

FIRST TIME FOXTROT

By: Peter & Beryl Barton, 5 Mallard Walk, RR 1. Port Rowan, ON. N0E 1M0(519)586-8034

Record: Roper 154 FLIP OF SPELLBOUND

Footwork: For M except where noted in () for W. Figures are SQQ except as shown

Sequence: INTRO - A(3-16) - B - INTL'D - C - A - B - ENDING Speed 37 RPM

Phase V + 2 Foxtrot

E-Mail bartonpb@execulink.com

Released July/2002 - Version 1.0

WAIT 1 MEAS IN BFLY; ROLL 3; CONTINUE WITH MEAS 3 PART A *NAT HVR X*****

- 1 Wait in BFLY fcg wall lead feet free;
- 2 [Roll 3] Fwd LOD roll LF (RF) one full trn L,-, R, L (R,-, L, R) end fcg LOD;

PART A

1 - 4 FEATHER; OPEN TELEMARK; *NATURAL HOVER CROSS***;**

- 1 [Feather] Blend SCP thru R DLC,-, fwd L, R (trng LF on L sd & bk R, bk L) blending to BJO DLC;
- 2 [Op T/M] Fwd L to CP,-, trng LF sd R DLC (heel trn), trng to SCP fwd L DLW;
- 3&4 [Nat Hvr X - SQQQQQQ] Thru R trng RF,-, sd L DLW (fwd R between M's feet), cont RF trn fwd R LOD rt sd leading to SCAR; Fwd L on toe in SCAR, rec R, sd L moving to BJO, fwd R in BJO DLC;

5 - 8 FULL REVERSE TURN;; THREE STEP; HALF NATURAL;

- 5&6 [Rev trn] Fwd L trng LF,-, sd R DLC (heel trn), bk L in CP fcg RLOD;
Bk R trng LF,-, sd & fwd L DLW, fwd R in BJO DLW;
- 7 [3 Step] Fwd L blending to CP,-, fwd R, L DLW;
- 8 [1/2 Nat] Fwd R,-, trng RF sd L DLW (heel trn), bk R (fwd L between M's feet) in CP RLOD,-;

9 - 12 OPEN IMPETUS; BIG TOP; TURNING HOVER SCP (DLC); FEATHER;

- 9 [Op Imp] Bk L trn RF,-, cl R to L heel trn (sd L around M), rising trng to SCP fwd L DLC;
- SQ&Q 10 [Big Top] Thru R slight bent knee,-, trng body LF leaving L behind lead W to step (fwd R arnd M) blending to CP / cont trn rising rec bk to L on toe (brush L to R), slip R bk small step lowering (fwd L) in CP fcg RLOD;
- 11 [Trng Hvr] Fwd L RLOD,-, trng LF sd R RLOD rising, trng to SCP fwd L DLC;
- 12 [Feather] Thru R,-, fwd L, R (trng LF on L sd & bk R, bk L) blending to BJO DLC;

13 - 16 CURVE THREE STEP; BACK TO OVERSWAY; BACK HOVER BRUSH SCP; FEATHER DLW;

- 13 [Curve 3 Step] Fwd L blending to CP,-, curving LF fwd R, L to end DRC ;
- QQS 14 [Oversway] Bk R trng LF, sd L toe ptg DLW leaving R extended bk (fwd R), trng W to CP lower on L stretching L sd with R sway look to R (look to L),-;
- 15 [Bk Hvr Brush SCP] Bk L RLOD,-, rising brush L to R trng W to SCP, fwd L in SCP DLW;
- 16 [Feather] Thru R DLW,-, fwd L, R (trng LF on L sd & bk R, bk L) blending to BJO DLW;

PART B

1 - 4 REVERSE WAVE;; RIGHT CHASSE PIVOT; BACK FEATHER;

- 1 & 2 [Rev Wave] Fwd L,-, trng LF sd & bk R DLW (heel trn), bk L in CP DLW;
Bk R,-, curving LF bk L, bk R in CP fcg RLOD;
- SQ&Q 3 [R Chasse Pivot] Bk L trng RF,-, on toes small sd R/cl L fce LOD, fwd R between W's feet pivot RF in CP to fce RDW;
- 4 [Bk Feather] Bk L DLC rt sd leading,-, R, L to BJO;

5 - 8 FEATHER FINISH; HOVER SCP; WHIPLASH; RONDE REC SLIP;

