

MORE FOXTROT

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Cuesheet by: Michael Schmidt, Lebensbaumweg 21, 50767 Köln, Germany
Record: CD, Nat King Cole, i.e. 20 Greatest Love Songs, 2002
Rhythm & Phase: SF V
Sequence: INTRO - DANCE – END

INTRO

1 - 4 (LOP DLW) WAIT 2;; STEP TOG. TOUCH; FEATHER FINISH;

1-2 LOP DLW wait 2 measures;;

3-4 Fwd L, tch R to L to CP/DLW; Bk R, sd & fwd L, fwd R DLC outsd ptr;

DANCE

1 - 4 REVERSE TURN;; THREE STEP; HALF NATURAL TURN;

1-2 Fwd L DLC trn LF,-, sd & arnd R cont LF trn [W: heel trn], bk L complete 3/8 LF trn; Bk R DLC cont LF trn,-, sd & fwd L cont LF trn to DLW, fwd R outsd ptr;

3-4 Blend to CP fwd L,-, fwd R, fwd L; Fwd R comm RF trn if of W,-, sd & arnd L [W: heel trn], bk R;

5 - 8 CLOSED IMPETUS; FEATHER FINISH; TELEMARK; FEATHER;

5-6 Bk L, -, cl R (heel trn) trn RF, bk L twd DRC [W(5): Fwd R, -, sd & arnd L, fwd R]; Rep actions measure 4 INTRO;

7-8 Blend to CP fwd L and comm LF trn, fwd and arnd R compl 3/4 LF trn, fwd L to SCP/DLW; [W(7): bk R comm LF trn, cl L to R compl 3/4 LF trn on heels, fwd R twd DLW in SCP;] Fwd R DLW [W: comm LF trn twds Man],-, fwd L DLW [W: sd & bk R cont LF trn], fwd R outsd ptr to CBJO fcg DLW;

9 - 12 HOVER TELEMARK; OPEN NAT; IMPETUS; FEATHER;

9-10 Fwd L, -, sd & fwd R trn RF to SCP, fwd L in SCP/DLW; Fwd R comm RF trn if of W,-, sd & arnd L, bk R with strong rgt sd ld prep outsd step for W; [W(9-10): Bk R, -, sd & bk L trn RF to SCP, fwd R to SCP; Fwd L, -, fwd R, fwd L;]

11-12 Bk L, -, cl R (heel trn) trn RF, fwd L in SCP twd DLC [W(11): Fwd R outsd ptr, -, sd & arnd L, fwd R in SCP DLC]; Rep actions meas 8 of DANCE starting DLC ending CBJO/DLC;

13 - 16 REV TRN 3; CHECK BK & WEAWE;; CHANGE OF DIR;

13-14 Fwd L DLC trn LF,-, sd & arnd R cont LF trn [W: heel trn], bk L complete 3/8 LF trn;

sqq:sqq: (COMMENCE CHECK & WEAWE) Check bk R to LOD,-, rec fwd L comm LF trn, sd & bk R cont LF trn;

15-16 (FINISH CHECK & WEAWE) Bk L DLC to CBJO, bk R cont LF trn, sd & fwd L to DLC, fwd R outsd ptr to CBJO

qqqq:ss: fcg DLW; Fwd L DLW trn LF,-, sd R DLW, draw L to R with no weight blend to CP fcg DLC;

17 - 20 REV FALLAWAY & SLIP; CURVING THREE; BK THREE STEP; BK FEATHER;

17-18 Fwd L trn LF, -, sd & bk R, XLIB of R in falwy fcg RLOD / bk R & sd twd COH trn LF to CP LOD (SQQ&:) [W: Fwd L slip LF into M to CP bkg LOD]; Fwd L DLC curve LF,-, fwd R cont LF curve, fwd R rotate body LF cross thighs strongly to CP fcg RLOD;

19-20 Bk R,-, bk L, bk R; Bk L,-, bk R, bk L [W outside ptr fwd R];

21 - 24 FATHER FINISH; THREE STEP; NATURAL WEAVE;;

21-22 Rep actions meas 4 of INTRO and meas 3 of DANCE;;

23-24 Fwd R DLW comm RF trn if of W,-, sd & arnd L [W: heel trn], bk R with strong rgt sd ld prep outsd step for W; Bk L [W: fwd R outsd prt], adjusting to CP bk R, trng LF sd & fwd L twd DLW, fwd R outsd ptr to CBJO;

25 - 28 REVERSE TURN;; THREE STEP; HALF NATURAL TURN;

25-28 Rep actions meas 1-4 of DANCE;;;;

29 - 32 IMPETUS; PROMENADE WEAVE;; CHANGE OF DIR;

29 Rep actions meas 11 of DANCE;

30-31 Thru R,-, trng to CP/DC fwd L, cont LF trn sd R twd DC prep outsd step for W; Bk L, [W: fwd R outsd prt],
sq:qqq: adjusting to CP bk R, trng LF sd & fwd L twd DLW, fwd R outsd ptr to CBJO; DLW;

32 Rep actions meas 16 of DANCE;

33 - 36 REV FALLAWAY & SLIP; CURVING THREE; BK THREE STEP; BK FEATHER;

33-36 Rep actions meas 17-20 of DANCE;;;;

37 - 40 FATHER FINISH; THREE STEP; NATURAL WEAVE;;

37-40 Rep actions meas 21-24 of DANCE;;;;

ENDING

1 - 5 DOUBLE REV SPIN; THREE STEP; RIGHT LUNGE, REC, SLIP; REV TURN;;

1-2 Fwd L twd DC rising strongly, trng LF swing R fwd twd DC past ptr, drawing L to R spin LF on R to end in CP fcg DLW;

ss: [W(1): Bk R toe to heel rising body only, cl L to R heel trn LF, fwd & arnd R twd DW/cont LF trn sml fwd L Xif of R ending CP/DLW; (Timing W: S Q& Q;)] Rep actions meas 3 of DANCE;

3-5 Lower into L knee sd & fwd R, -, rec L, sd & bk R twd DRW trn ¼ LF to CP DLC; Rep actions meas 1-2 of DANCE;;

6 - 9 HOVER TELEMARK; NATURAL WEAVE;; WHISK;

6 Rep actions meas 9 of DANCE;

7-8 Fwd R to DLW comm RF trn if of W,-, sd and arnd L, bk R with strong rgt sd ld prep outsd step for W; [W(7): Fwd L, -, sq:qqq: fwd R, fwd L;] Bk L [W: fwd R outsd prt], adjusting to CP bk R, trng to CBJO sd and fwd L twd DLW, fwd R outsd ptr;

9 Fwd L, -, sd R, XLib of R trn to SCP; [W(9): Bk R, -, sd L, XRib of L trn to SCP;]

10 - 11 STEP THRU TO PROMENADE SWAY; CHANGE OF SWAY;

10-11 Fwd R in SCP,-, sd & fwd L with R sd stretched, ptrs look LOD; Lower slightly into leading knees, W chg hd pos to L, stretching her hd up & bk while M provides space with his R arm, chg from the R sd stretch to a more L sd stretch;