

IT ALL DEPENDS ON YOU

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Record: WB- 198 Available from Palomino (For Educational Use Only) PHASE VI Foxtrot

Sequence : INTRO - A - B - C - B MOD - END

SPEED - Slow For Comfort

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses)

Timing: Standard Foxtrot SQQ unless noted

(Rel. 2/98)

INTRO

Meas:

1-2 WRAP POS FC DLW M'S R W'S L FT FREE & XIB WAIT 1 MS; RAISE ARMS; WOMAN UNWIND; W SPIRAL & ROLL TO LUNGE;

S--- 1-2 Wrap pos fc DLW M's R(W's L) ft free & XIB of L (W's R) wait 1 ms; Slowly raise arms above W head;

S--- 3-4 Man hold W unwind LF & spiral LF on R to fc wall release M's R W's L hd ; Hold, - , sd R(W cont LF trn fwd L (QQS) LOD, sd R, sd L) to lunge LOP both fc wall, - ;

PART A

1-4 LOP/WALL ROLL X; OP/WALL ROLL X; W ROLL TO SCP/DLC; STEP KICKS TWICE;;

QQS 1-2 [both roll x] LOP/WALL Trn LF roll full trn L, R, L (W trn RF R, L, R) W passes in front to OP(lunge) both fc

QQS wall, - ; [both roll x] OP/WALL Trn RF roll full trn R, L, R (W trn LF L, R, L) W passes in front to LOP(lunge) both fc wall, - ;

QQQQ 3-4 [w roll prom] M hold (W trn RF R, L, R, -) to SCP/DLC; [step kicks] both L ft free Step fwd L, Kick R, Step fwd R, Kick L SCP/DLC;

5-8 TELESIP TO CONTRA CHECK REC HIGHLINE & SLIP;; ZIG ZAG TO CONTINUOUS BK FEATHER SCAR/DRW;;

SSSQ 5-6 [teleslip *] SCP/DLC both with L ft free comm LF upper body turn leading W to turn LF fwd L, cont LF turn spin on ball of L ft, cont spin to fc DRW slip R behind L, [contra chk highln & slip] Flex R knee fwd L slight LF trn with (QQSQQQ) X thighs R shoulder lead (W comm LF upper body trn fwd L, sd & fwd R arnd M, cont LF trn on toe slip fwd L, flex L knee bk R look well to L) CP/DRW; Hold, comm RF upper body trn rec bk on ball of R ft, cont RF upper body trn sd L with R side stretch to highline looking well to left, comm LF upper body turn slip R behind L (W hold, trng RF rec fwd L, cont turn sd R to highline, comm LF trn fwd R between M's feet) to CP/LOD;

QQQQ 7-8 [zig zag 2 & cont bk fea] Comm LF upper body trn fwd L, cont trn sd & bk R BJO/DRC, bk L well under body, bk R; bk L comm upper body trn LF, bk R passing through CP blend to SCAR/DRW, bk L, check bk on R toe (W QQQQ Comm LF upper body trn bk R, cont trn sd & fwd L BJO/DLW, fwd R, fwd L; Fwd R, L, R, check fwd on L) SCAR/DRW;

9-12 SCAR/DRW CROSS SWIVEL TWICE CL; SYNCO FEATHER FINISH; 3 STEP; CURV FEATHER CHK;

QQ&QQ 9-10 [x swivel twice cl] Fwd L swvl LF to BJO/DLW, - , Fwd R swvl RF SCAR/DRW, cl L to R (W bk R swivel LF, - , bk L swvl RF, cl R to L); [synco fea fin] Bk R, bk L, /bk R comm LF trn, sd & fwd L cont trn, fwd R (W Fwd L , fwd R/fwd L comm LF trn, sd & bk R, bk L) BJO/DLW;

11-12 [3 step] Fwd L, - , fwd R, fwd L; [curv fea] Fwd R comm RF trn, - , cont trn sd L, fwd R BJO/DRW;

