDING

## INTRODUCTION

- 1-6** WAIT ;; SD TO BOW & CURTSY ; W TOG TRN CL [CP] ; SD DRAW 2X ;;  
1-2 FCG Pos fc DLW NO HNDS JND 2 ft apt bth trl ft free wait pu notes & 2 meas ;;  
3 {**Bow & Curtsy** [S--] } Sd R, -, lean fwd look at ptr, - ;  
(W: Sd L, -, XRib of L w/o taking wgt and lower bdy while slightly flaring out skirt, - ; )  
4 {**W Tog Trn CP** [---- (SS)] } Hold ; (W: Tog fwd R trn RF, -, cont trn L, - CP W fcg DRC ; )  
5-6 {**Sd Draw 2X** [S--S--] } Sd L, draw R to L, cont draw, - ; sd R draw L to R, cont draw, - ;

## PART A

- 1-4** REV WAVE ;; BK FTHR [DRC] ; FTHR FIN [DLW] ;  
1-2 {**Rev Wave**} Stg LF trn fwd L, -, cont trn LF sd R to LOD, bk L twd DLW ; bk R crvg LF end to fcg RLOD, -, bk L, bk R ;  
3 {**Bk Fthr**} Bk L, -, bk R w/ R shldr ldg crvg sltly RF, ldg W to outsd bk L fcg DRC ;  
4 {**Fthr Fin**} Bk R trng LF mom CP, -, sd & fwd L twd DLW, fwd R otds ptr end to BJO DLW ;
- 5-8** DBL REV SPN 2X [DLW] ;; CONTRA CK /REC ; CHG OF DIRC ;  
5 {**Dbi Rev Spn** [SQ- (SQ&Q)] } Comm trn LF fwd L, -, sd R to DLC cont trn LF, spn LF on ball of R bringing L ft undr bdy beside R w/ no wgt fcg DLW ; (W: Comm trn LF bk R begin heel turn, -, cont heel trn bring L to R wgt chgs to L/sd R trn LF, XLif of R W fcg DRC ; )  
6 {**Dbi Rev Spn** [SQ- (SQ&Q)] } Rept previous meas A(5) ;  
7 {**Contra Ck /Rec** [S--&] } Relax R knee trn bdy to CBMP fwd L partial wgt on R toe looking ptr, -, -, -/rec R ; (W: Relax L knee bk R toe in CBMP keep hd to L, -, -, -/rec L ; )  
8 {**Chg of Dirc** [SS] } Fwd L slight LF trn, -, fwd R w/ R sd ldg trng LF stg to draw L to R, fin drawing L to R end to fcg DLC ;
- 9-12** REV FALWY & SLP TO BJO [RLOD] ; WEAVE ENDG [DLW] ;  
REV FALWY & SLP TO BJO [RLOD] ; WEAVE ENDG [DLW] ;  
9 {**Rev Falwy & Slp BJO** [QQQQ] } Fwd L trn LF, sd & bk R to SCP RLOD, bk L well undr bdy, sm stp bk R BJO RLOD ; (W: Bk R, bk & sd L to SCP RLOD, bk R well undr bdy stg LF trn, cont LF trn slp L fwd into BJO W fcg LOD ; )  
10 {**Weave Endg** [QQQQ] } Bk L, bk R trn LF ldg W to mom CP WALL, sd & fwd L to DLW, fwd R otds ptr BJO DLW ; (W: Fwd R, fwd L trn LF mom CP, sd & bk R to DLW, bk L in BJO ; )  
11-12 {**Rev Falwy & Slp BJO Weave Endg**} Rept PART A(9-10) ;;
- 13-16** HVR TELE ; PVT TO PREP [WALL] ; SAME FT LUN ; SWAY CHG /PU ;  
13 {**Hvr Tele**} Fwd L, -, fwd & sd R rising w/ hvrg bdy trng RF 1/8 to 1/4, fwd L to SCP DLW ; (W: Bk R, -, bk & sd L rising w/ hvrg action trng RF 1/2, fwd R to SCP DLW ; )

