Un P'tit Foxtrot

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PHASE: RAL IV+2+1 (Check and Weave, Hinge) (Quick Outside Swivels) RHYTHM: Foxtrot

FOOTWORK: Opposite (Woman's special instructions in parenthesis) SPEED: 44

SEQUENCE: Intro, A, B, A Mod, C, B, A (1-12), Ending Release: June 2004

INTRO

MEAS
1-3 (CP LOD/Wall lead ft free) WAIT 1 MEAS; QK FEATHER FINISH; OP TELE; CHAIR and SLIP;
1 In CP fcg diag LOD/Wall with lead ft free wait 1 measure;
2 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsd W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;
3 Frm CBJO fcg LOD/COH fwd L bgn LF upper bdy trn , - , cont upper bdy trn stp fwd and sd R arnd W, cont LF trn stp fwd and sd L keep shdlrs to Wall look LOD/Wall opening W to tight SCP fcg LOD/Wall;
4 Frm SCP fcg LOD/Wall ck thru R w/ lng action (W check thru L w/ lng action), - rec L no rise (W rec R no rise), slip R beh L w/ slight LF upper bdy trn 1/8 to CP end fcg LOD (W swivel LF on R and stp fwd L outsd M's R ft to CP);

PART A

MEAS
1-4 REVERSE WAVE:: CLOSED IMPETUS:: BACK HOVER to SCAR;
1-2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), - , sd R LOD (W cls L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), - , bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end fcg RLD;
3 Frm CP RLOD bk L bgn RF trn (W fwd R between M's feet heel to toe RF trn 1/2), - , cont RF trn cls L to R w/heel trn (W sd and fwd L cont RF trn arnd M), sd and bk L to CP (W fwd R btw M's ft to CP) end CP LOD/Wall;
4 Frm CP LOD/Wall bk R, - , sd and bk L w/ slight rise, rec R w/ slight RF trn to end SCAR fcg LOD/Wall;

5-8 CROSS HOVER to SCP; IN and OUT RUNS:: OPEN NATURAL TURN;
5 Frm SCAR fcg LOD/Wall XLIF of R, - , sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP fcg LOD;
6-7 Frm SCP fcg LOD fwd R starting RF trn (W fwd L), - , sd and bk L twd LOD/Wall (W fwd R between M's feet), bk R (W fwd L) to CBJO fcg RLOD/COH; bk L trng RF (W fwd R bgn RF trn), - , sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont RF trn arnd M), sd and bk L cont RF trn (W sd R btw M's ft to CP) end FC M fcg RLOD;
8 Frm SCP fcg LOD/Wall fwd R bgn RF upper bdy trn , - , sd L cont RF trn to end CP fcg RLOD slightly COH, stp bk R with Right Shldr lead end CBJO fcg RLOD ly COH;

9-12 BK, BK/LK, BK:: OPEN IMPETUS:: FORWARD HOVER to BJO:: QUICK FEATHER FINISH;
9 Frm CBJO fcg RLOD/slightly COH bk L , - , bk R/lk LF of R, bk R;
10 Frm CBJO fcg RLOD/slightly COH bk L bgn RF upper bdy trn, - , cls L to R w/heel trn cont RF trn, fwd L end tight SCP fcg LOD;
11 Frm SCP fcg LOD fwd R trn RF (W trn LF) blend to CP fcg Wall, - , sd and fwd L w/ a slight rise, rec R w/ slight LF upper bdy rotation end CBJO fcg LOD/Wall;
12 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsd W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;

13-16 REVERSE TURN 1/2; CHECK and WEAVE:: CHANGE OF DIRECTION;
13 Frm CBJO LOD/COH fwd L blnd to CP bgn LF bdy trn (W bk R blnd to CP bgn LF bdy trn), - , sd R cont trn (W cont trn cls L to R w/heel trn), bk L twd LOD to CP (W fwd R twd LOD to CP) end CP M fcg RLOD;
14 Frm CP fcg RLOD slip R foot bk (W slip LF fwd under bdy) under bdy w/ slight contra ck action, - , fwd L bgn LF trn (W bk R bgn LF trn), sd R w/ slight LF trn w/R sd lead and slight R sd stretch preparing to lead W outsdr ptr (W sd L w/ left sd lead and slight left sd stretch prepare to step outsdr ptr);
15 With R sd stretch bk L in CBJO cont trn (W w/ L sd stretch fwd R to CBJO outsdr ptr), bk R to momentary CP cont trn (W fwd L to momentary CP cont trn), sd and fwd L w/ L sd stretch trn about 1/4 (W sd and bk R w/ R sd stretch), w/L sd stretch fwd R in CBJO outsdr ptr (W bk L w/ R sd stretch) end CBJO fcg LOD/Wall;
16 Frm CBJO fcg LOD/Wall fwd L to CP (W bk R blnd to CP), - , fwd R diag LOD/Wall R shldr lead trn LF 1/4 to face COH/LOD (W bk L w/ Left shldr leading and trn 1/4 LF), draw L to R w/brush (W draw R to L w/brush);

