

YOU'RE A LOVING LADY

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: V [Easy]**

Footwork: Opposite except where (Noted)

Release Date: Oct 18

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Sequence: INTRO AB A C B C(1-14) END



INTRO

CP LOD LEAD FOOT FREE START AFTER A FUE INTRO NOTES

PART A

01-04 PROGRESSIVE BOX ; ; TELEMARK to SCP ; THRU VINE 4 ;

{Progressive Box} Fwd L, -, fwd & sd R, cl L ; Fwd R, -, fwd & sd L, cl R ; **{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 & sltly fwd R*) to SCP DLW ; **{Thru Vine 4}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ;

05-08 PROMENADE WEAVE ; ; DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION to LOD ;

{Promenade Weave} [SQO;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 ; **{DbL Reverse Spin to DLW}** [SS] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (*W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif*) to CP DLW ; **{Chng of Direction to LOD}** [SS] Fwd L, -, fwd & sd R trng LF 1/8, draw L to CP LOD ;

09-12 PROGRESSIVE BOX ; ; TELEMARK to SCP ; THRU VINE 4 ;

{Progressive Box} Repeat meas 1,2 Part A ; ; **{Telemark to SCP}** Repeat meas 3 Part A ; **{Thru Vine 4}** Repeat meas 4 Part A ;

13-16 THRU SIDE BEHIND ; ROLL 3 to SCP ; OP NATURAL ; HESITATION CHANGE ;

{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 ; **{OP Natural}** Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (*W thru L, -, fwd R, fwd L*) to BJO ; **{Hesitation Chng}** [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

PART B

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK HOVER to ½ 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 sltly, 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 ;

05-08 OP IN & OUT RUNS ; ; THRU VINE 4 ; CHAIR & SLIP ;

{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 4 Part A ; **{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 ;

09-12 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK HOVER to BJO :

{OP Reverse Turn} Repeat meas 1 Part B ; {Hover Corte} Repeat meas 2 Part B ; {Bk Twisty Vine 4} Repeat meas 3 Part B ; {Bk Hover to BJO} Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd L risg & brushg R to L, bk R*) to BJO DLW ;

13-16 CURVED FEATHER ; QUICK DBL OUTSIDE SWIVEL ; WEAVE ENDING ; CHANGE of DIRECTION to LOD :

{Curved Feather} Fwd R stg RF trn, -, contg RF trn sd & fwd L, contg upper bdy RF trn fwd R outsd W (*W bk L stg slight RF trn, -, sd & bk R cont trn, bk L*) to BJO DRW ; { Quick DBL Outsd Swivel } [SS] Bk L, XRif w/ no weight (*W In BJO fwd R, swvl RF on ball of R foot*) ending in SCP, fwd R, lvng L w/ no weight (*W in SCP fwd L, swvl LF on ball of L foot*) ending to BJO RLOD ; {Weave Ending} [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ; {Chng of Direction to LOD} Repeat meas 8 Part A ;

PART C

01-04 CLOSED TELEMAR ; IN & OUT RUNS ; ; THRU VINE 4 :

{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 ; {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 ; {Thru Vine 4 } Repeat meas 4 Part A ;

05-08 NATURAL WEAVE ; ; THREE STEP ; OP NATURAL :

{Natural Weave} [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R (*W fwd L, fwd R btwn M's feet, fwd L*) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; {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*) to BJO DRC ;

09-12 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 & I-shoulder lead, 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 ;

13-16 BACK FEATHER ; OUTSIDE CHECK ; CLOSED IMPETUS ; FEATHER FINISH :

{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 Ck} Bk R with checking action, -, sd L DLC with left shoulder lead, fwd R in BJO DLC with checking action ; {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 ; {Feather Finish} Bk R trn LF, -, sd & fwd L compg ¼ LF trn, fwd R outsd W to BJO DLC ;

ENDING

01-02 IMPETUS to SCP ; CHAIR & HOLD :

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