

THERE'S A TIME FOR EVERYTHING

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MUSIC: Song: There's A Time For Everything Media Source: CD: My Cup Runneth Over
Artist: Ed Ames Download available from www.walmart.com
Music Modified: No **BPM:** 114 **MPM:** 28.5 **TIME@BPM:** 2:36@114
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
RHYTHM: Foxtrot **RAL Phase:** IV +2 [Check and Weave, Hinge]
SEQUENCE: INTRO AB AB END

MEAS:

INTRODUCTION

1-4

LOP FCG DLC WAIT; WAIT; BACK HOVER TO SCP; FEATHER;

- 1-2 In LOP FCG DLC lead hnds joined Wait ; Wait ;
3 {BK HVR TO SCP} Bk L DRW (W outside partner), -, bk R with slight rise hover
action lead W to SCP, rec L to SCP DLC (W fwd R, -, fwd L rising to ball of foot
trng to SCP, fwd R to SCP) ;
4 {FTHR} Thru R DLC, -, fwd L, fwd R outsd W in BJO DLC (W thru L, trn LF
toward ptr, sd & bk R to BJO, bk L in BJO) ;

PART A

1-4

REVERSE TURN;; 3 STEP; 1/2 NATURAL;

- 1 {REV TRN} Fwd L blend to CP turning LF, -, sd R continuing trn, bk L LOD to CP
LOD (W Bk R starting LF trn, -, cl L to R [heel trn] continuing trn, fwd R to CP) ;
2 Bk R LOD continuing LF trn, -, sd & slightly fwd L DLW, fwd R to BJO (W fwd L
continuing LF trn, -, sd R to DLW, bk L to BJO DLW) ;
3 {3 STP} Fwd L w/ heel lead blend to CP, -, fwd R with heel lead rising to toe
curving to face LOD, fwd L on toe P LOD [M has right side lead on steps 2 & 3]
(W Bk R, -, bk L, bk R) ; Note: Figure uses only passing stps
4 {1/2 NAT} Commence RF trn fwd R heel to toe, -, sd & bk L acrs LOD, bk R end
CP RLOD (W Commence RF trn bk L, -, bring R to L turning on left heel transfer
weight to R, fwd L LOD) ;

5-8

CLOSED IMPETUS; FEATHER FINISH; OPEN TELEMAR; FEATHER;

- 5 {CL IMP} Commence RF trn bk L, -, cl R to L [heel trn] cont trn, sd & bk L to CP
DLW (W Commence RF trn fwd R between M's feet heel to toe trng 1/2 RF, -, sd
& fwd L cont RF trn around M & brush R to L, fwd R between M's feet to CP) ;
6 {FTHR FIN} Bk R trng 1/4 LF, -, sd & fwd L DLC, fwd R outsd W XRif of L at
thighs to BJO fcg DLC (W Fwd L trng LF, -, sd & bk R, bk XLib of R at thighs) ;
7 {OP TELE} Fwd L commencing to trn LF, -, sd R continuing LF trn, sd & slightly
fwd L to end in tight SCP fcg DLW (W Bk R commencing to trn L bringing L
beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd
R to end in tight SCP) ;
8 {FTHR} Thru R, -, fwd L, fwd R outsd the W in BJO fcg DLW (W From SCP thru L
turning LF twd ptr, -, sd & bk R to BJO, bk L) ;

9-12

HOVER TELEMAR; OPEN NATURAL; OPEN IMPETUS; FOXTROT WEAVE TO SCP;

- 9 {HVR TELE} Fwd L DLW to CP, -, diag sd & fwd R rising slightly [hovering] with
body turning 1/8 RF to SCP DLW, fwd L small stp on toes to SCP DLW (W Bk R,
-, diag sd & bk L w/ hovering action & body turning 1/8 RF, fwd R small stp on
toes to SCP) ;
10 {OP NAT} Thru R commencing RF body turn, -, sd L across LOD & lady's path to
CP, continue RF trn sd & bk R to fc RLOD preparing for next step in BJO (W
Thru L turning RF, -, fwd R between M's feet to CP, fwd L continuing to turn RF
preparing for next step outsd ptr to BJO) ;

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- 11 {OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn, comp trn fwd L in tight SCP fcg DLC (W with soft or flexed knees throughout commence RF upper bdy trn fwd R between M's feet heel to toe pivoting 1/2 RF, -, sd & fwd L cont trn brushing R to L, comp trn fwd R) ;
- 12 {FT WEV TO SCP} Fwd R DLC, -, fwd L commence LF trn, cont trn sd & slightly bk R to fc DRC (W Fwd L DLC commence LF trn, -, cont trn sd & slightly bk R to fc DRW, cont trn sd & fwd L LOD) ;
- 13-16** **CONT FOXTROT WEAVE TO SCP; FEATHER; HOVER; CHAIR AND SLIP;**
- 13 bk L LOD leading W to stp outsd to CBMP, -, bk R cont LF trn, sd & fwd L DLW to SCP (W fwd R LOD outsd ptr to CBMP, -, fwd L LOD cont trn, sd R DLW to SCP) ;
- 14 {FTHR} Fwd R, -, fwd L, fwd R outsd the W in CBMP & BJO (W Fwd L, trng 1/4 LF, sd R comp LF trn to BJO, bk L in CBMP & BJO) ;
- 15 {HVR} Fwd L to CP, -, fwd & sd R rising to ball of foot trng 1/4 LF, rec L to tight SCP DLC (W Bk R to CP, -, bk & sd L trng to SCP & rising to ball of foot, rec R to tight SCP) ;
- 16 {CHR & SLP} Ck thru R w/ lun action as for Chair, -, rec L [no rise] w/ slight LF upper bdy trn, slip R behind L completing 1/8 LF trn to CP fcg DLC (W Ck thru L w/ lun action as for Chair, -, rec R [no rise] swvl 1/2 LF on R, stp fwd L outsd M's R foot to CP) ;