- 5 [Feather Fin] Bk R blend to CP,-, trng LF sd & fwd L DLW, fwd R to BJO DLW;
- 6 [Hover SCP] Blending to CP fwd L DLW,-, sd R, rec L to SCP LOD;
- S&S 7 [Whiplash SCP] Thru R lowering,-, / ronde L CW(CCW) to pt inside edge of L toe(R toe) LOD still down in tight SCP with sway twd LOD,-;
- SQQ 8 [Ronde Rec Slip] Ronde L CCW (CW) till well bk under the body staying down,-, rec bk L comm to rise (bk R comm to rise trng LF on R), small step bk R blending to CP pos lowering to end fcg DLC;

- 9 - 12 HALF DIAMOND (DRW);; TOP SPIN; FALLAWAY CHECKED;**
9 & 10 [Half Diamond] Fwd L DLC,-, trng LF sd & bk R, bk L DLW in BJO; Blending to CP bk R,-, sd & fwd L, Fwd R DRW in BJO;
QQQQ 11 [Top Spin] On toes trng LF on R small bk L COH, small bk R fce DLW, sd & fwd L DLC, fwd R DLC in BJO;
12 [Fallaway Chkd] Fwd L DLC blending to CP,-, trng LF Sd & bk R, bk L in SCP chkg fcg RLOD;
- 13 - 16 LEFT WHISK; UNWIND BJO; BACK HOVER SCP; THRU FACE CLOSE (BFLY);**
13 [L Whisk] Thru R RLOD,-, sd & fwd L stretching L sd looking rt body fcg DRC, wide XRIB (sd R trng LF, XLIB on toes fcg M head to left);
QQQQ 14 [Unwind 4 BJO] Trng RF over L heel & R toe release L on count 4 (Fwd R, L, R, L trng M) end BJO fcg LOD;
15 [Bk Hvr SCP] Bk L RLOD in BJO,-, sd & bk R trng to SCP, rec fwd L in SCP LOD;
16 [Thru Fce Close] Thru R,-, trng to fce ptr & WALL sd L, cl R to BFLY;

INTERLUDE

- 1 - 4 VINE 4; ROLL 3 (SQQ); WING; DOUBLE REVERSE (DLW);**
QQQQ 1 [Vine 4] In Bfly sd L LOD, XRIB, Sd L, XRIF;
2 [Roll 3] Repeat Meas 2 of INTRO;
3 [Wing SCAR] Thru R blending to SCP,-, draw L to R trng body LF,-(Fwd R curving LF around M trng head to L, fwd L) to SCAR fcg DLC;
SQ- 4 [Dble Rev] Fwd L DLC blending to CP ,-, trng LF sd R DC, cont trn on R tch L to R (bk R,-, trng LF (SQ&Q) cl L to R heel trn / fwd & sd R around M, XLIF of R) end CP fcg DLW;

PART C

- 1 - 6 WHISK; FEATHER; REV WAVE 3; CHECK & WEAVE;; CHANGE DIRECTION;**
1 [Whisk] Fwd L DLW,-, sd R, XLIB of R trng to SCP DLC;
2 [Feather] Thru R DLC,-, fwd L, R(trng LF on L sd & bk R, bk L) blending to BJO DLC;
3 [Rev Wave 3] Fwd L,-, trng LF sd & bk R DLW (heel trn), cont trn bk L CP fcg DRC;
SQQ 4 [Check & Weave] Bk R DLW in CP chkg,-, Fwd L DRC, trng LF sd & bk R DLC;
QQQQ 5 Bk L in BJO LOD, sd & bk R to CP, trng LF sd & fwd L DLW, Fwd R in BJO;
SS 6 [Chg of Direction] Fwd L DLW blending to CP,-, Fwd R trng LF in CP to fce DLC,-;
- 7 - 8 CONTRA CHECK & SWITCH; RIGHT LUNGE ROLL & SLIP;**
7 [Contra Chk & Switch] Lowering fwd L DLC,-, rec R, trng RF on R to fce LOD transfer wgt bk to L;
8 [Right Lunge Roll Slip] Fwd & sd R DLW lowering with R sway looking to R,-, trng body RF (trng head to R) closing head rec L rising, trng LF on L in CP small bk R in CP DLC;
- 9 - 12 OPEN TELEMARK; OPEN NATURAL; BK & DEVELOPE; CLOSED WING;**
9 [Open Telemark] Fwd L trng LF,-, sd R DLC(heel trn), cont trn fwd L in SCP DLW;
10 [Open Natural] Thru R DLW,-, trng RF sd & bk L (Fwd R), bk R DLW rt sd leading;
SS 11 [Bk & Dev] Bk L in BJO,-, pt R bk DLW (fwd R in BJO,-,raise L knee, & straighten leg horizontal),-;
SS 12 [Closed Wing] Fwd R in BJO DRC,-,draw L to R trng body slightly LF,- (sd R moving in front of M, (SQQ) fwd L to SCAR head well to L);
- 13 - 16 OPEN TELEMARK; PROMENADE WEAVE;; HOVER SCP;**
13 [Op T/Mark] Fwd L RLOD in SCAR trng LF,-, sd & fwd R (heel trn) trng to SCP, fwd L DLC;
SQQ 14 [Prom Weave] Thru R,-, fwd L (trng LF on L sd & slightly bk R), trng LF sd & bk DLC (sd & fwd L);
QQQQ15 Bk L in BJO LOD, bk R to CP, trng LF sd & fwd L DLW (W trng LF on L sd & bk R), fwd R in BJO;
16 [Hover SCP] Blending to CP fwd L DLW,-,sd R, rec fwd L to SCP DLC;

