

THE BED YOU MADE FOR ME

Music: Jenna Sloane
www.amazon.com/Bed-You-Made-Me/dp/B07CGFWGCP
Time 3:33 Slow down w/ -3% to Time 3:40 Available from choreographer

Rhythm: Foxtrot Phase: IV+1U (Lace Box)

Footwork: Opposite except where (Noted)

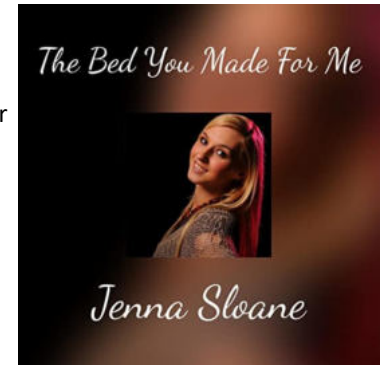
Release Date: April 22

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Sequence: INTRO A(1-16) B A(1-16) B C A B(1-16) END



INTRO

01-04 CP LOD LEAD FOOT FREE WAIT FOUR MEASURES ; ; ; ;

{Wait} CP LOD ld ft free wt 4 meas ; ; ; ;

PART A

01-04 FORWARD & RUN 2 ; MANEUVER ; TWO RIGHT TURNS ; ;

{Fwd & Run 2} Fwd L, -, fwd R, L ; {Maneuver} Fwd R trng RF, -, sd L, cl R (W bk L trng RF, -, sd R, cl L) to CP RLOD ; {2 Right Trns} Bk L strt RF trn, -, cont RF trn sd R, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP DLW ;

05-08 HOVER TELE ; CROSS PIVOT to SCAR ; CROSS HOVER to BJO & SCAR ; ;

{Hover Tele} Fwd L, -, fwd & sd R w/ lft shldr lead, sd & fwd L to SCP DLW ; {Cross Pivot to SCAR} Manuv R comm strong RF trn, -, sd L arnd ptr cont RF trn, sd & fwd R (W sm fwd L comm strong RF trn, -, fwd R btwn ptr's ft contg RF trn, sd & bk L) to SCAR DLW ; {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 ;

09-12 CROSS HOVER to ½ OP LOD ; OP IN & OUT RUNS ; ; THRU VINE 4 ;

{Cross Hover to ½ OP LOD} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to ½ OP LOD LOD ; {OP In & Out Runs} Fwd R comm RF trn, -, sd & fwd L Xg ifo W contg trn, sd & fwd R (W fwd L, R, L) to ½ LOP LOD w/ trl arms out to sd ; Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L Xg ifo M contg trn, fwd & sd R) to ½ OP DLC w/ ld arms out to sd ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

13-16 CROSS HESITATION ; BACK TWISTY VINE 4 ; IMPETUS to SCP ; FEATHER FINISH ;

{Cross Hesitation} [S,-,-/SQQ] Fwd R w/o chg wgt trn ¼ LF on ball of R ft, - cont trng LF on ball of R ft ckg, - (W fwd L stg LF trn, -, sd R arnd M trng LF, contg LF trn cl L) to BJO DRC ; {Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to fc ptr, fwd L in SCAR, sd & bk R trng to BJO ; {Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

17 WALK TWO ;

{Walk 2} Fwd L, -, fwd R to DLC, -;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Trn} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, -, compg ¼ LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, -, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, -, sd L compg ¼ LF trn, fwd R to BJO DLC ;

05-08 TELEMAR to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{Telemark to SCP} Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, sd & sltly fwd R) to SCP DLW ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn 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 ; {Chair & Slip} Check thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvlg LF on R fwd L) to CP DLC ;

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09-12 LACE BOX ; ; ; ;

{**Lace Box**} Fwd L trng LF ¼ to fc DRC, -, sd R, cl L ; Raising jnd ld hnds bk R trng LF ¼ to fc DRW, -, sd L, cl R (*W sm fwd L, R, L twds DRW under ld arms [not passing thru & no trn]*) ; Fwd L trng LF ¼ to fc DLW, -, bringing arms down sd R, cl L (*W passg thru under raisd arms fwd R startg ½ RF circ, contg circ as arms come down fwd L, fwd R*) to CP DLW ; Bk R trng LF ¼ to fc DLC, -, sd L, cl R to CP DLC ;

13-16 TELEMAR to SCP ; THRU VINE 4 ; PROMENADE WEAVE ; ;

{**Telemark to SCP**} Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, sd & sltly fwd R*) to SCP DLW ; **{Thru Vine 4}** Repeat meas 12 Part A : **{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 RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ;

17 CHANGE of DIRECTION ;

{**Chng of Direction**} [SS-] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

PART C

01-05 OP REVERSE TURN ; HOVER CORTE ; BACK WHISK ; THRU VINE 4 ; CHAIR & SLIP ;

{**OP Reverse Trn**} 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 risg & compg trn, rec R to BJO LOD ; **{Bk Whisk}** Bk L, -, bk & sd R, XLib (*W fwd R trng ½ RF, bk & sd L, XRib*) to SCP LOD ; **{Thru Vine 4}** Repeat meas 14 Part B ; **{Chair & Slip}** Repeat meas 8 Part B ;

ENDING

01-04 CHANGE of DIRECTION ; TELEMAR to SCP ; THRU VINE 4 ; START PROMENADE WEAVE ;

{**Chng of Direction**} Repeat meas 17 Part B ; **{Telemark to SCP}** Repeat meas 13 Part B ; **{Thru Vine 4}** Repeat meas 14 Part B ; **{Start Promenade Weave}** Repeat meas 15 Part B ;

05-09 FINISH PROMENADE WEAVE ; VINE 8 ; ; TWO SIDE CLOSES ; SIDE & CHECK THRU HOLD ;

{**Finish Promenade Weave**} Repeat meas 16 Part B ; **{Vine 8}** [QQQQ; QQQQ] Sd L, XRib (*W Xib*), sd L, XRif (*W Xif*) ; Repeat meas 6 Ending ; **{2 Sd Closes}** [QQQQ] Sd L, cl R, sd L, cl R ; **{Sd & Check Thru Hold}** Sd L, -, XRif (*W XLif*), hold ;