

STEPPIN' OUT



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Music: The Doris Day Ultimate Collection download Amazon.com

Phase 5 Foxtrot Degree of Difficulty: Average

Sequence: intro – A – B- B- END

Difficulty Level: - Average

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) (Version 1.1 Released 03/15)

MEAS.

INTRO

1-4

CP/DLC WAIT 1 MS; REVERSE WAVE;; HEST CHG CP/DLC;

sqq

1-2 CP/DLC Wait 1 meas; [rev wave] Fwd L comm 3/8 LF trn, -, sd R, bk L (Bk R comm LF trn, close L to R heel trn, fwd R);

sqq

3-4 [fin rev wave] Bk R, -, bk L, bk R curvg LF to fc RLOD; [hest chg] Comm RF upper body trn bk L, -, sd R cont RF trn, draw L to R CP/DLC

PART A

1-4

(CP/DLW) BOUNCE FALLAWAY BJO; WEAVE END BFLY/LOD: X SWVL TWICE;

M RK FWD REC & FWD W TRN LF IN 4 TO SHAD RT FT FREE FOR BOTH;

qqqq

1 [bounce fallaway] With bounce action fwd L, trn LF strong rise sd R cont trn lower, bk L well under body, bk R (W bk R, bk L, bk R trn LF, fwd L outsd ptr) BJO/RLOD;

sqq

2 [weave end] Bk L, bk R to CP trn LF, sd & fwd L to DW, fwd R BJO/BFLY LOD;

qqqq

3 [x swvl twice] Fwd L swvl LF to fc COH in BJO, with R ft pt sd, fwd R swvl RF to SCAR, pt L ft sd (W bk R swvl LF, with L ft pt sd, bk L swvl RF, with R ft sd) end fc DLW;

qqq(qqqq)

4 [rk rec fwd W trn LF shad in 4] Fwd L, -, rec bk R, sd & fwd L lead W to trn RF (W bk R, -, rec L/fwd R trn LF cl L to R) to SHAD/DLW R FT FREE FOR BOTH;

5-8

M STEP PT 4X W KNEE LIFT/SHAPE STEP POINT; REPEAT MEAS 5: SHAD/FRONT VINE

4; FEATHER W/TRANS IN 4 CP/DLW

qqqq

5-6 [M step pts W knee lift twice] Fwd R with slight RF upper body trn, pt L, - slight LF upper body trn fwd L, pt R (W fwd R with slight RF upper body trn, lift L knee, slight LF upper body trn fwd L, pt R); Repeat meas 5;

qqqq

7 [shad ft vn 4] XRIF of L, sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIB of L, sd L);

qqqq

8 [fea W in 4] Fwd R, -, L, R (W fwd R, fwd L, fwd R trn LF, sd & bk L) CP/DLW;

9-12

HOVER TELE; OP NAT; BK LILT 4 TRN SCAR/LOD; HVR X END;

sqq

9 [hvr tele] Fwd L, -, fwd & slightly sd R between W's feet rising trn RF, cont RF trn sd & fwd L to SCP/DLW;

sqq qqqq

10 [op nat] Fwd R comm RF trn, -, fwd & sd L cont RF trn, cont RF trn sd & bk R (W fwd L, -, fwd R between M's feet, sd & fwd L) to BJO/DRC;

11 [bk lilt 4 trn scar] Bk L in BJO rise, -/small stp R & lower, bk L in BJO trn RF rise, -, /small step R & lower (W fwd R in BJO rise, -/small step L & lower, fwd R trn LF rise, -/small stp L & lower SCAR/DLC;

12 [hvr x end] XLIF, rec R, sd L to BJO, XRIF (W XRIB, rec L, sd R, XLIB) BJO/DLC

13-16

REV FALL & SLIP; CHG OF DIRECTION; DBL REV TWICE::

sq&q

13 [rev fall & slip] Fwd L commence LF trn, sd R, cont trn bk L, cont trn slip R in bk of L (W Bk R, bk L, XRIB well under body, trn LF on R & slip L fwd) to CP/DLW;

qqqq

14 [chg of dir] Fwd L blend CP start LF trn, -, cont trn sd & fwd R, draw L to R CP/DLC;

15 & 16 [dbl rev twice] Blend to CP fwd L, -, comm LF trn fwd R, spinning LF on R bring L left leg up to R no wgt (W bk R comm LF trn, -, cont trn cl L to R/sd & slightly bk R cont trn, XLIF of R) end CP/LOD; Repeat; Meas. 15;