PART B**1-4****REVERSE WAVE 3 TO CHECK & WEAVE::: CHANGE OF DIRECTION:**

- 1 {REV WAV 3} Fwd L starting LF bdy trn, -, sd R LOD continue LF trn, bk L completing LF trn to fc RLOD (W Bk R starting LF bdy trn, -, cl L to R continuing LF trn [heel trn], fwd R completing trn to fc LOD) ;
- 2 {CK & WEV} Slip R foot bk undr bdy w/ a slight contra ck action, -, rec fwd L commence to trn LF, sd R [1/8 LF trn between stps 1 & 2 of the weave] w/ R sd lead & slight R sd stretch preparing to lead W outsd ptr (W Slip L foot fwd under bdy w/ a slight contra ck action, -, bk R commence to trn LF, sd L [1/8 LF trn between stps 1 & 2 of the weave] w/ L sd lead & slight L sd stretch preparing to stp outsd ptr) ;
- 3 {CONTINUE WEV} With R sd stretch bk L in CBMP cont 1/8 LF trn between stps 2 & 3 of the weave, bk R to a momentary CP cont to trn LF, sd & fwd L w/ L sd stretch [1/4 LF trn between stps 4 & 5 of the weave bdy trns less], w/ L sd stretch fwd R in CBMP outsd ptr DLW (W with L sd stretch fwd R in CBMP outsd ptr, fwd L to a momentary CP continue to trn LF, sd & bk R with R sd stretch [1/8 LF trn between stps 4 & 5 of the weave], w/ R sd stretch bk L in CBMP [1/8 LF trn between stps 5 & 6 of the weave bdy trns less]) ;
- SS 4 {CHG OF DIR} Fwd L DLW to CP, -, fwd R DLW R shoulder leading & trn LF 1/4 to face DLC, draw L to R with brush (W Bk R blend to CP, -, bk L with L shoulder leading & trn 1/4 LF, draw R to L with brush) ;

5-8**QUICK DIAMOND 4 TO RLOD; STEP BACK TO HINGE; HOVER EXIT; FEATHER;**

- QQQQ 5 {QK DIAM 4} Fwd L on the diag commence LF trn, cont LF trn sd R, bk L cont LF trn to fc RLOD, bk R to CP (W Bk R on the diag commence LF trn, cont LF trn sd L, fwd R cont LF trn to fc RLOD, fwd L to CP) ;
- SS 6 {STP BK TO HINGE} Bk and sd L twd LOD trn upper bdy to fc wall w/ L sd stretch leading W to XLib of R keeping L sd twd ptr, -, relax L knee w/ no wgt on R, - (W stp fwd R swvl 1/2 to fc RLOD w/ R sd stretch, -, XLib of R keeping R sd twd ptr relax L knee w/ no wgt on R keep R extended fwd twd RLOD, -) ;