- 14 **{Pvt to Prep fcg WALL [SQ- (SQQ)] }** Fwd R strong trng RF 5/8 fcg CP COH, -, bk & sd L cont strong trn RF 1/2 fcg WALL, tch R to L;  
(W Fwd L trn RF 1/8 fcg WALL, -, fwd & sd R cont trn RF 1/2 fcg COH, cl L fcg DLC ; )
- 15 **{Same Ft Lun [S--] }** Lower into L sd & fwd R then xfer wgt to R w/ soft knee L ft xtnd to sd hd to R, -, -, - ; (W: Lower into L xtnd R toe bk undr bdy into CBMP then xfer wgt to the ball of R w/ soft knee L ft xtnd fwd trn hd to L, -, -, - ; )
- 16 **{Sway Chg /Pu [---- (----&)] }** Rotate uppr bdy sltly to R, -, -, -/trn bdy LF pu W to CP DLC ;  
(W: Slowly rotate uppr bdy sltly to R and chg hd to R, -, -, -/rec fwd L stpg in frnt of M trng LF to end CP W fcg DRW ; )

## PART B

### **1-4 DBL TELE [SCP LOD] ;; OVRSWAY ; RISE /SLP [DLC] ;**

- 1-2 **{Dbl Tele [SQQ;QQQQ;] }** Fwd L trn LF, -, cont LF trn sd R arnd W, fwd & sd L comp 7/8 LF trn SCP LOD ; fwd R stg LF trn pu W to CP DLC, fwd L trn LF, cont LF trn sd R arnd W, fwd & sd L end to SCP LOD ; (W: Bk R stg LF trn bring L to R for a heel trn, -, xfer wgt to L, strong stp fwd R SCP LOD ; fwd L in frnt of M trng LF to end CP W fcg DRW, bk R stg LF trn bring L to R for a toe spn, xfer wgt to L, strong stp fwd R SCP LOD ; )
- 3 **{Ovrsway [----] }** Relaxng L knee leavng R leg xtnd trn bdy LF stretching L sd of bdy, -, -, - ;
- 4 **{Rise /Slp [----&] }** Gradually rise on L (W R), -, -, -/slp bk R CP DLC ;

### **5-8 DBL TELE [SCP LOD] ;; OVRSWAY ; RISE /CL [WALL] ;**

- 5-7 **{Dbl Tele Ovrsway}** Rept Action of PART B(1-3) ;; ;
- 8 **{Rise /Cl [----&] }** Gradually rise on L (W R), -, -, -/cl R to L mom CP WALL ;

### **9-13 ROLL APT [BTH FC LOD] ; SWAY R & L ; ROLL TOG [CP WALL] ; FWD,, R LUN ROLL & SLP [DLC] ;;**

- 9 **{Roll Apt}** Comm trn LF fwd L to COH away from ptr, -, cont trn LF sd R to COH, cont trn sd L end to sd by sd bth fcg LOD ; (W: Comm trn RF fwd R to WALL away from ptr, -, cont trn RF sd L to WALL, cont trn sd R end to sd by sd bth fcg LOD ; )
- 10 **{Sway R & L [SS] }** Sd R (W sd L) shifting momentum of bdy twds R ft bth arms xtnd to R sd (W twd L sd) w/ chest height, -, rept action of ct 1 to L, - ;
- 11 **{Roll Tog CP WALL}** Comm trn RF fwd R to WALL and ptr, -, cont trn RF sd L to WALL, cont trn sd and fwd R end to CP WALL ; (W: Comm trn LF fwd L to COH and ptr, -, cont trn LF sd R to COH, cont trn sd and fwd L end to CP W fcg COH ; )
- 12-13 **{Fwd,, R Lun Roll & Slp [S,,SS-Q] }** Fwd L, -, flex L knee move sd & fwd onto R and as wgt is taken on R flex R knee and L ft xtnd look at ptr, - ; rec L rolling bdy RF, -, -, slp bk R past L to CP DLC ; (W: Bk R, -, flex R knee move sd & bk onto L and as wgt is taken on L flex L knee and R ft xtnd, - ; rec R rolling bdy RF, -, -, slp fwd L past R CP W fc DRW ; )

