



# THAT OLD FEELING

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Fox Trot Phase 5 Released: April 14, 2007

Music: "The Great American Songbook" by Rod Stewart, track 5, or download from Walmart.com  
or contact choreographers.

Tempo: As on CD (28 bpm)

Difficulty Level: Standard Figures per

Timing: SQQ unless specified (Lady's if different)

Roundalab Manual

Footwork: Described for Man—Lady opposite (or as noted)

Sequence: AB Bridge C B(1-12) End

## PART A

- 1-4 WAIT;; SWAY LEFT & RIGHT; SLOW CONTRA CHECK;  
 1-2 {**Wait**} Wait 2 meas. CP, Man fcg DRW, lead feet free;;  
 SS 3 {**Sway left & right**} Sd L stretching lf side,-, sd R stretching rt side,-;  
 SS 4 {**Contra check**} Comm LF upper body trn with strong rt sd lead lower on R & chk fwd L in CBMP,-,-,-;
- 5-8 FEATHER FINISH; REVERSE WAVE;; BACK FEATHER;  
 5 {**Feather finish**} Bk R dissolving rt sd lead comm LF trn,-, sd & fwd L, fwd R BJO LOD; (Fwd L with slt LF trn,-, sd & bk R cont trn, bk L;)  
 6-7 {**Reverse wave**} Fwd L comm. LF trn,-, sd R, bk L DLW; Bk R,-, bk L, bk R curvg LF to bkg LOD; (Bk R comm. LF trn,-, cl L to R [heel trn], fwd R; Fwd L, -, fwd R, fwd L curvg to end fcg LOD;)  
 8 {**Back feather**} Bk L,-, bk R with rt shld lead, bk L BJO fcg RLOD;
- 9-12 BACK & CHASSE TO BJO; HAIRPIN; OUTSIDE SWIVEL 2 TIMES; BACK FEATHER;  
 SQ&Q 9 {**Back & chasse to BJO**} Bk R comm. LF trn,-, sd L cont trn/cl R, sd L to BJO fcg DLW;  
 10 {**Hairpin**} Fwd R comm. RF trn,-, fwd L with lf sd stretch cont trn RF, fwd R to BJO banking into trn with strong lf sd stretch fcg DRW; (Bk & sd L comm. RF trn,-, bk R under body cont. trn, bk L BJO;)  
 SS 11 {**Outside swivel 2 times**} Bk L leaving R extended fcg DRW,-, rec R,-; (Fwd R swvl RF on ball of R foot to SCP,-, thru L swvl LF on ball of L ft to BJO,-;)  
 12 {**Back feather**} Repeat Part A meas. 8;
- 13-16 FEATHER FINISH; THREE STEP; NATURAL TURN HALF; HESITATION CHANGE;  
 13 {**Feather finish**} Repeat Part A, meas. 5 end DLW;  
 14 {**Three step**} Fwd L blending to CP using heel lead,-, fwd R heel to toe with slt rt sd lead, fwd L toe heel DLW;  
 15 {**Natural turn half**} Fwd R comm. RF trn,-, sd L cont trn, bk R to CP fcg RLOD; (Bk L comm. RF trn,-, cl R to L [heel trn] cont trn, fwd L fcg LOD;)  
 16 {**Hesitation change**} Bk L comm. RF trn,-, sd R cont trn, draw L to R CP fcg DLC;