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- 7 {HVR EXIT} From hinge pos M straighten L leg rising causing W to take small stp fwd R, -, M rotate bdy slightly RF to fc DLW causing W to trn RF to CP, stp fwd L to end SCP fcg DLC (W cl R to L, trn to CP fcg ptr w/ no wgt chg, small stp sd & fwd L turning to CP facing ptr, stp fwd R to SCP) ;
- 8 {FTHR} Thru R DLC, -, fwd L, fwd R outsd W in BJO DLC (W thru L, trn LF toward ptr, sd & bk R to BJO, bk L in BJO) ;
- 9-12 OPEN TELEMARK; IN AND OUT RUNS;; OPEN NATURAL;**
- 9 {OP TELE} Fwd L commencing to trn LF, -, sd R continuing LF trn, sd & slightly fwd L to end in tight SCP fcg DLW (W Bk R commencing to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP) ;
- 10 {I/O RUNS} Fwd R starting RF trn, -, sd & bk diag LOD and wall on L to CP, bk R to BJO (W Fwd L, -, fwd R between M's feet, fwd L outsd the M in BJO) ;
- 11 {CONTINUE I/O RUNS} Using CBM bk L trng RF, -, sd & fwd R between W's feet continuing RF trn, fwd L to SCP DLW (W using CBM fwd R starting RF trn, -, fwd & sd L continuing RF trn, fwd R to SCP) ;
- 12 {OP NAT} Thru R commencing RF body turn, -, sd L continue RF turn to end CP facing DRC, bk R with R shoulder lead end CBJO facing DRC (W Thru L turning RF, -, fwd R between M's feet to CP, fwd L outsd ptr to BJO) ;
- 13-16 QUICK OUTSIDE SWIVELS; BACK TWISTY VINE 4; QUICK OUTSIDE SWIVELS; HESITATION CHANGE;**
- SS 13 {QK OUTSD SWVLS} BJO DRC bk L in CMBP, XRif of L w/ no wgt change with strong RF upper body turn, rec R in CMBP, XLib of R w/ no wgt change (W In BJO fwd R, swivel 1/2 RF on ball of R foot to SCP, fwd L, swivel 1/2 LF on ball of L foot ending in BJO) ;
- QQQQ 14 {BK TWISTY VIN 4} Bk L turning RF, sd R toward LOD, XLif of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRif of L turning LF, fwd L to end BJO) ;
- SS 15 {QK OUTSD SWVLS} BJO DRC bk L in CMBP, XRif of L w/ no wgt change with strong RF upper body turn, rec R in CMBP, XLib of R w/ no wgt change (W In BJO fwd R, swivel 1/2 RF on ball of R foot to SCP, fwd L, swivel 1/2 LF on ball of L foot ending in BJO) ;
- 16 {HES CHG} Commence RF upper bdy trn bk L, -, sd R continuing RF trn, draw L to R end fcg DLC(W Commence RF upper bdy trn fwd R, -, sd L continuing RF trn, draw R to L) ;

REPEAT PART A**REPEAT PART B****END**

- 1-4 DIAMOND TURN 1/2 CHECKING TO;; BACK TWISTY VINE 8;;**
- 1 {DIAM TRN 1/2 CKG} Fwd L trng LF on the diag, -, continuing LF trn sd R, bk L w/ the ptr outsd the M in BJO; (W Bk R trng LF on the diag, -, continuing LF trn sd L, fwd R outsd ptr ending in BJO) ;
- 2 Staying in BJO bk R trng LF, -, sd L, fwd R outsd ptr in CBMP ckg to end fcg DRC (W fwd L trng LF, -, sd R, bk L ckg) ;
- QQQQ 3-4 {BK TWISTY VIN 8} Bk L turning RF, sd R toward LOD, XLif of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRif of L turning LF, fwd L to end BJO) ;
- QQQQ {CONTINUE BK TWISTY VIN 8} Bk L turning RF, sd R toward LOD, XLif of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRif

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of L turning LF, fwd L to end BJO) ;

5-7**OPEN IMPETUS; PICKUP TO RIGHT LUNGE AND HOLD; -, -, -, CHANGE SWAY;**

- 5 {OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn, comp trn fwd L in tight SCP fcg DLC (W with soft or flexed knees throughout commence RF upper bdy trn fwd R between M's feet heel to toe pivoting 1/2 RF, -, sd & fwd L cont trn brushing R to L, comp trn fwd R) ;
- 6 {PU TO R LUN} Thru R, trng LF to PU lady, sd L, flex L knee move sd & slightly fwd onto R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make slight LF bdy trn & look at ptr ending DLW (W Thru L, trng LF twd ptr comp bdy trn to CP, sd R, flex R knee move sd & slightly bk on to L keeping R sd in twd ptr & as wgt is taken on L flex L knee & make slight LF bdy trn) ;
- 7 {CHG SWAY} Hold, -, -, Without changing weight change stretch of bdy & head position to opposite direction on last beat of song.

QK CUES**SEQ: INTRO AB AB END****INTRO: WAIT; WAIT; BK HVR TO SCP; FTHR;**

**PART A: REV TRN;; 3 STP; 1/2 NAT;
CL IMP; FTHR FIN; OP TELE; FTHR;
HVR TELE; OP NAT; OP IMP; WEV TO BJO;;
FTHR; HVR; CHR & SLP;**

**PART B: REV WAV 3 TO CK & WEV;;; CHG OF DIR;
QK DIAM 4 TO RLOD; STP BK TO HINGE; HVR EXIT; FTHR;
OP TELE; I/O RUNS;; OP NAT;
QK OUTSD SWVLS; BK TWISTY VIN 4; QK OUTSD SWVLS; HES CHG;**

**PART A: REV TRN;; 3 STP; 1/2 NAT;
CL IMP; FTHR FIN; OP TELE; FTHR;
HVR TELE; OP NAT; OP IMP; WEV TO BJO;;
FTHR; HVR; CHR & SLP;**

**PART B: REV WAV 3 TO CK & WEV;;; CHG OF DIR;
QK DIAM 4 TO RLOD; STP BK TO HINGE; HVR EXIT; FTHR;
OP TELE; I/O RUNS;; OP NAT;
QK OUTSD SWVLS; BK TWISTY VIN 4; QK OUTSD SWVLS; HES CHG;**

**END: DIAM TRN 1/2 CKG TO;; BK TWISTY VIN 8;;
OP IMP; PU TO R LUN & HOLD; -, -, CHG SWAY, - ;**