13-16 OUTSIDE SWIVEL SLIP CP/DRW; FEATHER FINISH; HVR TELE; PV TO RT HINGE COH;

13-14 [outsd swvl slip] Comm RF upper body trn Rec bk L, - , comm LF upper body trn rec R, cont trn slip L in ft of R(W fwd R swivel RF, - , thru L swvl LF with slight body rise to CP, slip R in bk of L) CP/DRW; [fea fin] bk R, - , comm LF trn sd & fwd L, cont trn fwd R BJO/DLW;

QQS 15-16 [hvr tele] Fwd L, - , fwd R with hovering action trn slightly RF trn W to SCP, sd & fwd L (W bk R, - , bk L with hovering action trn RF, fwd R) end SCP/DLW; [pv to rt hinge] Fwd R comm RF trn, sd L cont trn to COH, sd R (QQ&S) with lunge action (W fwd L comm RF trn, cont trn fwd R between M's feet, sd L/XRIB of L to R hinge line), - ;

PART B

1-4 SYNCO REV PIVOT CP/DLC; TRN L TO RT CHASSE BJO/DRC;WEAVE END; SYNCO CURV FEATHER BJO/DRW;

S&QQ 1-2 [synco rev pvt]COH hold, -, comm LF upper body trn w/o wgt chg & lead W to rec/sd & fwd L cont LF trn, cont trn sd R (W hold, -, rec L comm LF trn/sd & bk R cont trn, cl L cont trn) completing 7/8 trn to CP/ DLC;

S&QQ [rt chasse] CP/DLC Fwd L comm LF trn, -, sd R/cl L, sd R BJO/DRC;

QQQQ 3- 4 [weave end] Bk L, bk R trng LF to CP, sd & fwd L, fwd R (W fwd R, fwd L trng LF, sd & bk R, bk L)B JO/DLW;

SQ&Q [synco curve fea] Fwd L, -, fwd R comm RF trn/cont RF trn fwd L, fwd R BJO/DRW;

5-8 BK FEATHER; FEATHER FINISH; X POINT TWICE SCAR/DLW; X POINT & CHECK BJO/DLC;

5-6 [bk fea] Bk L, -, bk R, bk L; [fea fin] Bk R blend CP, -, comm LF trn sd & fwd L, fwd R BJO/DLW;

QQQQ 7-8 [x pts] BJO/DLW XLIF of R(W XRIB), swvl LF fc DLC pt R(L), XRIF of L(W XLIB), swvl RF pt L SCAR/DLW

QQS (R);[x pt & check]SCAR/DLW XLIF of R(W XRIB), swvl LF fc DLC pt R (L), ck fwd R(W ck bk L) BJO/DLC, - ;

9-12 MOD FISHTAIL FEATHER END BJO/DLC; REV WAVE CP/RLOD;; BK FEATHER BJO/RLOD;

QQQQ 9-10 [mod fishtail fea end] XLIB (W XRIF) of R, sd & fwd R, fwd L, fwd R BJO/DLC; [rev wave] Fwd L, -, comm LF trn sd & bk R, bk L;

11-12 [fin rev wave] Curve LF bk R, -, Bk L, bk R CP/RLOD; [bk fea] Bk L, -, bk R, bk L BJO/RLOD;

13-16 BK X POINT TWICE; X POINT & CHECK; MOD FISHTAIL FEATHER END; FEA FIN;

QQQQ 13-14 [bk x pts] XRIB of L (W XLIF), swvl LF fc BJO/DRW pt L (R), XLIB of R (W XRIF) swvl RF fc SCAR/DRC, pt R (L) [x pt chk] XRIB of L (W XLIF), swvl LF fc BJO/DRW pt L (R), chk bk L (W ck fwd R) , - ;

QQQQ 15-16 [mod fishtail fea end] XRIF of L(W XLIB), sd & bk L, bk R, bk L ; [fea fin] Bk R blend CP, -, comm LF trn sd & fwd L, fwd R BJO/DLW;

