

YOU'RE A LOVING LADY 4

Music: Erich Bachmann
www.casa-musica-shop.de/album.aspx?id=10464
Track#13 Time 4:01
Shortened from 3:22,9 to the end to Time 3:23
Available from choreographer

Rhythm: Foxtrot Phase: IV

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB A C B C(1-15) END



INTRO

CP DLW LEAD FOOT FREE START AFTER A FUE INTRO NOTES

PART A

01-04 TELEMARK to SCP ; HOVER FALLAWAY ; BACK HOVER to SCP ; SLOW SIDE LOCK :

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & stlly fwd R*) to SCP DLW ; **{Hover Fallaway}** Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; **{Bk Hover to SCP}** Bk L, -, bk R risg stlly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; **{Slow Sd Lk}** Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ;

05-08 PROGRESSIVE BOX ; ; 2 LEFT TURNS ; ;

{Progressive Box} Fwd L, -, fwd & sd R, cl L ; Fwd R, -, fwd & sd L, cl R ; **{2 Left Turns}** Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP DLW ;

09-12 HOVER ; THRU VINE 4 ; PROMENADE WEAVE ; ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; **{Thru Vine 4}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{Promenade Weave}** [SQQ:QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ;

13-16 THREE STEP ; OP NATURAL ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;

{Three Step} Fwd L, -, sd & fwd R btwn W's ft, fwd L ; **{OP Natural}** Fwd R outsd W's feet trng RF, -, sd L twd Wall, bk R with right shoulder lead BJO (*W bk L, -, cls R heel turn, fwd L outside M to BJO*) ; **{Bk Bk/Ik Bk}** [SQ&Q] Bk L, -, bk R/Ik Lif, bk R ; **{Hesitation Chng}** [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

PART B

01-04 REVERSE WAVE ; ; CLOSED IMPETUS ; OUTSIDE CHECK ;

{Reverse Wave} Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; **{Closed Impetus}** Commg RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; **{Outsd Check}** Bk R with checking action, -, sd L DW with left shoulder lead, fwd R in BJO DLC with checking action ;

05-08 3 BACK CROSS HOVERS SCAR BJO & SCAR ; ; ; FEATHER FINISH ;

{Bk Cross Hover to SCAR} XLib (*W XRif*), sd & bk R rise, bk L to SCAR DLW ; **{Bk Cross Hover to BJO}** XRib (*W XLif*), sd & bk L rise, bk R BJO DLC ; **{Bk Cross Hover to SCAR}** Repeat meas 13 Part B ; **{Feather Finish}** Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK HOVER to 1/2 OP ;

{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; **{Bk Twisty Vine 4}** (QQQQ) Bk L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; **{Bk Hover to ½ OP}** Bk L, -, bk R risg stlly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to ½ OP LOD ;

13-16 OP IN & OUT RUNS ; ; THRU VINE 4 ; SLOW SIDE LOCK ;

{OP in & Out Runs} Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ; **{Thru Vine 4 }** Repeat meas 10 Part A ; **{Slow Sd Lock}** Repeat meas 4 Part A ;

PART C

01-04 CLOSED TELEMARK ; 3 IN & OUT RUNS ; ; ;

{CI Telemark} Fwd L comm LF trn, -, fwd & sd R arnd W close to W's feet trng LF, fwd & sd L (*W Bk R comm LF heel trn on R heel bringing L beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L, bk & sd R*) to BJO DLW ; **{3 In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ; Repeat meas 2 Part C ;

05-08 OVER SPIN TURN ; BOX FINISH to DLW ; HOVER TELE ; WEAVE 3 to BJO ;

{Over Spin Turn} Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, -, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, -, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; **{Box Finish to DLW}** Bk R trng ¼ LF, -, sd L, cl R to CP DLW ; **{Hover Tele}** Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP DLW ; **{Weave 3 to BJO}** Thru R comm LF trn, -, fwd L cont LF trn, sd & bk R (*W fwd L picking up, -, sd R trng LF, contg trn fwd L*) to BJO RLOD ;

09-12 BACK FEATHER ; OUTSIDE CHECK ; IMPETUS to SCP ; THRU FACE CLOSE ;

{Bk Feather} Bk RL, -, bk R w/ R shldr ld, bk L (*W fwd R btw M's ft, -, fwd L, fwd R outsd ptr*) to BJO RLOD ; **{Outsd Check}** Repeat meas 4 Part B ; **{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Thru Fc Cl}** Thru R, -, sd L trng to fc ptr, cl R to CP DLW ;

13-16 WHISK ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Thru Sd Behind}** Thru R, -, sd L to fc prtn, XRib (*W XLib*) ; **{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{Chair & Slip}** Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

ENDING

01 CHAIR & HOLD ;

{Chair & Hold} [Q] Lun fwd R with bent knee & upper bdy erect as if sitting in chair ;