

All The Things You Are



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Record: Verve CD 825-669-2, Ella Fitzgerald: The Jerome Kern Songbook, Track 3

Footwork: Opposite, directions for man (lady as noted)

Phase & Rhythm: Phase VI - Foxtrot

Sequence: Intro, A, B, C, D, D, Bmod, C, End 2002

INTRODUCTION

- 1-8 **WAIT 1: CROSS ROLL; STEP/KICK & CUT SIDE FACE; lady WRAP to TUCK & TUNNEL; Lady LUNGE LINE; Lady ROLL to SHADOW; FRONT VINE 4; FEATHER (lady in 4):**
- 1 [Wait SS] left opn fc wall slght lung line shape to ptrn, lead feet free lead hnds joined;
- 2 [Cross Roll QQS] Fwd L comm LF roll LOD (lady RF RLOD), sd R cont roll, trn LF sd L LOD (lady RLOD) look DLW (lady DRW) no hnds jnd;
- 3 [Step Kick Cut & Face SQQ] fwd R DLW (DRW) kick lft fwd strght leg,-, cut bk L trn RF (LF), fwd R twd ptrn RLOD jn trail hnds (LOD strt LF roll);
- 4 [Lady Wrap Tuck & Tunnel --- (QQQQ)] Hold 4 beats as lady rolls in jn lead hnds,-, slght wrp action lady tucks & bk under rght arm, release lead hnds & lady jns lft hnds,- (trn LF sd R jn lead hnds, hook LIBR trn LF, sd & bk R bnd slghtly fwd to bk under man's rght arm, bk L strt to raise head & body take mans lft hnd in lady's left);
- 5 [Lunge Line - (SS)] Man holds 4 beats soften knee sweep rght arm up and out as lady lunges (sd R swee rght arm up, -, out & arnd follow with head,-);
- 6 [Lady Roll to Shadow - - S (QQS)] hold 2 beats body trn LF as lady rolls,-, sd & fwd L to shdw mvng LOD j lft hnds rght hnd to lady's rght back (fwd L comm LF roll LOD, sd R cont roll, trn LF sd L arms out);
- 7 [Frnt Vine 4 QQQQ] Fwd RXIFL in shdw, slght trn RF sd L, slght trn RF XRIBL, trn LF sd & fwd L shdw mvng LOD;
- 8 [Feather Lady in 4 SQQ (QQQQ)] Fwd R,-, slight trn LF fwd L, fwd R blnd bjo DLW (fwd R, fwd L trn LF, s & bk R, bk L bjo);

PART A

- 1-8 **HOVER; WEAVE to a HINGE;; CHANGE to SAMEFOOT; TELESPIN to HINGE; OPEN IMPETUS; CHAIR REC SLIP to BANJO; WEAVE ENDING:**
- 1 [Hover SQQ] Fwd L,-; fwd & sd R slght body trn RF, sd & fwd L to semi DLC;
- 2-3 [Weave to Hinge SQQQQQ - (SQQQQQQ)] Thru R,-, Fwd L Trn LF, Sd & Bk R LOD; Bk L LOD BJO, Bk F to CP Trn LF, Sd & Fwd L LOD, - body trn LF lwr hinge line LOD (lady XLIBR sml step lwr & extnd R fwd in hinge line);
- 4 [Chng to Samefoot S&S&] Rise on L body trn RF,- /CI R slght body trn LF, soften R knee extnd L sd & bk body trn RF sway lft head left,-/ body trn LF lead lady fwd trng to cp DLW (rise on L body trn RF,- / swive on L cl R shape to left look well left, soften R knee point L thru slght sway chng to trn head to rght,- / rec fwd L trn LF to cp);
- 5 [Telespin Hinge QQQ - (QQQQ)] Fwd L slght trn LF, sd & fwd R trn LF (lady heel trn), sd & fwd L, - body tr LF lwr hinge line LOD (lady XLIBR sml step lwr & extnd R fwd in hinge line);
- 6 [Open Impetus S-Q (SQQ)] Sd & fwd R,-, trn RF rise & brush as lady passes, trn RF sd & fwd L to semi DRW (W Fwd R,-, trn RF sd & fwd L trn RF brush R to L, sd & fwd R in semi DRW);
- 7 [Chair Rec Slip Bjo SQQ] Fwd R in semi soften knee man no sway look DRW,-, rec L rising com slght LF trn, strong rise bk R slip pivot to bjo fc DRW;
- 8 [Weave End QQQQ] Bk L in bjo, bk R to cp trn LF, sd & fwd L pointng DLW slight body trn to bjo, fwd R in bjo DLW;
- 9-16 **THREE STEP: NATURAL TURN PREPARATION; SAMEFOOT LUNGE; HOVER CORTE; OUTSIDE SWIVEL TWICE; ZIG ZAG; WEAVE ENDING; CHANGE of DIRECTION:**
- 9 [3 Step SQQ] Fwd L trng LF to cp DLW,-, fwd R on heel slight rght sd lead, fwd L toe heel to cp DLW;
- 10 [Nat Turn Prep SQ - (SQQ)] Fwd R DLW trn RF,-, sd L trn RF fc COH, tch R to L mod cp (bk L trn RF,-, heel trn RF cl R, sd & bk L sml stp fc DRW mod cp);
- 11 [Samefoot Lunge SQQ] Slight sway left/sd & fwd R soften R knee leave L extnd sd & bk,-, change sway to rght look at lady, change sway bk to left head left (slght sway rght/bk R soften R knee,-, strng shape to le look well left, chng shape trn head to rght);
- 12 [Hvr Corte S-Q (SQQ)] Sd & bk L RLOD start LF trn,-, rise to lady with hvr action no wght chng trn LF, rec bk R LOD contra BJO (fwd L trng LF,-, sd & fwd R with hovering action brush L to R, rec L to CBJO);
- 13 [OS Swivels SS] Bk L body trn RF to swivel lady to semi DRW,-, fwd R body trn LF to swivel lady to bjo bkng DLC,- (fwd R swivel RF to fc DLC,-, fwd L swivel LF to bjo DLC,-);