PART C

1-4 HVR FEATHER; OP NAT'L; BK TIPPLE CHASSE PVT; OP IMP SCP/DLC;

1-2 [hvr fea] Blend to CP fwd L, -, fwd R outsd ptr comm slight RF upper body trn, sd & fwd L (W bk R, -, comm RF upper body trn bk L, sd & bk R) BJO/DLW; [op nat'l] Comm RF upper body trn Fwd R, -, sd L cont RF trn, bk R (W comm RF upper body trn Bk L, cont RF trn cl R to L, fwd L) BJO/RLOD;

SQ&Q 3-4 [tipple chasse pvt] Comm RF trn Bk L, -, cont RF trn sd R/cl L, cont RF trn fwd R pivot(W fwd R trn RF, -, cont RF trn sd L/cl R, cont RF trn bk L pivot) CP/RLOD; [op imp] Comm RF trn bk L bring R to L no wgt begin RF heel trn, -,chg wgt to R cont trn, fwd & sd L (W fwd R comm RF trn 1/2, -, sd & fwd L arnd ptrn cont trn, fwd & sd)SCP/DLC;

5-8 PROM WEAVE;; SYNCO CURVE 3; CONTRA CHECK REC SWITCH CP/DLC;

5-6 [prom weave] Fwd R, -, fwd L trng LF to CP, sd & bk R (W fwd L, -, sd & bk R trng LF to CP, cont trn sd & fwd L); Bk L, bk R trng LF to CP, sd & fwd L, fwd R (W fwd R, fwd L trng LF, sd & bk R, bk L) BJO/DLW;

SQ&Q 7-8 [synco curv 3] Comm LF upper body turn fwd L, -, curve LF fwd R/cont curve LF fwd L on toes, fwd R (W bk R curve LF, -, continue curve LF bk L/ bk R, bk L) CP/DRW;[contra chk switch]Comm LF upper body turn flexing knees check fwd L, -, rec R comm RF upper body turn, cont RF turn back L (W comm LF upper body turn flexing knees bk R looking well to the L, -, rec L comm RF turn, cont RF trn fwd R between M's feet) CP/DLC;

9-12 CHECK NAT'L & SLIP; TWIST VINE 8;; SYNCO HVR FEATHER;

9-10 [chk nat'l & slip] CP/DCL Fwd R, -, check fwd L on toe turning RF with L side stretch, turning LF rec bk to ball of R foot with slipping action (W bk L, -, cl R to L on toes turning RF turning LF slip L fwd) to end CP/DLC;

QQQQ [twist vn 8] Comm LF upper body trn fwd L, cont LF trn sd & bk R to BJO/DCR, bk L well under body, comm RF turn sd & fwd R to SCAR/DLC;

QQQQ 11-12 [cont twist vn] fwd L comm LF trn, cont LF trn sd & bk R to BJO/DCR, bk L well under body, comm RF trns sd & fwd R to SCAR/DLC; [sync hvr fea] Fwd L comm RF upper body turn, -, cont RF turn passing through CP to BJO fwd R, fwd L on toe, fwd R on toe BJO/DLC;

13-16 REV FALL SLIP; DBL REV SPIN; OP TELE; SLOW SD LK;

- SQ&Q 13-14 [rev fall slip] Fwd L,-, comm LF trn Sd/ R cont trn bk L, cont trn slip R in bk of L (W bk R, - , bk L/XRIB well under body, trn LF on R & slip L fwd) to CP/DLC; [dbl rev]Fwd L trn LF, - , fwd & sd R trn LF, spin LF on R tch L to R (W bk R comm trn LF on R,-, heel transfer wgt to L/fwd & sd R trn LF cont trn, XLIF of R) to CP/DLW;
- (SQ&Q) 15-16 [op tele] Fwd L, - , comm LF trn sd & bk R, cont LF trn sd & fwd (W bk R, - , comm LF trn bring L beside R no wgt trn LF on R (heel trn) chg wgt to L, sd & fwd R) SCP; [sl sd lk] Comm LF upper body trn Fwd R, - , cont trn sd & fwd L, XRIB of L cont trn (W fwd L comm LF trn, - , sd & fwd L cont LF trn, XLIF of R) to CP/DLC;