PART B

- 1-4** REV WAVE 1/2; CHECK & WEAWE 2; DOUBLE BK LILT; WEAWE END;
sqq 1-2 [rev wave 1/2] Fwd L trn LF, -, fwd & sd R trn LF (W heel trn), bk L CP/DRC;
[check & weawe 2] Bk R checking, -, rec fwd L trn upper body RF, sd & bk R in BJO;
s&s& 3-4 [dbl lilt] Bk L in BJO rise, - /small step R & lower, bk L in BJO rise, - /small step R & lower
qqqq bjo; [weawe end] Bk L in BJO, bk R blend to CP trn LF, sd & fwd L DLW to BJO, fwd R outsd
ptr DLW;
- 5-8** 3 STEP; NATURAL WEAWE ;; CHG OF DIRECTION CP/DLC;
sqq 5-6 [3 step] Fwd L, -, fwd R on heel slight R sd lead, fwd L CP/DLW; [nat weawe] Trn RF fwd R, -,
sd & fwd L trn RF (W heel trn), cont RF trn sd & bk R to BJO; bk L in BJO;
qqqq 7-8 [finish nat weawe] Bk R in BJO, bk R blend to CP trn LF, sd & fwd L DLW fwd R to BJO/DLW;
[chg of dir] Blend to CP fwd L comm LF trn flex knees,-, cont trn LF to fc DLC sd R, -, end
CP/DLC;
- 9-12** CL TELE BJO; FWD CHK WDEVELOPE; SL OUTSD SWVL; M RK W QK SWVLS;
sqq 9-10 [cl tele] Fwd L comm LF trn, -, sd & bk R, cont LF trn
sd & fwd L (W bk R, -, comm LF trn bring L to R no wgt trn LF on R (heel trn) chg wgt to
s - L, sd & bk R) BJO/DLW; [develop] Ck fwd R, -(W bk L, bring R ft up L leg,-, extend R ft
fwd), -;
ss 11-12 [outsd swvl] Rec L comm RF upper body trn,-, pt R ft bk, (W rec fwd R,-, swvl RF on R) SCP;
[qk swvls] Fwd R, -, rec L comm RF upper body trn, leave R XIF of L (W thru L swvl
LF, -, thru R swvl RF. -) SCP;
- 13-16** IN & OUT RUNS;; CHAIR REC SLIP DLC; DBL REV SPIN;
sqq 13-14 [in & out runs] Fwd R comm RF trn,-, fwd & sd L cont trn (W fwd R between M's feet), bk R
to CBJO RLOD: Bk L trn RF,-, sd & fwd R (W Sd & Fwd L arnd M), fwd L to semi;
15-16 [chair rec slip] Thru R relax R knee fwd poise, -, rec bk L, slip R bk with LF upper body trn
(W thru L relax L knee, -, rec bk R leave L leg extended, swvl LF on R slip L fwd) CP/DLC;
[dbl rev] Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLC (Bk R, trn LF on R heel
transfer weight to L/fwd & sd R trn LF, trn LF XLIFR) end CP/DLW;

REPEAT PART B

END

- 1-4** HVR SCP/DLC; FEATHER BFLY/LOD; X SWVL TWICE; M RK FWD REC & FWD W TRN LF
IN 4 TO SHAD RF FT FREE FOR BOTH;
sqq 1 [hvr scp] Fwd L, -, fwd & sd R w/slight LF trn, sd & fwd L (W bk R,-, bk &sd L w/slight RF trn, sd
& fwd R) SCP/DLC;
sqq 2 [feat] Thru R,-, fwd L lead W to tm LF, fwd R outsd ptr to BJO/BFLY LOD::
qqqq 3 [x swvl twice] Fwd L swvl LF to fc COH in BJO, with R ft pt sd, fwd R swvl RF to SCAR, pt L ft
sd (W bk R swvl LF, with L ft pt sd, bk L swvl RF, with R ft sd) end fc DLW;
sqq(sq&q) 4 [rk fwd rec fwd W trn LF shad in 4] Fwd L, -, rec bk R, sd & fwd L lead W to trn RF(W bk R,-
, rec L/fwd R trn LF cl L to R) to SHAD/DLW RT FT FREE FOR BOTH;
- 5-8** M STEP PT 4X W KNEE LIFT/SHAPE STEP POINT; REPEAT MEAS 5: SHAD/FRONT VINE
6:,, TO SHAD OVERSWAY LINE;
qqqq 5-6 [M step pts W knee lift twice] Fwd R with slight RF upper body trn, pt L, - slight LF upper body
trn fwd L, pt R (W fwd R with slight RF upper body trn, lift L knee, slight LF upper body trn fwd L,
pt R); Repeat meas 5;
qqqq 7-8 [shad ft vn 6 & oversway ln] XRIF of L, sd L, XRIB of L, sd L (W XRIF of L, sd L, XRIB of L, sd
L); XRIF of L, sd L, - to oversway ln;