



Penny Lewis

Choreographer: **Penny Lewis** 1301-H Leon Street, Durham, NC 27705
(919) 220-5072

email: rndancer@frontier.com

Music: Timeless

Artist: Daniel O'Donnell (Amazon dnld)

REL: Feb 11, 2013

Album: Capitol Col. Series

TIMELESS

Rhythm: **Slow Foxtrot**

Phase: **IV+1 (Outside Spin)**

Sequence: **Intro, A, B, A, B (1-8), C, B (1-8), D, Ending**

Footwork: Opposite Unless noted

Speed : **53**

INTRO

01-04 **(C-LOD) Wait 2 meas ;; Box ;;**

(01-02) Wait 8 beats in C-LOD ; **(03-04)** Fwd on lead, side and fwd on trailing, close lead beside trailing – bk on trailing, side and bk on lead, close trailing beside lead ;;

A

01-04 **Fwd & Run 2 Twice ;; 2 L Turns ;;**

(01-02) Slow Fwd on lead to fc LOD, qk fwd on trail, qk fwd on lead ; Slow fwd on trail, qk fwd on lead, qk fwd on trail *{all steps are passing steps}* ; **(03-04)** Fwd on lead beginning left face turn, fwd and slightly side on trailing, slightly fwd just passing trailing foot to end facing DRC ; Continuing left turn bk on trailing, sd and slightly fwd on lead, close trailing beside lead to end in CW ;

05-08 **Hvr ; Mnvr ; Impetus ; Thru, Fc, Cl ;**

(05) Fwd on lead, fwd and side on trailing leaving lead in place, recover fwd onto lead turning to semi ; **(06)** Fwd on trailing right turn to fc wall, fwd & sd on lead to fc RLOD, slightly bk on trail *{Lady – small fwd on trailing to just pass lead, small fwd & sd on lead, small fwd on trail}* ; **(07)** Step bk on lead beginning left turn to fc COH, step bk on trail to fc LOD, small step fwd on lead to fc LOD in Semi DLW *(Lady – step fwd between man's feet with slight rising action on lead beginning right turn, step fwd on trail to fc RLOD finishing rise to fc man's ear, bringing heels together step fwd on lead to fc LOD in Semi)* ; **(08)** Fwd on trail, fwd on lead to fc partner, close trail beside lead & chg wt ;

09-12 **Sway L & R ;; Box to fc LOD ;;**

(09-10) Sd on lead with hip lead & then shoulder with rising action ; Sd on trail with hip lead & then shoulder with rising action ; **(11-12)** Fwd on lead, fwd & sd on trail, close lead beside trail ; Bk on trail beginning left turn to fc DW, bk & sd on lead to fc LOD, fwd on lead to “just” pass trail to fc DC ;

B

01-04 **Diamond Turns ;;;**

(01-04) Fwd on lead making 1/4 left turn to DRC, side on trailing, bk on lead ; Bk on trailing making 1/4 left turn to DRL, side on lead, fwd on trailing ; Fwd on lead making 1/4 left turn to DL, side on trailing, bk trailing ; Bk on trailing making 1/4 left turn to DC, side on lead, fwd on trailing ;

05-08 **Diamond Turns 1/2 ;; Ok Diamond in 4 ; Dip & Recover ;**

(05-06) Fwd on lead making 1/4 left turn to DRC, side on trailing, bk on lead ; Bk on trailing making 1/4 left turn to DRL, side on lead, fwd on trailing ; **(07)** *continue left turn to fc LOD* – Fwd on lead to fc wall, fwd & sd on trail to fc DW, bk on lead to fc LOD, bk on trail to fc DC ; **(08)** Bk on lead & hold 2 beats, fwd on trail ;

09-10 **Box ;;**

(09-10) Fwd on lead, side and fwd on trailing, close lead beside trailing – bk on trailing, side and bk on lead, close trailing beside lead ;;

A

Repeat A

B

& Repeat B (1-8)