### **14-16 LF PVT TO PROM SWAY ; CHG SWAY W DEVELOPE ; W SWVL TO SAME FT LUN LINE /PU ;**

- 14 **{LF Pvt Prom Sway [S&S] }** Fwd L comm trn LF, -/cont trn LF sd R arnd W, fwd L to SCP LOD stretching bdy upward look ovr jnd ld hnds, - ; (W: Bk R comm LF trn, -/cont trn LF cl L to R, fwd R to SCP LOD stretching bdy upward look ovr jnd ld hnds, - ; )
- 15 **{Chg Sway W Developé [----] }** Relaxng L knee leaving R leg xtnd and sltly trn bdy LF stretching L sd of bdy causing W developé, -, -, - ; (W: Relaxng R knee leavng L leg xtnd and sltly trn bdy LF, bring L ft up along insd of R knee, xtnd L ft fwd, lower L ft to floor ; )
- 16 **{W Swvl To Same Ft Lun Line [&---- (----&)] }** Rise on L trn bdy fcg WALL/cl R to L lower into R allow L ft to xtnd to sd lookng ptr, -, -, -/trn bdy LF pu W to CP DLC ;  
(W: Rise on R swvl RF fc DLC/Lower into R xtnd L toe fwd twd DLC opn hd to R, -, -, -/fwd L stpg in frnt of M trng LF to end CP W fcg DRW ; )

**PART C****1-4 TRN L & R CHASSE ; OTSD CHG TO SCP [DLW] ; FWD HVR BJO ;  
OUTSD SPN w/ SWVL TO SCP [DLC] ;**

- 1 {Trn L & R Chasse [SQ&Q] } Fwd L trn LF fcg DRC, -, sd R/cl L to R, sd R BJO DRC ;  
(W: Bk R trn LF fcg DLW, -, sd L/cl R sd L BJO W fcg DLW ; )
- 2 {Otsd Chg to SCP} Bk L, -, bk R trng LF, sd & fwd L to SCP DLW ;
- 3 {Fwd Hvr BJO} Fwd R, -, sd & fwd L w/ slight rise, ld W trn LF to BJO DLW rec R ;  
(W: Fwd L, -, fwd R sltly rise comm trn LF, cont trn LF rec L BJO W fcg DRC ; )
- 4 {Outsd Spn w/ Swvl to SCP [SQQ&] } In CBMP prep to ld W outsd ptr comm RF bdy trn  
w/ R sd ld bk L toeing in sm stp 3/8 trn RF fcg RLOD, -, fwd R outsd ptr cont trn RF 3/8 fcg  
DLC, sd & bk L end in CP DLC/sltly trn bdy RF for ld W to swvl RF end to SCP DLC ;  
(W: L sd ld fwd R outsd ptr trng RF 3/8 fcg LOD, -, cl L to R pvt on toes of bth ft 3/8 RF trn  
fcg DRW, fwd R between man's ft in CP W fcg DRW/swvl RF 1/2 SCP DLC ; )

**5-8 CHAIR & SLP ; OP TELE ; RUNNING OP NAT [DRW] ; RISING LK [DLW] ;**

- 5 {Chair & Slp} Ck thru R w/ lun action, -, rec L, slght LF upper bdy trn slp R bk to CP DLC ;
- 6 {Op Tele} Fwd L comm trn LF, -, sd R arnd W cont LF trn, sd & fwd L SCP DLW ;  
(W: Bk R comm trn LF bringing L beside R w/ no wgt, -, cont trn LF on R heel and chg wgt  
to L, sd & fwd R SCP DLW ; )
- 7 {Running Op Nat [SQ&Q] } Fwd R comm trn RF fcg DRW w/ slight L sd stretch, -, sd & bk  
L/bk R w/ R sd ld prep to ld W outsd ptr, bk L end to BJO DRW ;  
(W: Fwd L comm RF trn w/ slight R sd stretch, -, fwd R/fwd L w/ L sd ld, fwd R outsd ptr  
end to BJO W fcg DLC ; )
- 8 {Rising Lk} Bk R trn LF, -, sd & fwd L, XRib of L CP DLW ;