MOD PART B

1-4 TRN L TO RT CHASSE; WEAWE END; SYNCO CURV FEATHER; BK FEATHER;

1-4 Repeat meas. 2 thru 5 Part B;;;;

5-8 FEATHER FINISH; HVR BJO; X PTS TWICE; W TRN TRANS TO SKATERS L FT FREE FOR BOTH;

5-6 [fea fin] Repeat meas 6 part B; [hvr bjo] Fwd L, -, fwd & sd with hover action and slight LF upper body trn , sd & fwd L (W bk R, - , bk & sd L with hover action, sd & bk R) BJO/DLC;

7-8 [fwd pt x pt] XRIF of L , pt L SCAR/DLW, XLIF of R, pt R (W XLIB of R , pt R SCAR/DRC, XRIB of L, pt L) BJO/DLC; [trans skaters]Fwd R, -, fwd L, fwd R (W bk L comm RF trn, - , cont trn sd & fwd R, tch L to R) both with L ft free SKTRS LOD;

END

1-4 STEP KICKS 4 TIMES;; OP RUNNING RT TURN DRW; W SPIN OUT TO FC BFLY SCAR/DLW

QQQQ 1-2 [step kicks]SKATERS/LOD both L ft free prog LOD Step fwd L, kick R, step fwd R, kick L; Step fwd L, kick R, step fwd R, kick L;

QQQQ 3-4 [op running Rt trn] Fwd L comm RF trn, cont trn fwd R, sd & bk L, bk R DRW; [w spin out] Bk L turn RF, cont trn sd & fwd R, fwd L, fwd R (W bk L trn RF, cont trn sd & fwd R, cont trn sd & L/cont trn sd & fwd R, bk L) now on opposite footwork BFLY SCAR/DLW;

5-8 X HOVER TWICE;; FWD CK W DEVELOPE; OUTSD CHECK;

5-6 [x hvr twice]BFLYI/SCAR XLIF (W XRIB) of R, - , comm LF trn sd R with hover action, fwd L BJO/DLC; XRIF (W XLIB) of L, - , comm RF trn sd L with hover action, fwd R BFLY SCAR/DLW;

S--- 7-8 [ck developpe] Fwd L checking lead W to developpe, - , - , - (W bk R, raise L along outside of R leg pt toe down, extend & kick L up & out); [outsd chk] Bk R trn LF, sd & fwd L cont trn, fwd R (W Fwd R, trn LF sd & bk R, bk L) BJO/DRC, - ;

9-12 TWIST VINE 8 TO BJO;; OP IMP SCP/DLC; CHASSE SCP;

QQQQ 9-10 [twist vn 8]BJO/DCR Bk L, trn RF sd & fwd R SCAR/DLC, fwd L trn LF, sd & bk R BJO/DRC; bk L, trn RF sd & fwd R SCAR/DLC, fwd L trn LF BJO/DRC, sd & bk R BJO/DCR;

SQ&Q 11-12 [op imp] Comm RF trn bk L, - , cont trn heel trn on L cl R, fwd L (W comm RF trn fwd R, - , fwd & sd L arnd M, fwd R) SCP/DLC; [chasse] Thru R, -, sd L/cl R, sd & fwd L SCP/DLC;

13-14 SL SD LOCK; REV PVT TO THROWAWAY;

QQS 13-14 [sd lk] Fwd R, - , sd & fwd L, XRIB of L trn slight LF (W fwd L comm LF trn, -, sd & fwd L cont LF trn, XLIF of R) CP/DLC; [rev pvt throwaway] Fwd L comm LF trn , cont trn sd & bk R , cont LF trn sd L fc Wall relax knee cont LF upper body trn extend R (W bk R comm LF trn, cont trn sd & fwd L, cont trn sd R swivel LF on R, draw L past R & extend L bk well under body no wgt) extend as music fades;