- 14 [Zig Zag QQQQ] bk L in bjo, trn RF heel pull sd sml stp R to sdc, fwd L in sdc mvng LOD, trn LF sd & bk

- R to bjo mvg LOD;
 15 [Weave End QQQQ] Bk L in bjo, bk R to cp trn LF, sd & fwd L DLW to bjo, fwd R in bjo DLW;
 16 [Chng Dir SS] Fwd L trng body to cp fc DLW,-, fwd R on inside edge trn LF to whole foot draw L toward R to fc DLC slght rise , -;

PART B

1-8 OPEN TELEMARK [2ND time SIDE HOVER to SEMI] ; OPEN NATURAL:: OUTSIDE SPIN & PIVOT; REVOLVING EROS; SIDE CHECK to CHECK & WEAVE & FORWARD::; RIGHT LUNGE HEAD CHANGE REC SLIP;

- 1 1st [Open Telemark SQQ] Fwd L trn LF, sd & fwd R trn LF (lady heel trn), sd & fwd L in semi DLW;
 1 2nd [Sd Hover S-Q] Sd & bk R,- sml trn RF, rise & brush L to R, rec sd & fwd L to semi DLW;
 2 [Open Nat SQQ] Thru R trn RF,-, sd & bk L trn RF slight sway right (fwd R), trn RF sd & bk R to bjo bkng DLW;
 3 [OS Spin & Pivots QQS] Slght trn RF bk L toe-in (Lady fwd R in bjo trn RF), fwd R DLW heel to toe spin R (lady cl L toe spin), sd & bk L pvt RF to CP LOD,-;
 4 [Revolve Eros SQQ (S-)] Fwd R LOD w/lift action to cause lady to raise rght leg,-, circle RF arnd lady L, R keep head lft to mod cp fc RLOD (bk L & raise rght leg to eros line shape to rght,-, hold shape as man trn you RF,-);
 5-7 [Sd Ck to Ck & Weave & Fwd SSQQQQQQS] Sd & slightly fwd L shape to lft cknng,-,(sd & bk R shape rght,) soften L knee slght shape rght ck bk R,-; rec fwd L heel lead trn RF loose sway, sd & bk R to bjo bkng DLC, bk L in bjo, bk R blnd to cp trn LF; sd & fwd L toe pnt DLW, slight body trn to bjo fwd R in bjo DLW, fwd L body trng LF blnd to cp DLW,-;
 8 [Rght Lunge Head Change Slip QQQQ] Soften L knee Fwd R DLW slght shape to rght lunge, chng shpe body trn rght opn lady's head both look LOD, rec bk L rise to high line hold body shape, trn LF bk R slip pvt cp DLC & lower;