ENDING

- 1 - 4 **VINE 4; ROLL 3; SLOW CHAIR RECOVER; SLOW RIGHT LUNGE & EXTEND;;**
 QQQQ 1 [Vine 4] In Bfly sd L LOD, XRIB (XLIB), sd L, XRIF (XLIF);
 2 [Roll 3] Repeat Meas 2 of INTRO;
 SS 3 [Chair Rec] Blending to SCP thru R lowering,-, rec L trng to fce ptr & WALL.-;
 4 [R Lunge & Extend] Fwd R DRW Lowering both looking DRW bringing Lady's R hand to Man's waist and extend L arms DLC (DRW) in a diag line ,-,,-;

HEAD CUES**PART A (MOD)**

- 1 - 4 **BFLY WALL; ROLL 3; NATURAL HOVER CROSS;;**
 5 - 8 **FULL REVERSE TURN;; 3 STEP; 1/2 NAT;**
 9 - 12 **OPEN IMPETUS; BIG TOP(RLOD); TURNING HOVER SCP (DLC); FEATHER;**
 13 - 16 **CURVE 3 STEP; BK TRN OVERSWAY; BK HOVER SCP; FEATHER DLW;**

PART B

- 1 - 4 **REVERSE WAVE;; RIGHT CHASSE PIVOT; BACK FEATHER;**
 5 - 8 **FEATHER FIN; HOVER SCP; WHIPLASH; RONDE REC SLIP;**
 9 - 12 **HALF DIAMOND (DRW);; TOP SPIN; FALLAWAY CHECK;**
 13 - 16 **LEFT WHISK; UNWIND BJO; BACK HOVER SCP; THRU FACE CLOSE (BFLY);**

INTERLUDE

- 1 - 4 **VINE 4; ROLL 3 (SQQ); WING; DOUBLE REVERSE (DLW);**

PART C

- 1 - 6 **WHISK; FEATHER; REV WAVE 3; CHECK & WEAVE;; CHANGE DIRECTION;**
 7 - 8 **CONTRA CHECK & SWITCH; RIGHT LUNGE ROLL & SLIP;**
 9 - 12 **OPEN TELEMARK; OPEN NATURAL; BK & DEVELOPE; CLOSED WING;**
 13 - 16 **OPEN TELEMARK; PROMENADE WEAVE;; HOVER SCP;**

PART A

- 1 - 4 **FEATHER; OPEN TELEMARK; NATURAL HOVER CROSS;;**
 5 - 8 **FULL REVERSE TURN;; 3 STEP; 1/2 NAT;**
 9 - 12 **OPEN IMPETUS; BIG TOP(RLOD); TURNING HOVER SCP (DLC); FEATHER;**
 13 - 16 **CURVE 3 STEP; BK TRN OVERSWAY; BK HOVER SCP; FEATHER DLW;**

PART B

- 1 - 4 **REVERSE WAVE;; RIGHT CHASSE PIVOT; BACK FEATHER;**
 5 - 8 **FEATHER FIN; HOVER SCP; WHIPLASH; RONDE REC SLIP;**
 9 - 12 **HALF DIAMOND (DRW);; TOP SPIN; FALLAWAY CHECK;**
 13 - 16 **LEFT WHISK; UNWIND BJO; BACK HOVER SCP; THRU FACE CLOSE (BFLY);**

ENDING

- 1 - 4 **VINE 4; ROLL 3; SLOW CHAIR RECOVER; RIGHT LUNGE & EXTEND;;**