## PART B

- 1-5 CURVING THREE-STEP; BACK CURVING THREE-STEP; THREE-STEP; NATURAL WEAVE;;  
 1 {**Curving three-step**} Fwd L comm. LF trn,-, fwd R with rt sd stretch cont LF trn, fwd L with rt sd stretch banking into curve to end CP fcg RLOD; (Bk R comm. LF trn,-, bk L with lf sd stretch cont trn, bk R with lf sd stretch;)  
 2 {**Back curving three-step**} Bk R comm. LF trn,-, bk L with lf sd stretch cont. trn, bk R with lf sd stretch banking into curve to CP fcg DLW; (Fwd L comm. LF trn,-, fwd R with rt sd stretch cont trn, fwd L with rt sd stretch;)  
 3 {**Three-step**} Repeat Part A meas. 14 to fc DLW;  
 SQQ 4-5 {**Natural weave**} Fwd R comm. RF trn,-, sd L cont trn, bk R DLC with rt sd lead; Bk L in CBMP, bk R comm.  
 QQQQ LF trn passing thru CP, sd & fwd L, fwd R BJO fcg DLW; (Bk L comm. RF trn,-, cl R to L [heel trn] cont trn, fwd L; Fwd R in CBMP, fwd L comm. LF trn, sd R cont trn, bk L cont trn;)
- 6-11 HOVER TO SEMI; FEATHER; DOUBLE REVERSE SPIN; REVERSE WAVE 3; CHECK & WEAVE;;  
 6 {**Hover to SCP**} Fwd L,-, fwd & sd R trng LF, fwd L SCP DLC; (Bk R,-, bk & sd L trng to SCP, fwd R SCP;)  
 7 {**Feather**} Fwd R,-, fwd L, fwd R BJO fcg DLC; (Thru L trng LF,-, sd & bk R, bk L BJO;)  
 SQQ 8 {**Double reverse spin**} Fwd L comm. LF trn,-, sd R, spin LF on R bringing L under body with no wt chg fcg LOD;  
 (SQ&Q) (Bk R comm. LF trn,-, cl L to R [heel trn] trng LF/sd & bk R cont trn, XLIF of R CP;)

9 {**Reverse wave 3**} Fwd L comm. LF trn,-, sd R, bk L CP fcg DRC; (Bk R comm. LF trn,-, cl L to R [heel trn] cont trn, fwd R CP DLW;)  
 SQQ 10-11 {**Check & weave**} Ck bk R CP,-, rec L, sd & bk R comm. LF trn ; bk L BJO, bk R trng LF blending to CP, sd  
 QQQQ & fwd L DLW, fwd R BJO;

12-15 CHANGE OF DIRECTION; TELEMARK TO SEMI; OPEN NATURAL; OUTSIDE SPIN FC WALL;  
 12 {**Change of direction**} Fwd L,-, fwd R trng LF to fc DLC, draw L to R; (Bk R,-, bk L trng LF, draw R to L;)  
 13 {**Telemark to SCP**} Fwd L DLC with early rise,-, sd R trng LF, cont trng sd & fwd L in SCP DLW; (Bk R,-, cl L to R [heel turn] trng LF, fwd R in SCP DLW;)  
 14 {**Open natural**} Thru R comm. RF trn,-, sd L cont trn, bk R with strong rt sd lead to BJO fcg DRC; (Thru L, fwd R to CP, fwd L to BJO fcg DLW;)  
 15 {**Outside spin fc wall**} Comm RF trn bk L,-, fwd R outside partner cont trn, sd L to CP fc wall; (Comm RF trn fwd R heel to toe CBMP,-, cl L to R pvtg on toes, fwd R in CP fcg COH;)

#### BRIDGE

1-4 RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE; RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE;  
 S-- 1 {**Right lunge & quick sway changes**} Sd & fwd R on flexed knee with strong rt sd lead in CP,-, stretch rt sd to chng ptr to SCP without wt chg, stretch left side to chng ptr bk to CP still no wt chg;  
 SS 2 {**Side corte**} Sd L in CP with flexed soft L knee leaving R extended,-,-,-;  
 S-- 3 {**Right lunge & quick sway changes**} Repeat meas. 1;  
 SS 4 {**Side corte**} Repeat meas. 2;

