

YOU'VE GOT A FRIEND

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MUSIC: CD: To be loved, Track 11 "You've got a friend in me", by Michael Buble`
RHYTHM: Foxtrot
PHASE (+): IV+2 (Nat Weave, Back Tipple Chasse Pivot) + 1 Unphased (The Square)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO A A B B-MOD C D INTERLUDE END**

MEAS.

INTRODUCTION

- 1-4 **WAIT 2;; ROCK R&L; ROLL 3 TO REV**
(1-2) M facing Wall, no hands joined , Trail feet free, wait 2 meas;;
SS **(3) Sd R,-, sd L,-;**
SQQ **(4) Roll RF to RLOD R,-, L, R;**
- 5-6 **ROCK L&R; ROLL 4 TO PU TCH;**
(5) Sd L,-, sd R,-;
QQQQ **(6) Roll LF L, R, L, R;(to CP LOD))**

PART A

- 1-4 **THREE STEP; FEATHER (DLC); REVERSE WAVE;;**
(1) fwd L,-, fwd R, fwd L;
(2) Fwd R,-, fwd L, fwd R outside W in CBMP/DLC (W bk L, -, sd & bk R, bk L);
(3-4) Fwd L starting LF body trn 3/8, -, sd R line of progression, bk L DLW (W Bk R SQQ starting LF body trn 3/8,-,cl L to R [heel turn], fwd R diagonally); bk R, -, bk L comm. to turn LF, bk R curving LF towards DLC, - (W fwd L,-, fwd R, fwd L curving LF towards DLC.);
- 5-8 **BK FEATHER; BK THREE STEP; OUTSD CHANGE TO BJO; START NAT WEAVE;**
(5) Bk L, -, bk R w/rt shldr lead, bk L to CBMP (W fwd R, -, fwd L w/lft shldr lead, fwd R);
(6) Bk R,-, bk L, bk R outsd partner (W fwd L w/heel lead,-, fwd R w/heel lead, fwd L outsd partner);
(7) Bk L, -, bk R tng LF, sd & fwd L to SCP(W fwd R, fwd L tng LF, sd & bk R to BJO);
(8) Fwd R comm RF turn, -, sd L w/ L sd stretch a little under 1/4 RF turn between steps 1&2, w/ R sd leading bk R DLC prep to lead W outsd M slight RF turn between steps 2 & 3 (W Bk L comm to turn RF, -, R ft closes to L heel turn with R sd stretch turning 1/4 RF between steps 1 & 2, with L sd lead fwd L prep to step outsd partner;)
- 9-12 **FIN NAT WEAVE CHK IT; BK TWISTY VINE 4; HOVER TO SEMI; SLOW SD LOCK;**
(9) w/R sd stretch bk L in CBMP, -, bk R comm LF turn passing thru Cp, w/ L sd stretch sd & fwd L prep to step outsd partner trng 1/4 LF between steps 5 & 6, w/ L sd stretch fwd R in CBMP outsd partner, (W w/L sd stretch fwd R in CBMP outside partner, fwd L comm to turn LF passing through CP, with R sd stretch side R turning LF 1/8 between steps 5 & 6, with R sd stretch bk L, turning LF 1/8 between steps 6 & 7 DLW);
(10) heading to REV sd & bk L comm slight RF upper body turn, sd & fwd R; XLIF of R, comm slight LF upper body turn sd & bk R fc DLW (W fwd R, comm slight RFupper body turn sd & bk L, XRIB of L, comm slight LFupper body sd & fwd L);

(11) Fwd L w/heel lead, -, sd & fwd R rising to ball of foot, rec L to SEMI CP (W bk R, -, sd & bk L rising to ball of ft & brushing R to L, rec R to SEMI CP);
 (12) Thru R, -, sd & fwd L to CP, XRIB of L turning slightly LF DLC, (W thru L strting LF turn, -, sd & bk R cont LF turn, XLIF of R) ;

13-14

REV TURN;;

(13) Fwd L comm LF body turn, -, sd R cont turn, bk L twd LOD CP RLOD, (W bk R comm LF turn, -, close L to R heeltturn cont turn, fwd R to CP LOD) ;
 (14) Bk R cont LF turn, -, sd & fwd L DLW, fwd R CBMP outsd partner, (W fwd L cont LF turn, -, sd R cont turning LF to DLW, bk L to CBMP outsd partner);

REPEAT PART A

PART B

1-4

HOVER TELEMAR; OP NAT; OUTSD SWIVEL TWICE; QUICK WEAVE ENDING IN 4;

