

THE OLD FASHIONED WAY

Music: Helen Reddy

www.amazon.com/

Time 2:59 Shortened from 2:32,68-2:42,01

Then Slowed down w/ -10% to Time 3:05

Available from choreographer

Rhythm: Foxtrot Phase: IV+2 (DBL Reverse Spin + Check & Weave)

Footwork: Opposite except where (Noted)

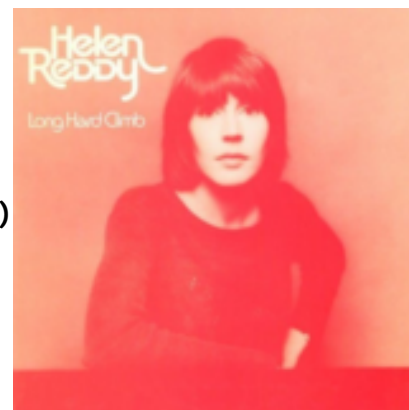
Release date: June 21

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Sequence: INTRO ABC ABC END



INTRO

01 CP DLW LEAD FOOT FREE WAIT ONE MEASURE ;

{Wait} CP DLW ld ft free wt 1 meas ;

PART A

01-04 HOVER ; THRU VINE 4 ; OP NATURAL ; HESITATION CHANGE ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {Thru Vine 4} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; {OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ rt sd lead (*W thru L, -, fwd R, fwd L*) to BJO DRC ; {Hesitation Chng} [SS] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

05-08 DBL REVERSE SPIN to LOD ; REVERSE WAVE 3 to CHECK & WEAVE ; ; ;

{Dbl Reverse Spin to LOD} [SS/W SQ&Q] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (*W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif*) to CP LOD ; {Reverse Wave 3 to Check & Weave} Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L twd DLW to CP DRC ; [SQQ;QQQQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ rt shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ;

09-12 DRAG HESITATION ; BACK TWISTY VINE 4 ; SPIN TURN ; BACK & CHASSE to SCP ;

{Drag Hesitation} [SS] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ; {Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; {Spin Turn} Begin RF upper body trn bk L toeing in pivot 1/2 RF, -, cont trn fwd R betwn W's ft, rec sd & bk L (*W begin RF upper body trn fwd R heel to toe betwn M's ft pivot 1/2 RF, -, cont trn bk on L toe, fwd R*) to CP DLW ; {Bk & Chasse to SCP} [SQ&Q] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L to SCP LOD ;

13-16 PROMENADE WEAVE ; ; HOVER TELE ; CHAIR & SLIP ;

{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 ; {Hover Tele} Fwd L, -, fwd & sd R risg & trng 1/8 RF, sd & fwd L to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{Diamond Turn} Fwd L trng LF, -, compg 1/4 LF trnsd R, bk L to BJO ; Staying in BJO & trng LF bk R, -, compg 1/4 LF trnsd L, fwd R ; Staying in BJO & trng LF fwd L, -, compg 1/4 LF trn sd R, bk L ; Bk R in BJO trng RF, -, sd L compg 1/4 LF trn, fwd R to BJO DLC ;

Page 2: The Old Fashioned Way

05-08 TELEMARK to SCP ; IN & OUT RUNS ; ; WHIPLASH to DLW :

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R betwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R betwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; **{Whiplash to CP DLW}** [S] Thru R, -, trng bdy RF to ptr pt L DLW (*W thru L, -, pt R fwd, swiv slowly on L LF to fc ptr*) to CP DLW, -;

PART C

01-04 WHISK ; THRU SIDE BEHIND ; ROLL 3 to ½ OP LOD ; START OP IN & OUT RUNS :

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Thru Sd Behind}** Thru R, -, sd L to fc ptr, XRib (*W XLib*) ; **{Roll 3 to ½ OP LOD}** Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to ½ OP LOD ; **{Start OP In & Out Runs}** Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R (*W fwd L, R, L*) to ½ LOP LOD w/ trl arms out to sd ;

05-08 FINISH OP IN & OUT RUNS ; OP NATURAL ; IMPETUS to SCP ; THRU FACE CLOSE :

{Finish OP In & Out Runs} Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ; **{OP Natural}** Repeat meas 3 Part A ; **{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R outsd 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 ; **{Thru Fc Cl}** Thru R, -, sd L trng RF to fc ptr, cl R to CP DLW ;

ENDING

01-04 WHISK ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CHAIR & HOLD :

{Whisk} Repeat meas 1 Part C ; **{Thru Sd Behind}** Repeat meas 2 Part C ; **{Roll 3 to SCP}** Repeat meas 3 Part C to SCP LOD ; **{Chair & Hold}** [S,-,-] Thru R relax R knee both fwd poise, -, hold as music fades, -;