THREE O'CLOCK IN THE MORNING

Choreographers:	Music: CD Lou Rawls Greatest Hits, track 7 or MP3 file
Annette & Frank Woodruff	Footwork: Opposite except where indicated (*W's footwork in parentheses*)
Rue du Camp, 87	Rhythm: Foxtrot
7034 Mons, Belgium	Phase: Soft V (4 figures)
Tel: 00 32 65 73 19 40	Release date: June 2006
Fax: 00 32 65 73 19 41	Time & Speed: 2:44 @ CD speed + 3%
E-mail: anfrank@skynet.be	Sequence: AA – B – CC – B(1-14) - Ending

INTRODUCTION

	Wt	CP DLC wt 3 notes

PART A

1	Telemark to SCP;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW;
2	Chair & Slip;	Lun fwd R w/ bent knee & upper bdy erect as if sitg in chair, -, rec L trng 1/8 LF, trng 1/8 LF slip R bhd L (*W swvl LF on R & step fwd L outsd M's R ft*) to CP DLC;
3 - 4	Reverse Wave;;	Fwd L stg LF bdy trn, -, trng LF sd R twd LOD, bk L (*W bk R stg LF trn, -, cont LF trn on heel of R ft & cl L risg to ball, fwd R*) to CP DRC; w/ slight LF crv bk R, -, L, R (*W fwd L w/ heel ld,-, fwd R heel to ball, fwd L on ball*) to CP RLOD;
5	Back Feather;	Bk L,-, bk R w/ R shldr ld, bk L to CBMP (*W fwd R w/ heel ld between M's ft, fwd L on ball w/ L shldr ld, fwd R outsd ptr to BJO*);
6	Feather Finish to…;	Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DLW;
7	A Top Spin Checking;	Spin 1/8 LF on ball of R ft keepg L leg xtnd/trng 3/8 LF ovr next 4 steps bk L, bk R, sd & fwd L, fwd R to BJO DRC;
8	Hesitation Change;	Bk L trng RF, - sd R contg RF trn to CP DLC, draw L;

PART B

1	Double Reverse Spin;	Fwd L comg LF trn, -, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (*W bk R com LF trn on R heel, -, cont trn on R heel & cl L, sd & bk R contg trn/XLif*) to CP LOD;
2	Drag Hesitation;	Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC;
3	Impetus to SCP;	Com bdy RF trn bk L, -, cont RF trn on L heel & cl R risg to ball, fwd L (*W com bdy RF trn fwd R w/ heel ld & pvt 1/2, -, sd & fwd L contg trn & brush R to L, fwd R*) to SCP DLC;
4	Cross Hesitation;	Fwd R, -, trn ¼ LF on ball of R ft, - (*W fwd L stg LF trn, -, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC;
5	Back Feather;	Bk L,-, bk R w/ R shldr ld, bk L to CBMP (*W fwd R w/ heel ld, fwd L on ball w/ L shldr ld, fwd R to CBMP*) to BJO DRC;
6	Outside Check;	Bk R, -, w/ 1/4 LF trn sd L, fwd R to BJO DRW;
7	Outside Change to BJO;	Bk L, -, trng LF bk & sd R, contg LF trn sd & fwd L (*W fwd R, fwd L trng LF, fwd R trng LF*) to BJO DLW;
8	Closed Wing;	Fwd R, -, draw L w/ LF upper bdy trn, contg bdy trn tch L (*W bk L, -, sd R acrs M trng LF, fwd L w/ LF bdy trn*) to SCAR DLC;
9	Telemark to Semi LOD;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW;
10	Whiplash to BJO;	Thru R, trng bdy RF to CP DLW & pt L to DLC, -; [blend to BJO for next figure]

11	**Back Vine 4;**	XLib, sd R, XLif, sd R to BJO LOD;
12	**Outside Swivel;**	Bk L, -, XRif w/ no wgt (*W fwd R, -, swvl RF on ball of R ft*) to SCP DLC, -;
13 - 14	**Natural Weave;;**	Fwd R com to trn RF, -, sd L w/ L sd stretch contg RF trn, w/ R sd ld bk R DLC prepg to ld W outsd ptr (*W fwd L, -, fwd R btw M's ft, fwd L w/ L sd ld*); w/ R sd stretch bk L in BJO, bk R com LF trn, w/ L sd stretch sd & fwd L trng LF ¼ & prepg to step outsd ptr, w/ L sd stretch fwd R (*W fwd R outsd ptr w/ L sd stretch, fwd L com LF trn, w/ R sd stretch sd R trng LF, w/ R sd stretch bk L trng LF*) to BJO DLW;
15	**Hover;**	Fwd L, -, sd & fwd R risg to ball of ft & allowg L to brush against R, fwd L to SCP DLC;
16	**Whiplash;**	Thru R, trng bdy RF to CP pt L to DLC, -;

