



THE MILKMAN

Choreographers:	Release date: August 2012
Annette & Frank Woodruff	Rhythm & Phase: Introduction to Foxtrot. Phase IV (4 easy phase IV figures)
	Music: My Very Good Friend the Milkman by Neville Dickie (Dancebeat 19, The Dancing Piano) available as MP3 download from Casa Musica
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: 3:34 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: anfrank@skynet.be	Sequence: Intro – A - B1 – A– A(1-10) – B2 – A(11-20) - B1 - Ending

INTRODUCTION

1	Wait ;	OP-FCG WALL wt 1 meas;
2	Quick Apart Point Together Touch to CP WALL ;	Apt L, pt R twds ptr, tog R to CP WALL, tch L ;
3	Side Touch L & R ;	Sd L, tch R, sd R, tch L ;
4	Twisty Vine 4 ;	Sd L, XRib, sd L, XRif to BJO DLW ;

PART A

1	Hover Telemark SCP LOD ;	Fwd L, -, fwd & sd R w/ slt rise trng 1/8 RF, fwd L (<i>W bk R, -, bk & sd L w/ rise trng RF & brushg R to L, fwd R</i>) to SCP LOD ;
2	Thru Hover to BJO ;	Thru R, -, fwd L w/ slt rise, rec R (<i>W thru L, -, fwd & sd R trng LF risg & brushg L to R, contg LF trn fwd L</i>) to BJO LOD ;
3	Back Hover to SCP ;	Bk L, -, bk R w/ slt rise, rec L (<i>W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R</i>) to SCP LOD ;
4	Thru Side Behind ;	Thru R, -, trng to fc sd L, contg trn & relg trl hnds XRib (<i>W XLib</i>) to LOP RLOD ;
5	Roll 3 to SCP ;	Individually roll LF (<i>W RF</i>) down LOD trng to fc LOD fwd L, sd & bk R to SD-BY-SD RLOD, bk & sd L to SCP LOD ;
6	Manuver Side Back ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP RLOD ;
7	Spin Turn ;	Trng upper bdy RF bk L pvtg 3/8 RF & leavg R ft in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L on ball of ft (<i>W trng upper bdy RF fwd R btw M's ft pvtg 3/8 RF, bk L contg trn & brushg R to L, fwd R btw M's ft</i>) to CP DLW ;
8	Outside Check DLC;	Bk R, -, w/ slight LF trn sd L, fwd R to BJO DLC;
9	Back Run 2 ;	Twds DRW bk L, -, bk R, bk L ;
10	Feather Finish DRC ;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DRC;
11	Hover Telemark SCP RLOD;	Fwd L, -, fwd & sd R w/ slt rise trng 1/8 RF, fwd L (<i>W bk R, -, bk & sd L w/ rise trng RF & brushg R to L, fwd R</i>) to SCP RLOD;
12	Thru Hover to BJO ;	Thru R, -, fwd L w/ slt rise, rec R (<i>W thru L, -, fwd & sd R trng LF risg & brushg L to R, contg LF trn fwd L</i>) to BJO RLOD ;
13	Back Hover to SCP ;	Bk L, -, bk R w/ slt rise, rec L (<i>W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R</i>) to SCP RLOD ;
14	Thru Side Behind ;	Thru R, -, trng to fc sd L, contg trn & relg trl hnds XRib (<i>W XLib</i>) to LOP LOD ;
15	Roll 3 to SCP ;	Individually roll LF (<i>W RF</i>) down LOD trng to fc LOD fwd L, sd & bk R to SD-BY-SD RLOD, bk & sd L to SCP LOD ;

16	Manuver Side Back LOD ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP LOD ;
17	Spin Turn RLOD ;	Repeat meas 7 Part A to end in CP DRC ;
18	Outside Check DRW ;	Bk R, -, w/ slight LF trn sd L, fwd R to BJO DRW;
19	Back Run 2 ;	Twds DLC bk L, -, bk R, bk L ;
20	Feather Finish DLW ;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DLW ;

PART B1

1	Forward Run 2 ;	Fwd L, -, fwd R, fwd L ;
2	Manuver Side Back ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP RLOD ;
3	Back Run 2 ;	Bk L, - bk R, bk L ;
4	Feather Finish DLW ;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DLW ;
5	Whisk ;	Fwd L, -, sd & fwd R, XLib to SCP DLC ;
6	Wing ;	Thru R, comm trng upper bdy LF, cont trng bdy LF (<i>W fwd L com LF trn, -, fwd R arnd M, fwd L to M's L sd contg to trn upper bdy LF</i>) to SCAR DLC ;
7	Open Reverse Turn ;	Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (<i>W bk R stg LF trn, sd L cont trn, fwd R outsd ptr</i>) to BJO RLOD ;
8	Feather Finish ;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DLW ;

Repeat Part A

Repeat Part A (1-10)