C

- 01-04 **1 L Turn (RLOD) ; Hover Corte ; Outside Spin SdCr ; Hover Corte ;**
(01) Fwd on lead beginning 1/4 left face turn to fc COH, fwd and slightly side on trailing to fc RLOD, bk on lead to fc RLOD ; (02) Bk on trailing making 1/4 left turn to fc wall, fwd on lead to fc DW with rising action & fwd upper body sway, chg wt bk to trail with lowering action (*Lady – fwd on trail, fwd on lead with rising action & upper body sway, bk turning left on trail with lowering action to fc RLOD in Bjo*) ; (03) Very Small bk on lead beginning right turn, very small bk on trail with rise & spin to fc LOD, bk on lead with lower action taking lady to SdCr (*Lady – fwd on lead to pass behind man to fc COH, small fwd on trail with right spin to fc RLOD in SdCr, fwd on lead*) ; (04) Bk on trailing making 1/4 left turn to fc COH, fwd on lead to fc RLOD with rising action & fwd upper body sway, chg wt bk to trail with lowering action (*Lady – fwd on trail, fwd on lead with rising action & upper body sway, bk turning left on trail with lowering action to fc DRC in Bjo*) ;
- 05-06 **Impetus ; PkUp ;**
(05) Step bk on lead beginning left turn to fc COH, step bk on trail to fc LOD, small step fwd on lead to fc LOD in Semi DLW (*Lady – step fwd between man’s feet with slight rising action on lead beginning right turn, step fwd on trail to fc RLOD finishing rise to fc man’s ear, bringing heels together step fwd on lead to fc LOD in Semi*) ; (06) Small fwd on trail, fwd & sd on lead, small fwd on trail to fc DC (*Lady – fwd on trail beginning left turn to fc COH, fwd & sd on lead to fc man, bk on trail to fc DRW*) ;

B

Repeat B (1-8)

D

- 01-04 **L Turning Box ;;;**
(01-04) Fwd on lead beginning 1/4 left face turn to fc COH, fwd and slightly side on trailing, close lead beside trail ; Bk on trailing making 1/4 left turn to fc RLOD1, bk & sd on lead, close trail beside lead ; Fwd on lead beginning 1/4 left face turn to fc CW, fwd and slightly side on trailing, close lead beside trail ; Bk on trailing making 1/4 left turn to fc LOD1, bk & sd on lead, close trail beside lead ; Fwd on lead beginning left face turn, fwd and slightly side on trailing, slightly fwd just passing trail foot to end facing RLOD ;
- 05-08 **1 L Turn (RLOD) ; Hover Corte ; Outside Swivel ; Slow Sd Lk ;**
(05) Fwd on lead beginning 1/4 left face turn to fc COH, fwd and slightly side on trailing to fc RLOD, bk on lead to fc RLOD ; (06) Very Small bk on lead beginning right turn, very small bk on trail with rise & spin to fc LOD, bk on lead with lower action taking lady to SdCr (*Lady – fwd on lead to pass behind man to fc COH, small fwd on trail with right spin to fc RLOD in SdCr, fwd on lead*) ; (07) Bk on lead, cross left in front of lead & Hold (*Lady – fwd on lead, Bring trail around in a arc turning right to fc LOD in Semi with trail ft slightly behind lead*) ; (08) Small fwd on trail, small fwd on lead, cross trail behind lead & chg wt (*Lady – fwd on trail turning left to fc COH, fwd on lead turning left to fc man, cross trail in front of lead & chg wt*) ;

ENDING

- 01-04 **1 L Turn (RLOD) ; Hover Corte ; Outside Swivel ; Feather ;**
(01-03) Repeat meas 05-07 part D ;;; (04) Bk on trailing with 1/4 left turn to fc COH, fwd on lead to fc RLOD with rising action & fwd upper body sway, chg wt bk to trail with lowering action (*Lady – fwd on trail, fwd on lead with rising action & upper body sway, bk turning left on trail with lowering action to fc DRC in Bjo*) ;
- 05-06 **Slow Fwd to a R Lunge & Hold ;;**
(05-06) Slow Fwd on lead, Sd on trail with lunging action & Hold ;;

HEAD Q's

TIMELESS

speed 53

IV+I*

Foxtrot

INTRO

(C-LOD) Wait 2 meas ;; Box ;;

A

Fwd & Run 2 *Twice* ;; 2 L Turns ;;

Hvr ; Mnvr ; Impetus Semi ; Thru, Fc & Cls ;

Sway L & R ;; Box *to fc* LOD ;;

B

Diamond Turns ;;;; Diamond Turn 1/2 ;;

Qk Diamond *in* 4 ; Dip & Rec ; Box ;;

A

Repeat A

B (1-8)

Diamond Turns ;;;; Diamond Turn 1/2 ;;

Qk Diamond *in* 4 ; Dip & Rec ;

C

1 L Turn (RLOD) ; Hvr Corte ;

*Outside Spin (SdCr LOD) ;

Bk Hvr Corte (Bjo RLOD) ; Impetus Semi ; PkUp ;

B (1-8)

Repeat B (1-8)

D

L Turning Box ;;;; 1 L Turn (RLOD) ; Hvr Corte ;

Outside Swivel ; Slow Sd Lk ;

ENDING

1 L Turn (RLOD) ; Hvr Corte ;

Outside Swivel ; Feather ;

Slow Fwd *to a* R Lunge & Hold ;;

Chore: Penny Lewis (02/11/13)

Artist: Daniel O'Donnell