**ENDING****1-5 REV WAVE ;; BK FTHR ; SLO HINGE ; REC W SPRL LF TRANS [BJO] ;**

- 1-3 {Rev Wave Bk Fthr} Rept action of PART A(1-3) ;;
- 4 {Slo Hinge [SS (SQQ)] } Music ritards bk R comm trn LF, -, cont trn LF sd L comm ldg W  
to X her L ft bhd her R ft relaxing L knee M fcg WALL, hold ;  
(W: Music ritards fwd L comm trn LF, -, cont trn LF sd R, slowly XLib of R keeping L sd in  
to ptr relaxing L knee hd to L and hold ; )
- 5 {Rec W Sprl LF Trans [SS (S--)] } Rec R causing W rec sprl LF, -, rec L, - BJO WALL ;  
(W: Rec R sprl LF, cont sprl LF on R, -, - end to BJO W fcg COH ; )

**6-10 [TRL FT] BJO WHEEL ;;; SYNC WHEEL [WALL] ;  
SD TO SLO OP HINGE & XTND ;**

- 6-8 {BJO Wheel} Fwd R (W: fwd L) comm wheel, -, cont whl fwd L, R fcg LOD ; cont whl L, -,  
R, L fcg COH ; cont whl R, -, L, R fcg RLOD ;
- 9 {Sync Wheel [Q&Q&Q&Q&] } Cont whl quickly w/ wide stps fwd L/R, L/R, L/R, L/R end  
to fcg WALL ;
- Note: Meas 6-9 amount of trn e.g. (1) 3/4; 3/4; 3/4; 1+3/4; e.g. (2) 1/2; 1/2; 1/2; 1+1/2;
- 10 {SD TO Slo Op Hinge & Xtnd [S-- (SS)] } Sd L to LOD, -, relaxing L knee ldg W to XLib of  
R put W's R hnd on M's L shldr rel ld hnds xtnd L arm to sd, - ;  
(W: Sd R slightly trn LF, -, XLib of R relaxing L knee put R hnd on M's L shldr head to L  
L arm xtnd to sd - ; )

**QUICK CUES** (Seq: INTRO A B C ENDING)

- INTRO** FCG Pos fc DLW No Hands Jnd 2 Ft Apt Bth Trl Ft Free.
- 1-2 WAIT PU NOTES & 2 MEAS ;;  
 3-6 STEP SD BOW & CURTSY ; W TOG TRN CL [CP] ;  
SD DRAW 2X ;;
- A**
- 1-4 REV WAVE ;; BK FEATHER ; FEATHER FINISH [DLW] ;  
 5-8 DBL REV SPN 2X [DLW] ;; CONTRA CK /REC ; CHG OF DIRC ;
- 9-12 REV FALAWAY & SLIP TO BJO [RLOD] ; WEAVE ENDG ;  
REV FALAWAY & SLIP TO BJO [RLOD] ; WEAVE ENDG [DLW] ;
- 13-16 HOVR TELEMARK ; PIVOT TO PREP FC WALL ;  
SAME FT LUNGE ; SWAY CHG /PU ;
- B**
- 1-4 DBL TELEMARK [SCP] ;; OVRSWAY ; RISE /SLP [DLC] ;  
 5-8 DBL TELEMARK [SCP] ;; OVRSWAY ; RISE /CL [WALL] ;
- 9-13 ROLL APT [BTH FC LOD] ; SWAY R & L ;  
ROLL TOG [CP WALL] ; FWD R LUNGE ROLL & SLIP [DLC] ;;
- 14-16 LF PIVOT TO PROM SWAY ; CHG SWAY W DEVELOPE ;  
W SWVL TO SAME FT LUNGE LINE /PU ;
- C**
- 1-4 TRN L & R CHASSE ; OUTSD CHG TO SCP ; FWD HOVR BJO ;  
OUTSD SPIN w/ SWIVEL TO SCP [DLC] ;
- 5-8 CHAIR & SLIP ; OP TELEMARK ;  
RUNNING OP NAT [DRW] ; RISING LK [DLW] ;
- ENDING**
- 1-5 REV WAVE ;; BK FEATHER ; SLOW HINGE ;  
REC W SPIRAL LF TRANSITION [ BJO ] ;
- 6-10 [TRAIL FT] BJO WHEEL 3 MEAS ;;; SYNC WHEEL [WALL] ;  
SD TO SLOWLY OP HINGE & EXTEND ;