

Through the Years

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RECORD:	"Through the Years", Kenny Rogers ("Kenny Rogers 21 Number Ones"; CD Universe)	
FOOTWORK:	Opposite (woman's footwork shown <i>italicized</i> in parentheses)	
RHYTHM:	Foxtrot	SPEED: reduced 10% original speed TIME: 4:55 at reduced speed
PHASE	IV (Average)	TIMING: S,Q,Q; unless otherwise indicated
SEQUENCE:	Intro ABC ABC BCD BCD	
Special Thanks to David & Teri Meyer for helping smooth out the rough spots.		

Introduction

1-4 (LOP/DRC) (lead hds joined) Wait Two Measures;; Rev Undrm Trn in 4 slo to fc DLW;;

1-2 [Wait Two Measures] Wait Two Measures;;

2-4 [Rev Undrm Trn in 4 slo to fc DLW] Fwd L raising L arm leading lady to right side, -, fwd R beginning RF trn, -, Fwd L continuing RF trn, -, cl R to CP/DLW, -;; (*Fwd R passing man on left, -, fwd L LF trn under man's arm, -, fwd R LF trn, -, cl L to CP, -;;*) {timing: S,S,S,S}

5-8 (CP/DLW) Hvr Tele; Op Nat; Bk Fthr; Fthr Fin;

5 [Hvr Tele] Fwd L, -, fwd R with Rf upper body rotation, fwd L to SCP/LOD (*Bk L, -, bk & sd R trng Rf, sd & fwd L to SCP*)

6 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*);

7 [Bk Fthr] Bk L, -, bk R, bk L leading ptr to Bjo/DRC (*Fwd R, fwd L, fwd R to Bjo*);

8 [Fthr Fin] Bk R, -, sd & fwd L comm LF trn, fwd R to Bjo/DLW (*Fwd L, -,sd & bk R comm LF trn, bk L to Bjo*)

Part A

1-6 (BJO/DLW) Wisk; Thru, Semi-Chasse; Prom Weave;; Hvr Tele; Op Nat;

1 [Wisk] Fwd L, -, fwd & sd R, XLIB in tight SCP (*Bk R, -, bk & sd L, XRIB in tight SCP*);

2 [Thru, Semi-Chasse] Thru R staying in SCP, -, sd L, cl R, sd L (*Thru L staying in SCP, -, sd R, cl L, sd R*) {timing S,Q,&Q};

3-4 [Prom Weave] Fwd R, -, fwd L comm LF trn, bk R; (*Fwd L, -, fwd R, fwd L*); Bk L, bk R comm upper body LF trn, sd L cont trn, fwd R to Bjo/DLW (*Fwd R, fwd L comm upper body LF trn, sd R cont trn, bk L to Bjo*) {timing S,Q,Q; Q,Q,Q,Q};

5 [Hvr Tele] Fwd L, -, fwd R with Rf upper body rotation, fwd L to SCP/LOD (*Bk L, -, bk & sd R trng Rf, sd & fwd L to SCP*)

6 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*);

7-11 (BJO/RLO) Outsd Chg to Bjo; Outsd Ck to SCAR; (3) X Hvrs (end in SCP);;

7 [Outsd Chg to Bjo] Bk L, -, bk trng LF, fwd & sd L to Bjo/DLC (*Fwd R, -, fwd L trn LF, bk & sd R to Bjo*)

8 [Outsd Ck to SCAR] Fwd R, -, rec L, sd & fwd R to SCAR/DLW (*Bk L, -, rec R, sd & fwd L to SCAR*)

9 [X Hvr] Fwd L acr body, -, sd & fwd R with slight rise, sd & sm fwd L to Bjo/DLC (*Bk R beh body, -, sd & bk L with slight rise, sd & sm bk R to Bjo*);

10 [X Hvr] Fwd R acr body, -, sd & fwd L with slight rise, rec R trng to Scar/DLW (*Bk L beh body, -, sd & bk R with slight rise, rec L trng to Scar*);

