

## SPRINGTIME FOXTROT

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Music: "Younger Than Springtime" by Ross Mitchell, Rainbow Connection CD, Track #13 Time: 2:34  
Rhythm & Phase: Foxtrot Phase 5+1 (Traveling Hover Cross) Seg: Intro, A, B, End March 2005



### INTRO

#### 1-4 LOP FCG DLW WAIT 2;-; TOG TCH; FEATHER FNSH DLC;

1-4 In LOP FCG DLW lead hands joined wait 2;; step tog L to CP,-, tch R,-; bk R,-, sd L trng DLC, fwd R to BJO;

### PART A

#### 1-4 REV TURNS;-; WHISK; WING;

1-2 Blind to CP DLC fwd L commence LF trn, -, sd R cont trn (*W heel trn*), bk L CP RLOD; bk R trng LF trn, -, sd and fwd L, fwd R to CBJO DLW;  
3 Fwd L blind CP,-, sd and fwd R rising, XLIB blind SCP DLC;  
4 Fwd R,-, draw L to R with LF upper body rotation, tch L (*W fwd L,-, R, L moving LF around M to end SCAR*);

#### 5-8 OPN REV-CHK & WEAVE DLW;-;-; HVR TELEM RK;

5 Fwd L trng LF, -, sd R twd LOD, bk L to BJO fcg DRC;  
6 Blind CP slip R bk under body with back contra check action head to right,-, fwd L head to left trng LF, sd and bk R start LF trn right sd stretch;  
7 QQQQ Bk L with rt sd stretch continue LF turn, bk R to CP, sd and fwd L left sd stretch turn LF, fwd R with left sd stretch CBJO DLW;  
8 Blend to CP fwd L,-, sd and fwd R rise on ball of foot trng RF, fwd L SCP DLW;

#### 9-12 IN/OUT RUNS 2X;-;-;

9-10 SCP DLW fwd R trn RF,-, sd and bk L to CP RLOD, bk R CBJO DRC (*W fwd L,-, fwd R, fwd L*); Bk L trng RF,-, sd and fwd R between W's feet cont trn, fwd L to SCP LOD;  
11-12 Repeat to SCP DLC::

#### 13-16 SCP CHASSE DLW; NAT FALLAWAY WEAVE;-; DBL REV SPIN;

13 SQ&Q SCP DLC thru R, -, sd L/clis R, sd L trng slightly RF to end DLW;  
14 Thru R trng RF,-, sd L twd Wall rising trng RF, bk R to end SCP DRW (*W fwd L,-, fwd R btwn M's feet, bk L*);  
15 QQQQ Bk L, bk R trng LF passing thru CP, sd and fwd L twd DLW blind BJO, fwd R DLW BJO (*W bk R, bk L trng LF to BJO, sd and bk R, bk L*);  
16 (SQ&Q) Blend to CP fwd L trng LF, -, sd and fwd R cont spin LF,- (*W bk R draw L to R, -, trn LF on R heel transfer weight to L/fwd R trn LF, cont trn XLIFR*) DLW;

#### 17-20 REV WAVE;-; BK FEATH; FEATH FNSH;

17-18 In CP fwd L trng LF, -, sd R twd LOD (*W heel turn*), bk L; bk R twd DLW curving LF, -, bk L twd LOD, bk R;  
19 Bk L, -, bk R with strong right shoulder lead, bk L twd LOD BJO;  
20 Bk R, -, trng LF sd and fwd L twd DLW, fwd R to BJO DLW;

#### 21-24 HVR TELEM RK; TRVLNG HVR CROSS;-; CHG OF DIR;

21 Blend to CP fwd L,-, sd and fwd R rise on ball of foot trng RF, fwd L SCP DLW;  
22 Fwd R trn RF,-, sd L cont trng, sd and fwd R LOD to end SCAR DLC (*W fwd L,-, fwd R btwn M's feet trng ½ RF, sd and bk L*);  
23 QQQQ Fwd L in SCAR, sd and fwd R blind CP, fwd L to BJO, fwd R to end BJO DLW;  
24 CP DLW fwd L,-, fwd R trng LF, draw L to R to fce DLC;

#### 25-28 CURVING 3 STP; BK CURVING 3 STP; 3 STP; OPN NAT;

25 Fwd L curving slightly LF,-, fwd R cont curving with slight rise, fwd L crossing well under body to end DRC;  
26 Bk R curving slightly LF,-, bk L passing well under body, bk R cont curving to end DLW;  
27 Fwd L,-, fwd R, fwd L;  
28 Fwd R across W, -, sd L twd Wall, bk R with right shoulder lead to BJO (*W bk L, -, clis R heel turn, fwd L outside M to BJO*);

#### 29-32 OUTSIDE SPIN; RT TRNG LK; SYNC WHISK; THRU TO SYNC VINE BJO;

29 Small bk L toe in trng strongly RF,-, fwd R LOD outside W cont trng RF, bk L to end fcg RLOD, (*W fwd R outsd ptrn trng RF,-, clis L cont trng, fwd R*);  
30 Q&QS Bk R trng RF/XLIF cont trng RF, sd and fwd R btwn W's feet, fwd L to SCP,-;  
31 SQ&Q Thru R,-, turn lft hip twd ptrn clis L to CP DLW/sd R rt sd stretch, XLIB SCP DLC;  
32 SQ&Q Thru R,-, sd L/XRIB, sd L to BJO DLW;