(1) Fwd L, -, diag sd & fwd R rising slightly [hovering] with body turning 1/8 to 1/4 RF, fwd L small step rising on ball of foot to Semi CP DLW;
 (2) Fwd R comm RF trn, -, fwd & sd L cont RF trn, cont RF trn sd & bk R (W fwd L,-, fwd R between M's feet, sd & fwd L) to CBMP DRC;
 (3) Bk L in CBMP XRIF of L w/no weight,-, fwd R tch L to R,- (W In CBMP fwd R,swvl RF on ball of R ft end in SCP,-, fwd L swvl LF on ball of L ft end in CBMP,-);
 (4) Bk L (W fwd R outsd M), bk R blending to CP and comm to trn LF, sd & fwd L cont trn to fc DLW, fwd R DLW in BJO preparing to blend to CP;

5-8

HOVER; CROSS HESITATION (DRC); SWAY L&R; QUICK FEATHER FIN IN 4 TO DLW;

SS

(5) In CP fwd L, -, fwd & slightly sd R rising to ball of foot, sd & fwd L to tight Semi-CP;
 (6) Thru R, -, comm 1/4 to 3/8 LF turn on R touching L, -; (W Thru L, -, sd R around M turning LF, cont turn close L to R in BJO,);

SS

(7) blending to CP sway L, -, sway R, -;

QQQQ

(8) Bk L, bk R trng LF, sd & fwd L, fwd R prep to step outsd W to CBMP, (W fwd R between M feet, fwd L trng LF, sd & bk R, bk prep to step outsd M to CBMP,); fc DLW

PART B MOD

1-4

HOVER TELEMAR; OP NAT; OUTSD SWIVEL TWICE; QUICK WEAVE ENDING IN 4;

Repeat meas 1 - 4 of Part A,;;;

5-8

HOVER; CROSS HESITATION (DRC); OUTSD CHANGE TO SEMI; START IN & OUT RUNS;

Repeat meas 5 - 6 of Part A;;

(7) Bk L, -, bk R trng LF, sd & fwd L to Semi CP, (W fwd R, -, fwd L trng LF, sd & fwd R to Semi CP);

(8) thru R starting RF trn, -, sd & bk DLW L to CP, bk R to BJO, (W : thru L, -, fwd R between M ft, fwd L outsd M in BJO; ;

9-10

FIN IN & OUT RUNS; THRU CHASSE TO BFLY SEMI;

(9) using CBM bk L trng RF, -, sd & fwd R between W ft cont RF trn, fwd L to Semi-CP, (W using CBM fwd R starting RF trn, -, fwd & sd L cont RF trn, fwd R to Semi-CP) ;

SQ&Q

(10) Thru R, -, sd L/close R, sd L,;

PART C

- 1-4 **THRU FRONT VINE 4; FWD LOCK TRNG; THRU FRONT VINE 4 TO REV; THRU SD TOUCH W/THRU SD CLOSE TURN TO SKATERS DLW;**
 QQQQ (1) Thru R, sd L comm slight RF upper body turn, XRIB of L comm slight LF upper body turn, sd L;
 SQQ (2) fwd R, -, XLIB of R, fwd R swiveling LF (W swivel LF) to fc REV;
 QQQQ (3) Thru L, sd R comm slight LF upper body turn, XLIB of R comm slight RF upper body turn, sd R fc DRW;
 (4) Thru L, -, sd R, touch L to R slightly swiveling LF to DLW, (W thru R, -, sd L swiveling LF on ball of ft to Skaters Position, close L to R,);
- 5-8 **WK OUT 3; WK IN 3; WK OUT 3 W/TRANS ; ROLL 3 TO REV TO CP;**
 (5) Both w/L ft free wk twd DLW fwd L, -, fwd R, fwd L swiveling LF on ball of ft twd DLC raise R knee;
 (6) Fwd R, -, fwd L, fwd R swiveling RF on ball of ft twd DLW raise L knee;
 (7) Fwd L, -, fwd R, fwd L, (W Fwd L, fwd R, fwd L swiveling LF on ball of ft to fc partner, sd R,);
 (8) Roll RF R, -, L, R (W roll LF L, -, R, L) to REV to end in CP WALL;