11 [X Hvr (end in SCP)] Fwd L acr body, -, sd & fwd R with slight rise, fwd & sd L to SCP/LOD (*bk R beh body, -, sd & bk L with slight rise, sd & bk R to SCP*);

12-14 (SCP/LOD) In & Out Runs;; Op Nat;

12-13 [In & Out Runs] Fwd R comm RF trn, -, sd & bk L CP, bk R to BJO (*Wfwd L, -, fwd R, fwd L to BJO*); Bk L trng RF, -, sd & fwd R cont RF trn, fwd L to SCP/LOD (*Wfwd R comm RF trn, -, fwd & sd L cont RF trn, fwd R to SCP*);

14 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*);

15-16 (BJO/RLC) Bk Fthr; Fthr Fin (ovr trn);

14 [Bk Fthr] Bk L, -, bk R, bk L leading ptr to Bjo/DRC (*Fwd R, fwd L, fwd R to Bjo*);

[Fthr Fin (ovr trn)] Bk R, -, sd & fwd L comm LF trn, fwd R cont LF turn to Bjo/DLC (*Fwd L, -,sd & bk R comm LF trn, bk L cont LF trn to Bjo*)

Part B

1-4 (BJO/DLC) Diamond Trn;;;

1-4 [Diamond Trn] Fwd L comm. LF trn, -, sd R cont LF trn, XLIB to Bjo/DRC (*Bk R comm LF trn, -, sd L cont LF trn, XRIF to Bjo*); Bk R cont LF trn, -, sd L cont LF trn, XRIF to Bjo/DRW (*Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo*); Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo/DLW (*Bk R cont LF trn, -, sd L cont LF trn, XRIF to Bjo*); Bk R cont LF trn, -, sd L cont LF trn, XRIF to Bjo/DLC (*Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo*);

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- 5-8 (BJO/DLC) Op Tele; Thru, Semi-Chasse (twice); P/U;**
 5 [Op Tele] Fwd L, -, fwd R trng LF ¾, fwd L to SCP/DLW (*Bk R, -, cl L to R w/heel trn, fwd R in SCP*);
 6 [Thru, Semi-Chasse] Thru R staying in SCP, -, sd L, cl R, sd L to SCP/very slightly turning toward LOD ending approximately 1/2 way between DLW & LOD (*Thru L staying in SCP, -, sd R, cl L, sd R*) {timing S,Q,&Q};
 7 [Thru, Semi-Chasse] Thru R staying in SCP, -, sd L, cl R, sd L to SCP/LOD (*Thru L staying in SCP, -, sd R, cl L, sd R*) {timing S,Q,&Q};
 8 [P/U] Fwd R, -, sd L, cl R endg CP/LOD (*W fwd L, -, sd R trng LF, cl L*);