PART B

MEAS
1-4 QUICK DIAMOND 4 to face REV; STEP BACK and HINGE; HOVER EXIT; FEATHER;
1 Frm CP fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn), cont LF trn sd R (W cont LF trn sd L), bk L cont LF trn to fc RLOD (W fwd R cont LF trn to fc RLOD), bk R to CP (W fwd L to CP) end CP fc RLOD;
2 Frm CP fcg RLOD stp bk and sd L twd LOD trn upper bdy to face Wall w/L sd stretch leading W to XLIB of R keeping L sd twd ptr, -, relax L knee w/ no weight on R, - (W stp fwd R trn 1/2 to face RLOD w/R sd stretch, -, XLIB of R keeping R sd twd ptr relax L knee with no weight on R keep R extended fwd twd RLOD, -);
3 Frm hinge pos M straighten L leg rising causing W to take small stp fwd R, -, M rotate shoulders slightly RF to LOD/Wall stp sd R causing W to trn RF to CP, step fwd L (W cls R to L, -, small stp sd and fwd L trng to CP feg ptr, stp fwd R) end SCP feg LOD/COH;
4 Frm SCP feg LOD/COH fwd R (W thru L trn LF twd ptr), -, fwd L (W sd and bk R to CBJO), fwd R (W bk L) end CBJO feg LOD/COH;

5-8 **OPEN TELE; THRU CHASSE to BJO; CROSS PIVOT; CK FWD, REC, SD, CLOSE;**

5 Frm CBJO feg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP feg LOD/Wall;
6 Frm SCP LOD/Wall thru R, -, trn to fc ptr sd L/cls R to L, sd L w/LF bdy trn end CBJO feg LOD/Wall;
7 Frm CBJO feg LOD/Wall fwd R arnd W bgn strong RF trn (W bk L), -, sd and fwd L cont RF trn (W R between M's Feet heel to toe pvt 1/2 RF), fwd R (W bk L) to SCAR feg LOD/Wall;
8 Frm SCAR feg LOD/Wall ck fwd L, rec R, sd L w/slight LF trn, cls R to L end SCP feg LOD;

PART A [MODIFIED]

**MEAS**

1-4 **REVERSE WAVE:: CLOSED IMPETUS; BACK HOVER to SCAR:**

1-2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), -, sd R LOD (W cls L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), -, bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end feg RLOD;
3 Frm CP RLOD bk L bgn RF trn (W fwd R between M's feet heel to toe RF trn 1/2), -, cont RF trn cls R to L w/heel trn (W sd and fwd L cont RF trn amnd M), sd and bk L to CP (W fwd R bw M's ft to CP) end CP LOD/Wall;
4 Frm CP LOD/Wall bk R, -, sd and bk L w/slight rise, rec R w/slight RF trn to end SCAR feg LOD/Wall;

5-8 **CROSS HOVER to SCP; IN and OUT RUNS:: THRU SIDE DRAW to SCP;**

5 Frm SCAR feg LOD/Wall XLIF of R, -, sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP feg LOD;
6-7 Frm SCP feg LOD fwd R starting RF trn (W fwd L), -, sd and bk L twd LOD/Wall (W fwd R between M's feet), bk R (W fwd L) to CBJO feg RLOD/COH; Bk L trng RF (W fwd R bgn RF trn), -, sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont trn), fwd L (W fwd R) to SCP feg LOD;
8 Frm SCP feg LOD fwd R trn to face Ptr, -, side L twd LOD, draw R to L end SCP LOD/COH;

