

SLOW BOAT FOXTROT

Choreography: Jim and Adele Chico
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RECORD: STAR-134A; TITLE: All To Myself. (Flip Wheels)

44 rpms

FOOTWORK: OPPOSITE. Directions for man unless otherwise indicated.

ROUNDALAB PHASE: IV

RHYTHM: FOX TROT

SEQUENCE: INTRO A B A B₍₁₋₁₅₎ END

INTRO (cp lod):

(1 - 4) 2 MEAS WT;; SD TCH L & R; DIP BK & REC; (cp lod)

In CP fcg LOD Wt 2 Meas;; Sd L, Tch R to L, Sd R, Tch L to R; BK L lowrg relx knee,-, Rec R risng straightn knee,-;

A (cp lod):

(1 - 4) REVERSE TURN;; HVR TELMK; OP NAT;

Fwd L comm LF trn (W Bk R hl trn),-, Fwd & Sd R (W Cls L) cont trn, Bk L to CP RLOD; Bk R comm LF trn,-, Sd & Fwd L to CP Wll, XRif (W XLib) to CBJO DLW; Fwd L,-, Fwd & Sd R risng wth upper bdy trn to R, Fwd L to SCP DLW; Fwd R comm RF trn,-, Fwd & Sd L, Bk R to CBJO RLOD;

(5 - 8) IMP SCP; PROMENADE WEAVE;; CHANGE DIR;

Bk L comm RF hl trn,-, Cls R (W Sd & Fwd L arnd M brsh R to L) cont trn, Fwd L to SCP; Fwd R (W Fwd L comm LF trn ifoM),-, Fwd L comm LF trn, Fwd & Sd R cont trn; XLib (W XRif) to CBJO, Bk R cont trn, Sd & Fwd L to CP Wll, XRif (W XLib) to CBJO DLW; Fwd L,-, Fwd R comm LF trn, Drw L to R to CP DLC;

(9 -12) TELMK SCP; IN & OUT RUNS;; FETH;

Fwd L comm LF trn,-, Fwd & Sd R cont trn arnd W (W Cls L), Sd & Fwd L to SCP; Fwd R comm RF trn,-, Fwd & Sd L (W Fwd R betw M's feet) cont trn, Bk R to CBJO RLOD; Bk L trn RF,-, Sd & Fwd R (W Sd & Fwd L arnd M) betw W's feet cont trn, Fwd L to SCP; Fwd R (W Fwd L comm LF trn),-, Fwd L (W cont trn Sd & Bk R), XRif (W XLib) to CBJO DLC;

(13-16) DIAMOND TRN 1/2;; QK DIAM 4; DIP BK & REC;

Fwd L trn LF to fc DLC,-, Sd R cont trn, XLib (W XRif) to CBJO fcg DCR; Bk R cont trn,-, Sd L, XRif (W XLib) to CBJO fcg DRW; Fwd L comm LF trn, Fwd & Sd R cont trn, Bk L, Bk R blind to CP DRW; BK L lowrg relx knee,-, Rec R risng straightn knee,-;

B (cp dlw):

(1 - 4) REVERSE WAVE;; BK FEATHER; HVR CORTE;

Fwd L comm LF trn (W Bk R hl trn),-, Fwd & Sd R (W Cls L) cont trn, Bk L to CP DRC; Bk R comm LF trn,-, Bk L cont trn, Bk R to CP RLOD; Bk L,-, Bk R to CBJO, Bk L; Bk R lowrg comm LF trn,-, Fwd & Sd L risng to CBJO cont trn, Rec R lowrg to CBJO DLW;

(5 - 8) OUTSIDE SWVLS-TWICE; QK FEATHER FIN; TELMK SCP; WING;

Bk L (W Fwd R), Drw R ifo L (W Swvl RF) to SCP, Fwd R (W Fwd L), Drw L to R (W Swvl LF) to CBJO DLW; Bk L, Bk R comm LF trn, Sd & Fwd L cont trn, XRif (W XLib) to CBJO DLC; Fwd L comm LF trn,-, Fwd & Sd R cont trn arnd W (W Cls L), Sd & Fwd L to SCP DLW; Fwd R comm LF upper bdy rotatn (W Fwd L comm LF trn arnd M),-, Drw L to R (W Fwd R cont trn), Tch L to R (W Fwd L cont trn) to SCAR DLW;

(9 -12) CRS HVR BJO; CRS HVR SCAR; CRS HVR SCP; 1/2 NAT TRN;

XLif (W XRib),-, Fwd & Sd R risng blind to CP, Rec L lowrg to CBJO DLC; XRif (W XLib),-, Fwd & Sd L risng blind to CP, Rec R lowrg to SCAR DLW; XLif (W XRib),-, Fwd & Sd R risng blind to CP, Rec L lowrg to SCP; Fwd R comm RF trn,-, Fwd & Sd L cont trn, Bk R to CP RLOD;

(13-16) CLSD IMP; FETH FIN; QK DIAM 4;* HESN CHG;

Bk L comm RF hl trn,-, Cls R cont trn, Bk L cont trn to fc DLW; Bk R comm LF trn,-, Sd L cont trn, XRif (W XLib) to CBJO DLC; Fwd L comm LF trn, Fwd & Sd R cont trn, Bk L, Bk R blind to CP DRC; Bk L comm RF trn,-, Sd R cont trn, Drw L to R to CP DLC;

END (cp drc):

(1 - 1) DIP BK!

Relx L knee Bk L,,;