PART B2

1	Forward Run 2 ;	Towards RLOD fwd L, -, fwd R, fwd L ;
2	Manuver Side Back LOD ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP LOD ;
3	Back Run 2 ;	Bk L, - bk R, bk L ;
4	Feather Finish DRC ;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DRC ;
5	Whisk SCP DRW;	Fwd L, -, sd & fwd R, XLib to SCP DRW ;
6	Wing SCAR DRW;	Thru R, comm trng upper bdy LF, cont trng bdy LF (<i>W fwd L com LF trn, -, fwd R arnd M, fwd L to M's L sd contg to trn upper bdy LF</i>) to SCAR DRW ;
7	Open Reverse Turn BJO LOD ;	Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (<i>W bk R stg LF trn, sd L cont trn, fwd R outsd ptr</i>) to BJO LOD ;
8	Feather Finish DRC;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DRC ;

Repeat Part A (11-20)

Repeat Part B1

ENDING

1	Hover Telemark SCP LOD;	Repeat meas 1-6 Part A ; ; ; ; ;
2	Thru Hover to BJO ;	
3	Back Hover to SCP ;	
4	Thru Side Behind ;	
5	Roll 3 to SCP ;	
6	Manuver Side Back ;	
7	Impetus to SCP LOD ;	Commg RF bdy trn bk L, -, cont RF trn on L heel & cl R risg to ball, fwd L (<i>W commg RF bdy trn fwd R w/ heel ld between M's ft & pvt 1/2, -, sd & fwd L contg trn arnd M & brush R to L, fwd R</i>) to SCP LOD;
8	Manuver Side Back ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP RLOD ;
9	Impetus to SCP LOD ;	Repeat meas 7 Ending ;
10	Manuver Side Back ;	Thru R stg RF trn, -, contg RF trn sd L acrs W, bk R to CP RLOD ;
11	Impetus to SCP LOD ;	Repeat meas 7 Ending ;
12	Thru Side Behind ;	Repeat meas 4-5 Part A ; ;
13	Roll 3 to SCP;	
14	Thru Apart Point ;	Thru R, apt L, pt R twd ptr, - ;

THE MILKMAN – WOODRUFF – INTRO TO FOXTROT – IV – 3:34

INTRO (4 meas)

OP FCG WALL wait ; Qk Apt Pt Tog Tch to CP ; Sd Tch L & R;
Twisty Vine 4 ;

PART A (20 meas)

Hover Telemark ; Thru Hover to BJO; Bk Hover to SCP ; Thru Side Behind ;
Roll 3 SCP; Manuv Sd Bk ; Spin Turn ; Outside Check;
Bk Run 2 ; Feather Finish DRC ;
Hover Telemark SCP RLOD; Thru Hover to BJO; Bk Hover to SCP ;
Thru Side Behind ; Roll 3 to SCP ; Manuv Sd Bk LOD ; Spin Turn RLOD ;
Outside Check DRW; Bk Run 2 ; Feather Finish DLW ;

PART B1 (8 meas)

Fwd Run 2 ; Manuv Sd Bk ; Bk Run 2 ; Feather Finish DLW ;
Whisk ; Wing ; Op Rev Turn ; Feather Finish ;

PART A (20 meas)

Hover Telemark ; Thru Hover to BJO; Bk Hover to SCP ; Thru Side Behind ;
Roll 3 to SCP ; Manuv Sd Bk ; Spin Turn ; Outside Check;
Bk Run 2 ; Feather Finish DRC ;
Hover Telemark SCP RLOD; Thru Hover to BJO; Bk Hover to SCP ;
Thru Side Behind ; Roll 3 to SCP ; Manuv Sd Bk LOD ; Spin Turn RLOD ;
Outside Check DRW; Bk Run 2 ; Feather Finish DLW ;

PART A (1-10)

Hover Telemark ; Thru Hover to BJO; Bk Hover to SCP ; Thru Side Behind ;
Roll 3 to SCP ; Manuv Sd Bk ; Spin Turn ; Outside Check;
Bk Run 2 ; Feather Finish DRC ;

PART B2 (8 meas)

To RLOD Fwd Run 2 ; Manuv Sd Bk LOD ; Bk Run 2 ; Feather Finish DRC ;
Whisk SCP DRW ; Wing SCAR DRW ; Op Rev Turn BJO LOD ;
Feather Finish DRC;

PART A (11-20)

Hover Telemark SCP RLOD; Thru Hover to BJO; Bk Hover to SCP ;
Thru Side Behind ; Roll 3 to SCP; Manuv Sd Bk LOD ; Spin Turn RLOD ;
Outside Check DRW; Bk Run 2 ; Feather Finish DLW ;

PART B1 (8 meas)

Fwd Run 2 ; Manuv Sd Bk ; Bk Run 2 ; Feather Finish DLW ;
Whisk ; Wing ; Op Rev Turn ; Feather Finish ;

ENDING (14 meas)

Hover Telemark ; Thru Hover to BJO; Bk Hover to SCP ; Thru Side Behind ;
Roll 3 to SCP ; Manuv Sd Bk ; Impetus to SCP LOD ; Manuv Sd Bk ;
Impetus to SCP LOD ; Manuv Sd Bk ; Impetus to SCP LOD ; Thru Sd Behind;
Roll 3 to SCP ; Thru Apt Pt ;