PART C

**MEAS**

1-4 **BEGIN PROMANADE WEAVE; OK OUTSD SWIVELS; WEAVE ENDING; HOVER TELEMARK;**

1 Frm SCP LOD/COH Fwd R, -, fwd L trng LF to CP, sd and slightly bk R to CBJO diag RLOD/COH;
2 Frm BJO feg RLOD/COH bk L, XRIF of L w/no wt and strong RF upper bdy trn, fwd R, tch L to R w/strong LF upper bdy trn (W fwd R, swvl RF on ball of R ft end SCP, fwd L, swivel LF on ball of L ft) end CBJO RLOD/Wall;
3 Frm CBJO feg RLOD/Wall stp bk L twd COH, bk R trn RF and trn W to CP, sd and slightly fwd L, fwd R to CBJO end diag feg LOD/Wall;
4 Frm CBJO feg LOD/Wall fwd L, -, sd and fwd R blnd to CP w/slight rise to toe bgn slight RF upper bdy rotation, rec fwd L end SCP feg LOD/slightly Wall;

5-8 **THRU CHASSE to SCP; OPEN NATURAL TURN; BACK TWIST VINE 4; HESITATION CHG;**

5 Frm SCP feg LOD/ slightly Wall thru R, -, trn to fc ptr sd L/cls R to L, sd L trn to SCP feg LOD/slightly Wall;
6 Frm SCP feg LOD/ slightly Wall fwd R bgn RF upper bdy trn, -, sd L cont RF trn end CP feg RLOD, stp bk R with Right Shldr lead end CBJO feg RLOD/slightly COH;
7 Frm CBJO feg RLOD/slightly COH bk L (W fwd R), sd R trn RF (W sd L trn RF) end SCAR, fwd L (W bk R), sd R trn LF (W sd R trn LF) end CBJO feg RLOD/COH;
8 Frm CBJO feg RLOD/COH bgn RF upper bdy trn stp bk L (W bgn RF upper bdy trn fwd R), -, sd R cont RF trn to face LOD/COH (W sd L cont RF trn so W faces RLOD/Wall), draw L to R (W draw R to L);

PART B

**MEAS**

1-4 **QUICK DIAMOND 4 to face REV; STEP BACK and HINGE; HOVER EXIT; FEATHER;**

1 Frm CP feg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn), cont LF trn sd R (W cont LF trn sd L), bk L cont LF trn to fc RLOD (W fwd R cont LF trn to fc RLOD), bk R to CP (W fwd L to CP) end CP feg RLOD;
2 Frm CP feg RLOD stp bk and sd L twd LOD trn upper bdy to face Wall w/L sd stretch leading W to XLIB of R keeping L sd twd ptr, -, relax L knee w/ no weight on R, - (W stp fwd R trn 1/2 to face RLOD w/R sd stretch, -, XLIB of R keeping R sd twd ptr relax L knee with no weight on R keep R extended fwd twd RLOD, -);
3 Frm hinge pos M straighten L leg rising causing W to take small step fwd R, - , M rotate shoulders slightly RF to LOD/Wall stp sd R causing W to trn RF to CP, step fwd L (W cls R to L, -, small step sd and fwd L trng to CP fcg ptr, stp fwd R) end SCP fcg LOD/COH;

4 Frm SCP fcg LOD/COH fwd R (W thru L trn LF twd ptr), -, fwd L (W sd and bk R to CBJO), fwd R (W bk L) end CBJO fcg LOD/COH;

5-8 OPEN TELE: THRU CHASSE to BJO: CROSS PIVOT: CK FWD, REC, SD, CLOSE:

5 Frm CBJO fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP fc LOD/Wall;

6-7 Frm SCP LOD/Wall thru R, -, trn to fc ptr sd L/clz R to L, sd L w/LF bdy trn end CBJO fcg LOD/Wall;

7 Frm CBJO fcg LOD/Wall fwd R arnd W bgn strong RF trn (W bk L), -, sd and fwd L cont RF trn (W fwd R between M's Feet heel to toe pvt 1/2 RF), fwd R (W bk L) to SCAR fcg LOD/Wall;

8 Frm SCAR fcg LOD/Wall ckg fwd R, rec, sd R w/slight LF trn, cls R to L end CP fcg LOD;

PART A [1-12]

MEAS

1-4 REVERSE WAVE: CLOSED IMPETUS: BACK HOVER to SCAR:

1-2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), -, sd R LOD (W clz L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), -, bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end fcg RLOD;