PART C

1	**Hover Telemark;**	Fwd L, -, fwd & sd R w/ slight rise trng 1/8 RF, fwd L (*W bk R, -, bk & sd L w/ rise trng 1/8 RF & brushg R to L, fwd R*) to SCP LOD;
2	**Thru Side Behind to LOP;**	Thru R, -, sd L trng RF to fc ptr, relg W contg RF trn bk R to LOP RLOD;
3	**Roll 3;**	Contg RF trn roll twd LOD bk L, -, sd R, fwd L to SD-BY-SD LOD;
4	**Underturned Open Natural to HNDSHK;**	Fwd R trng RF jng R hnds, -, sd L contg manuv, bk R (*W fwd L, -, fwd R, fwd L*) to fc DRW w/R hnds jnd;
5 - 7	**Back Cross Hover 3x w/ hnd chg;;;**	Bk L twd DLC, -, sd R trng RF, rec L to fc DRC chg hndhold to L/L; Bk R twd DLW, - sd L trng LF, rec R to fc DRW chg hndhold to R/R; Bk L twd DLC, -, sd R trng RF, rec L to fc DRC; [on each xtnd free hnd to sd]
8	**Overtrnd Back Cross Hover to L HNDSHK ;**	Bk R twd LOD trng LF, -, sd L cont LF trn, rec R to fc DLW chg hndhold to L/L;
9 - 11	**Cross Hover 3x w/ hnd chg;;;**	Fwd L twd DLW, -, sd R trng LF, rec L to fc DLC chg hndhold to R/R; fwd R twd DLC, -, sd L trng RF, rec R chg hnd hold to L/L; fwd L twd DLW, -, sd R trng sltly RF, rec L to fc LOD chg hndhold to R/R; [on each xtnd free hnd to sd]
12	**Natural Turn ½;**	Fwd R trng RF in manuv action, -, sd L cont RF trn, bk R to CP RLOD;
13	**Back Feather;**	Bk L,-, bk R w/ R shldr ld, bk L to CBMP (*W fwd R w/ heel ld between M's ft, fwd L on ball w/ L shldr ld, fwd R outsd ptr to BJO*);
14	**Back Three-Step;**	Bk R, -, bk L, bk R (*W fwd L w/ heel ld, fwd R heel to toe btw M's ft, fwd L on toe*);
15	**Closed Impetus;**	Comg RF upper bdy trn bk L, -, heel trn on L & close R, sd & bk L (*W comg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn, brush R to L & fwd R btw M's ft*) to CP DLW;
16 1st time	**Back Hover;**	Bk R, -, bk L risg to ball of ft (*W fwd R & brush L to R*), rec R;
16 2nd time	**Feather Finish;**	Bk R stg LF trn, -, sd & fwd L contg LF trn, fwd R to BJO DLC;

ENDING

1 - 2	**Run 2 & Lilt 3;;**	Fwd L, fwd R, fwd L lwrg, cl R risg but still soft knees; fwd L lwrg, cl R risg but still soft knees, fwd L lwrg, cl R risg but still soft knees;
3	**Hover;**	Fwd L, -, sd & fwd R risg to ball of ft & allowg L to brush against R, fwd L to SCP DLC;
4 -	**Thru to promenade sway;**	Thru R, sd & fwd L to SCP stretchg bdy upward to look ovr jnd hnds w/ relaxed L knee, -; [Hold to end of music]

Louis Allen Rawls (December 1, 1933 – January 6, 2006) was a Chicago-born American soul music, jazz, and blues singer. Known for his smooth vocal style, Frank Sinatra once said that Rawls had "the classiest singing and silkiest chops in the singing game."

Rawls released more than 70 albums, sold more than 40 million records, appeared as an actor in motion pictures and on television, and voiced-over many cartoons. He has been called "The Funkiest Man Alive".

Twin dance to do before this one: J'ai Deux Amours, phase IV+2