#### PART C

1-7 RECOVER BRUSH TO SEMI; QUICK WEAWE 4; BACK & CHASSE TO SEMI; WHIPLASH; BACK HOVER TO SEMI; NATURAL HOVER CROSS;:  
 S-Q 1 {**Recover brush to SCP**} Sd R rising to toe,-, draw L to R brushing, fwd L SCP fcg DLC;  
 QQQQ 2 {**Quick weave 4**} Fwd R, fwd L trng LF, sd & bk R, bk L BJO fcg DRC; (Fwd L, sd & bk R comm. LF trn to BJO, cont trn fwd L, fwd R BJO fcg DLW;)  
 SQ&Q 3 {**Back & chasse to semi**} Repeat Part A meas. 9 to fc DLW;  
 SS 4 {**Whiplash**} Thru R,-, trng body RF point L fwd,-; (Thru L,-, swvl on L to fc ptr in CP pointing R back,-;)  
 5 {**Back hover to semi**} Bk L,-, sd & bk R, rec L in SCP fcg DLW;  
 SQQ 6-7 {**Natural hover cross**} Thru R comm. RF trn,-, sd L with lf sd stretch, cont trn sd R fcg DLC; Fwd L with rt sd  
 QQQQ stretch outside partner on toe, rec R, sd & fwd L, fwd R in BJO fcg DLC; (Thru L comm. RF trn,-, fwd R cont trn, sd L cont trn to SCAR; Bk R on toe with lf sd stretch, rec L, sd & bk R, bk L with rt sd stretch BJO;)

8-12 FULL REVERSE TURN; THREE-STEP; NATURAL TURN HALF; HESITATION CHANGE;  
 8-9 {**Full reverse turn**} Fwd L comm. LF trn,-, sd R cont trn, bk L to CP; Bk R cont LF trn,-, sd & sltly fwd L, fwd R to BJO fcg DLW; (Bk R comm. LF trn,-, cl L to R [heel trn], fwd R to CP; Fwd L cont. trng,-, sd R cont trn, bk L trng to BJO;)  
 10 {**Three-step**} Repeat Part A meas. 14;  
 11 {**Natural turn half**} Repeat Part A meas. 15;  
 12 {**Hesitation change**} Repeat Part A meas. 16;

13-16 FULL DIAMOND TURN;:::  
 13 Fwd L comm. LF trn,-, sd R cont trn, bk L BJO fcg DRC; (Bk R trng LF,-, sd L cont trn, fwd R;)  
 14 Bk R trng LF,-, sd L, fwd R in BJO fcg DRW; (Fwd L trng LF,-, sd R, bk L;)  
 15 Fwd L trng LF,-, sd R, bk L in BJO fcg DLW; (Bk R trng LF,-, sd L, fwd R;)  
 16 Bk R trng LF,-, sd L, fwd R in BJO fcg DLC; (Fwd L trng LF,-, sd R, bk L;)

#### REPEAT PART B (1-12)

1-12 CURVING THREE-STEP; BACK CURVING THREE-STEP; THREE-STEP; NATURAL WEAWE;: HOVER TO SEMI; FEATHER;DOUBLE REVERSE SPIN; REVERSE WAVE 3; CHECK & WEAWE;: CHANGE OF DIRECTION;  
 1-12 Repeat meas. 1-12, Part B;:::;;;

ENDING

1-5 CURVING THREE-STEP; BACK CURVING THREE-STEP; HOVER TELEMAR; OPEN NATURAL; OUTSIDE SPIN FC WALL;

- 1 {**Curving three-step**} Repeat Part B meas. 1;
- 2 {**Back curving three-step**} Repeat Part B meas. 2;
- 3 {**Hover telemark**} Fwd L,-, sd & fwd R rising trng RF, fwd L to SCP fcg DLW; (Bk R,-, sd & bk L comm. RF trn, fwd R trng to SCP;)
- 4 {**Open natural**} Repeat Part B meas. 14;
- 5 {**Outside spin fc wall**} Repeat Part B meas. 15;

6-11 RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE; RIGHT LUNGE & QUICK SWAY CHANGES; SIDE CORTE; RECOVER BRUSH TO SEMI; THRU TO SLOW SIDE CORTE & HOLD;

- S-- 6 {**Right lunge & quick sway changes**} Repeat Bridge meas. 1;
- SS 7 {**Side corte**} Repeat Bridge meas. 2;
- S-- 8 {**Right lunge & quick sway changes**} Repeat Bridge meas. 1;
- SS 9 {**Side corte**} Repeat Bridge meas. 2;
- S-Q 10 {**Recover brush to SCP**} Repeat Part C meas. 1;
- SS 11 {**Thru to slow side corte & hold**} Thru R,-, fwd & sd L trng to fc wall in CP with flexed soft L knee leaving R extended, hold;