3 Frm CP RLOD bk L bgn LF trn (W fwd R between M's feet heel to toe RF trn 1/2), -, cont RF trn cls R to L w/heel trn (W sd and fwd L cont RF trn arnd M), sd and bk L to CP (W fwd R btw M's ft to CP) end CP LOD/Wall;

4 Frm CP LOD/Wall bk R, -, sd and bk L w/slight rise, rec R w/slight RF trn to end SCAR fcg LOD/Wall;

5-8 CROSS HOVER to SCP: IN and OUT RUNS: OPEN NATURAL TURN:

5 Frm SCAR fcg LOD/Wall XLIF of R, -, sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP fcg LOD;

6-7 Frm SCP fcg LOD fwd R starting RF trn (W fwd L), -, sd and bk L twd LOD/Wall (W fwd R between M's feet), bk R (W fwd L) to CBJO fcg RLOD/COH; Bk L trng RF (W fwd R bgn RF trn), -, sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont trn), fwd L (W fwd R) to SCP fcg LOD;

8 Frm SCP fcg LOD/Wall fwd R bgn RF upper bdy trn, -, sd L cont RF trn to end CP fcg RLOD slightly COH, stp bk R with Right Shldr lead end CBJO fcg RLOD/slightly COH;

9-12 BK, BK/LK, BK: OPEN IMPETUS: FORWARD HOVER to BJO: QUICK FEATHER FINISH:

9 Frm CBJO fcg RLOD/slightly COH bk L, -, bk R/LK LIF of R, bk R;

10 Frm CBJO fcg RLOD/slightly COH bk L bgn RF upper bdy trn, -, cls R to L w/heel trn cont RF trn, fwd L end tight SCP fcg LOD;

11 Frm SCP fcg LOD fwd R trn RF (W trn LF) blend to CP fcg Wall, -, sd and fwd L w/ a slight rise, rec R w/ slight LF upper bdy rotation end CBJO fcg LOD/Wall;

12 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsdt W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;

ENDING

MEAS

1-3+ OPEN TELEMARK: THRU FACE CLOSE: TWIST VINE 5, PAUSE and FLICK:

1 Frm CBJO fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP fc LOD/Wall;

2 Frm tight SCP fcg LOD/Wall thru R, -, trn to face ptr sd L, cls R to L end CP fcg ptr/Wall;

3 Frm CP Wall sd L, XRIB of L (W XLIF of R) to SCAR, sd L to CP, XRIF of L (W XLIB of R) to CBJO LOD/Wall;

3+ Frm CBJO fcg LOD/Wall sd L to CP, pause, bending knee flick R ft behind L (W flick L ft behind R),
Un Petite Foxtrot (quick cues)

INTRO                CP Diag/Wall lead foot free WAIT 1 MEAS; Quick Feather Finish; Open Telemark; Chair and Slip;

PART A               Reverse Wave;; Closed Impetus; Back Hover to SCAR;
                      Cross Hover to SCP face Line; In and Out Runs;; Open Natural Turn;
                      Back, Back/Lock, Back; Open Impetus; Forward Hover to BJO; Quick Feather Finish;
                      Reverse Turn 1/2; Check and Weave;; Change of Direction;

PART B               Quick Diamond 4 to face Reverse; Step Back and Hinge; Hover Exit to SCP face Line/COH; Feather;
                      Open Telemark; Thru Chasse to BJO; Cross Pivot to SCAR; Check Forward, Recover, Side, Close;

PART A               Reverse Wave;; Closed Impetus; Back Hover to SCAR;
                      Cross Hover to SCP face line; In and Out Runs;; Thru Side Draw to SCP;

PART A               Begin the Promenade Weave; Quick Outside Swivels; Weave Ending; Hover Telemark;
                      Thru Chasse to SCP; Open Natural Turn; Back Twist Vine 4; Hesitation Change;

PART B               Quick Diamond 4 to face Reverse; Step Back and Hinge; Hover Exit to SCP face Line/COH; Feather;
                      Open Telemark; Thru Chasse to BJO; Cross Pivot to SCAR; Check Forward, Recover, Side, Close;

PART A               Reverse Wave;; Closed Impetus; Back Hover to SCAR;
                      Cross Hover to SCP; In and Out Runs;; Open Natural Turn;
                      Back, Back/Lock, Back; Open Impetus; Forward Hover to BJO; Quick Feather Finish;

(1-12)               Open Telemark; Thru Face Close; Twist Vine 5 pause and Flick;;