**PART B**

**1-4 OPN NAT; SLOW OUTSD SWVL; CRS PVT SCAR; CRS HVR SCP DRW;**

- 1 Fwd R across W, -, sd L twd Wall, bk R with right shoulder lead to BJO (*W bk L, -, cls R heel turn, fwd L outside M to BJO*);
- 2 Bk L, -, leave R extended twd RLOD, - (*W fwd R, -, swvl RF on R to SCP, -*);
- 3 Fwd R trn RF, -, sd L cont trng, sd and fwd R to SCAR DRW (*W fwd L, -, fwd R btwn M's feet trng ½ RF, sd and bk L*);
- 4 Fwd L, -, sd and fwd R rising, rec L to SCP DRW;

**5-8 QK OPN REVERSE DLW; FEATH FNSH DLC; HOVER TELMRK DLC; SLOW SD LK CP DLC;**

- 5 SQ&Q Fwd R, -, fwd L trng LF to CP/sd and bk R, sd and bk L to CBJO;
- 6 Bk L CBJO, -, sd R, sd and fwd L, fwd R to CBJO DLC;
- 7 Fwd L blend CP, -, sd and fwd R rising trng RF, rec L to SCP DLC;
- 8 Thru R, -, sd and fwd L to CP LOD, XRIB trng slightly LF to CP DLC;

**9-12 DIAM TURNS;-;-;**

- 9-10 CBJO DLC fwd L trng on diag, -, sd R cont trng LF, bk L to CBJO; stay in CBJO bk R trng LF, -, sd L, fwd R;
- 11-12 CBJO DRW fwd L trng on diag, -, sd R cont trng LF, bk L to CBJO; bk R trng LF, -, sd L, fwd R CBJO DLC;

**13-16 CLSD TELEMTRK BJO; NAT WEAVE;-; DBL REV SPIN;**

- 13 Fwd L outside ptrn trng LF, -, sd R around W (*W heel trn*) to BJO DLW, fwd L;
- 14 Fwd R trng RF, -, sd and fwd L twd Wall, bk L (*W bk L trng RF, -, cls R heel turn, sd and fwd L to BJO*);
- 15 QQQQ Bk L with rt sd stretch continue LF turn, bk R to CP, sd and fwd L left sd stretch turn LF, fwd R with left sd stretch CBJO DLW;
- 16 (SQ&Q) Blend to CP fwd L trng LF, -, sd and fwd R cont spin LF, - (*W bk R draw L to R, -, trn LF on R heel transfer weight to L/fwd R trn LF, cont trn XLIFR*) DLW;

**END**

**1-4 REV WAVE;-; BK FEATH; FEATH FNSH;**

- 1-2 In CP fwd L trng LF, -, sd R twd LOD (*W heel turn*), bk L; bk R twd DLW curving LF, -, bk L twd LOD, bk R;
- 3 Bk L, -, bk R with strong ride shoulder lead, bk L twd LOD BJO;
- 4 Bk R, -, trng LF sd and fwd L twd DLW, fwd R to BJO DLW;

**5-8 HVR TELEMTRK; TRVLNG HVR CROSS;-; CHG OF DIR;**

- 5 Blend to CP fwd L, -, sd and fwd R rise on ball of foot trng LF, fwd L SCP DLW;
- 6 Fwd R trn RF, -, sd L cont trng, sd and fwd R SCAR DLC (*W fwd L, -, fwd R btwn M's feet trng ½ RF, sd and bk L*);
- 7 QQQQ Fwd L, sd and fwd R blnd CP, fwd L to BJO, fwd R to end BJO DLC;
- 8 CP DLW fwd L, -, fwd R trng LF, draw L to R to fce DLC;

**9-12 REV TURNS;-; WHISK; WING;**

- 9-10 Blind to CP DLC fwd L commence LF trn, -, sd R cont trn (*W heel trn*), bk L CP RLOD; Bk R trng LF trn, -, sd and fwd L, fwd R to CBJO DLW;
- 11 Fwd L blnd CP, -, sd and fwd R rising, XLIB blnd SCP DLC;
- 12 Fwd R, -, draw L to R with Lf upper body rotation, tch L (*W fwd L, -, R, L moving LF around M to end SCAR*);

**13-16 OPN REV-CHK & WEAVE;-;-; FWD RT LUNGE;**

- 13 Fwd L trng LF, -, sd R twd LOD, bk L to BJO fcg DRC;
- 14 Slip R bk under body with contra check action, -, fwd L trng LF, sd and bk R start LF trn right sd stretch;
- 15 QQQQ Bk L with rt sd stretch continue LF turn, bk R to CP, sd and fwd L left sd stretch turn LF, fwd R with left sd stretch CBJO DLW;
- 16 Lower on L step fwd blnd CP, -, fwd R with right sd lead lowering look at ptrn, slight LF rotation;