Part C

- 1-4 (CP/LOD) Diamond Trn 3/4;; Bk 1/2 Box;**
 1-3 [Diamond Trn 3/4] Fwd L comm. LF trn, -, sd R cont LF trn, XLIB to Bjo/DRC (*Bk R comm LF trn, -, sd L cont LF trn, XRIF to Bjo*); Bk R cont LF trn, -, sd L cont LF trn, XRIF to Bjo/DRW (*Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo*); Fwd L cont LF trn, -, sd R cont LF trn, XLIB to Bjo/DLW (*Bk R cont LF trn, -, sd L cont LF trn, XRIF to Bjo*);
 4 [Bk 1/2 Box] Bk R, -, sd L, cl R to CP/DLW (*Fwd L, -, sd R, cl L to CP*)
- 5-8 (CP/DLW) Hvr Tele; Nat Weave;; Chg of Dir**
 5 [Hvr Tele] Fwd L, -, fwd R with Rf upper body rotation, fwd L to SCP/LOD (*Bk L, -, bk & sd R trng Rf, sd & fwd L to SCP*)
 6-7 [Nat Weave] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*); Bk L, bk R comm upper body LF trn, sd L cont trn, fwd R to Bjo/DLW (*Fwd R, fwd L comm upper body LF trn, sd R Cont trn, bk L to Bjo*) {timing S,Q,Q; Q,Q,Q,Q;};
 8 [Chg of Dir] Fwd L, -, sd & sm fwd R to CP/DLC, draw L to R (*Bk R, -, sd & sm bk L to CP, draw R to L*);
- 9-12 (CP/DLC) Op Tele; Op Nat; Op Impetus; Thru, Semi-Chasse;**
 9 [Op Tele] Fwd L, -, fwd R trng LF ¾, fwd L to SCP/DLW (*Bk R, -, cl L to R w/heel trn, fwd R in SCP*);
 10 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*);
 11 [Op Impetus] Bk L comm. RF trn, -, cl R w/heel trn RF, fwd L to SCP/DLC (*Fwd R pivoting RF ½, -, sd & fwd L cont RF trn, fwd R to SCP*);
 12 [Thru, Semi-Chasse] Thru R staying in SCP, -, sd L, cl R, sd L to SCP/LOD (*Thru L staying in SCP, -, sd R, cl L, sd R*) {timing S,Q,&Q};
- 13-14 (SCP/LOD) ¹Prom Weave;; ²P/U; Dip, rec; ^{3,4}Nat Weave;;**
¹13-14 [Prom Weave] Fwd R, -, fwd L comm LF trn, bk R; (*Fwd L, -, fwd R, fwd L*); Bk L, bk R comm upper body LF trn, sd L cont trn, fwd R to Bjo/DLW (*Fwd R, fwd L comm upper body LF trn, sd R Cont trn, bk L to Bjo*) {timing S,Q,Q; Q,Q,Q,Q;};
²13 [P/U] Fwd R, -, sd L, cl R endg CP/LOD (*W fwd L, -, sd R trng LF, cl L*);
²14 [Dip, rec] Bk L, -, rec R, - to CP/LOD (*Fwd R, -, rec L, - to CP*) {timing S,S;};
^{3,4}13-14 [Nat Weave] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*); Bk L, bk R comm upper body LF trn, sd L cont trn, fwd R to Bjo/DLW (*Fwd R, fwd L comm upper body LF trn, sd R Cont trn, bk L to Bjo*) {timing S,Q,Q; Q,Q,Q,Q;};

Part D

- 1-6 (BJO/DLW) Wisk; Op Nat; Cl Imp; Bk 3 Stp; Bk Hvr SCP; ¹P/U; ²Thru, Flair to fc, Sd Corte (Hold)**
 1 [Wisk] Fwd L, -, fwd & sd R, XLIB in tight SCP (*Bk R, -, bk & sd L, XRIB in tight SCP*);
 2 [Op Nat] Fwd R comm. RF trn, -, fwd & sd L across LOD, bk R in Bjo/RLOD (*Fwd L, -, fwd R, fwd L to Bjo*);
 3 [Cl Imp] Bk L comm. RF trn, -, cl R w/heel trn RF, Bk L to CP/DLC (*Fwd R pivoting RF, -, sd & fwd L cont RF trn, fwd R to CP*);
 4 [Bk 3 Stp] Bk R, -, Bk L, Bk R to CP (*Fwd L, -, fwd R, fwd L*);
 5 [Bk Hvr SCP] Bk L, -, bk R with slight rise, rec L leading ptr to SCP/LOD (*Thru R, -, fwd L with slight rise, rec R trng to SCP*)
¹6 [P/U] Fwd R, -, sd L, cl R endg CP/LOD (*W fwd L, -, sd R trng LF, cl L*);
²6 [Thru, Flair to fc, Sd Corte (Hold)] Thru R, -, fwd arc L toe slightly off ground to sd tc CP, sd L corte (*Thru L, -, fwd arc R toe slightly off ground to sd tc CP, sd R corte*)

NOTE: By cutting out measures 47- 84 from the music and eliminating the first ABC, the time of the dance can be reduced to 3:32