PART D

- 1-4 **HOVER TELEMARK; OP NAT; BK R TIPPLE CHASSE PIVOT; BK FEATHER;**
 (1-2) Repeat meas 1-2 of Part B;;
 SQ&Q (3) Bk L comm RF trn, -, cont RF trn sd R toe pointing DLC/cl L to R cont slight RF trn fwd R LOD between W's feet and pivot 3/8 RF to CP DRW (W Fwd R outsd partner comm RF trn, -, cont RF trn sd L/cl R to L, bk L and pivot 3/8 RF to CP fc DLC,);
 (4) Cont RF trn bk L LOD,-, bk R w/R sd leading, bk L (fwd R LOD,-, fwd L, fwd R outside partner) to BJO DRC;
- 5-8 **BK L TIPPLE CHASSE PIVOT; BK THREE STEP; SWAY L & R; SLOW IMPETUS to SEMI;**
 SQ&Q (5) Bk R LOD comm LF trn to CP, cont LF trn sd L/cl R to L, cont slight LF trn sd & fwd L LOD pivot 3/8 LF to CP DRC, (W Fwd L outsd partner comm LF trn, -, cont LF trn sd R/cl L to RL, bk R and pivot 3/8 LF to CP fc DLW,);
 (6) Bk R,-, bk L, bk R (fwd L heel lead,-, fwd R heel lead rising to toe, fwd L) in CP RLOD;
 SS (7) Repeat meas 7 of Part B; *slow down*
 (8) Bk L trng RF, -, cl R to L [heel trn], cont trn fwd L tight SCP DLW (W Fwd R between M's feet pivoting 1/2 RF, -, sd & fwd L cont trn around M, cont trn fwd R to tight SCP DLW)
 ;

INTERLUDE

- 1-4 **SLOW OP IN & OUT RUNS;; THE SQUARE;;**
 (1-2) In SCP release hands Fwd R comm RF trn across W, -, sd & fwd L across LOD cont RF trn, fwd R to fc LOD in 1/2 OP, (W Fwd L, -, fwd R, fwd L) end fcg LOD; fwd L, -, fwd R, - (W Fwd R comm RF trn across M, -, sd & fwd L across LOD cont RF trn, fwd R) end fcg LOD;

- (3) Fwd R comm RF trn, -, sd & fwd L cont RF trn to fc COH placing L arm around W's shoulder, fwd R (W fwd L, -, sd & fwd R trng LF to L half open COH, fwd L);
(4) both fcg COH in L half open fwd L, -, sd & fwd R trng LF to half open RLOD placing R arm around W's shoulder, fwd L (W fwd R comm RF trn, -, sd & fwd L cont RF trn to fc RLOD, fwd R);

5-7

FIN THE SQUARE;; OP NAT; HOLD,

- (5) Fwd R comm RF trn, -, sd & fwd L cont RF trn to fc WALL placing L arm around W's shoulder, fwd R (W fwd L, -, sd & fwd R trng LF to L half open WALL, fwd L);
(6) both fcg WALL in L half open fwd L, -, sd & fwd R trng LF to half open LOD placing R arm around W's shoulder, fwd L (W fwd R comm RF trn, -, sd & fwd L cont RF trn to fc LOD, fwd R);
(7) blending to SEMI CP repeat meas 2 of Part B; hold,

END

1-5

BK FEATHER; BK THREE STEP; OUTSD CHANGE TO BJO; NAT WEAVE;;

- (1-5) Repeat meas 5-9 of Part A;;;

6-8

HOVER TO SEMI; SLOW SD LOCK DLC; TELEMARK TO SEMI;

- (6-7) Repeat meas 11-12 of Part A;;
(8) Fwd L comm LF trn, -, cont trng LF sd & fwd R around W, cont trng LF to fc DLW sd & fwd L (W bk R comm trng LF, -, cont trng LF on R-heel cl L, cont trng LF sd & fwd R); end in SCP/DLW

9-12

SLOW WHIPLASH; SLOW OUTSD SWIVELS; PROM SWAY & CHNG SWAY;;

- (9) Thru R, -, lowering into the right knee sharply point L slightly fwd & side leading W to BJO, hold (W thru L, -, lowering into left knee sharply turn LF to BJO pointing R slightly bk & sd, hold);
(10) Repeat meas 3 of Part B;
(11-12) Sd & fwd L with R side stretch staying up in the body looking to SEMI CP, -; Change from R side stretch to L side stretch with a small rotation in the upper body to the left & slightly lowering into R knee while looking over W's head, , (W sd & fwd R with L side stretch staying up in the body & trng to SEMI CP, ; Change from L side stretch to R side stretch while looking weel to the L, , ; on the last beat turn head to look at partner);