PART C

1-12 REVERSE WAVE:: BACK FEATHER; BACK to TUMBLE TURN; BACK to LEFT WHISK; TWIST TURN to DLW; HOVER TELEMARK; NATURAL HOVER CROSS::; REVERSE FALLAWAY & SLIP; QUICK DOUBL REVERSE OVERSPIN; BACK to OVERSWAY;

- 1-2 [Rev Wave SQQSQQ] Fwd L trn LF,-, fwd & sd R trn LF (lady heel trn), bk L cp fc RLOD; bk R,-, bk L slgt left sd lead (lady heel lead), bk R in cp fc RLOD;
 3 [Bk Feather SQQ] Bk L trng body RF no head trn,-, bk R to bjo backing LOD, bk L in bjo bkng LOD;
 4 [Bk to Tumble QQQQ] Bk R LOD blnd cp trn LF, sd & fwd L to bjo pnt toe LOD, fwd R in bjo LOD body rise & LF, fwd L DLC sml step btwn lady's feet spin LF to bk DLW lwr (fwd L trn LF, sd & bk R to bjo, bk L in bjo rise in body trn LF, bk R & spin LF to fc DLW lwr);
 5 [Left Whisk SQQ] Bk R trn LF,-, sd L DLW, sharp trn LF slght sway right XRIBL soft knees rev semi DRC, (fwd L trn LF,-, sd R, sharp trn LF XLIBR {option: lady may flick R across L});
 6 [Twist Turn QQQQ] twist RF on ball of R heel of L, , , trnsfr wght to R rise cont RF trn to cp DLW (fwd RF run arnd man sml steps R,L,R,L trn RF on L to cp);
 7 [Hover Telemark SQQ] Fwd L, sd & fwd R trn RF, sd & fwd L in semi DLW;
 8-9 [Nat Hover Cross SQQQQQQ] Thru R,-, trn RF fwd & sd L, trn RF fwd & sd R to sdcr DLW sway left; toe c fwd L in sdcr, rec R lose sway, sd & fwd L to bjo, slght body trn RF fwd R in bjo DLC (thru L,-, body trn RF fwd R btwn man's feet cont RF trn, sd & bk L to sdcr; ck bk R in sdcr no sway head left, rec L, sd & bk R t bjo, bk L in bjo);
 10 [Rev Fallaway & Slip QQQQ] Fwd L cp DLC trn LF, sd R trn LF, bk L in fallaway bkng DLC, rise trn LF slip action to cp bk R sml stp pivot LF to LOD;
 11 [Qk Double Reverse Overspin QQ&QQ] Fwd L trn LF, fwd & sd R trn LF/spin LF on R to DLC, cl L spin LF on L fc DCR (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR, trn LF sd & slgh bk sml step R pvt LF);
 12 [Bk to Oversway SS] Bk R trn LF,-, sd & fwd L DLW sftn L knee shpe to rght to oversway line, -;

PART D

1-8 FALLAWAY RONDE & SLIP; CONTRA CHECK & SWITCH; RUDOLPH RONDE SLIP; HOVER TELEMARK; OPEN NATURAL; OUTSIDE SWIVEL & HOVER to BANJO BACK 2::; HI-LINE & OVERSWAY::;

- 1 [Fallaway Ronde Slip SQQ] sd & bk R slght body trn LF/ronde L CCW,-, complete ronde to fallaway bk L, bk R trn LF slip pivot to cp & pivot LF to DLC (sd & bk L trn RF/ronde R CW,-, bk R in fallaway, leave L fw no weight rise trn LF to cp fwd L);
 2 [Contra Ck & Swtch SQQ] Lwr & body trn LF fwd L contra ck action,-, rec R sft knee strt strng rise trn RF, rec bk L toe-heel action cp DRW;

- 3 [Rudolph Ronde Slip SQQ] Fwd R btwn W's feet lwer leave L leg extended trn body RF & lead W to ronde CW,-, XLIBR in fallaway, rise slip pvt action bk R to cp DLW (W bk L ronde R cw,-, XRIBL in fallaway, trn L slip pvt fwd L cp);

- 4 [Hover Telemark SQQ] Fwd L, sd & fwd R trn RF, sd & fwd L in semi DLW;
 5 [Open Nat SQQ] Thru R trn RF,-, sd & bk L trn RF slight sway right (fwd R), sd & bk R to bjo bkng DLW;
 6-7 [OS Swivel & Hover Bnjo Bk 2 SSQQQQ] Bk L body trn RF to swivel lady to semi DRC,- (fwd R swivel RF to fc DRC,-), thru R DRC,-; fwd L trn LF hover action, sd & bk R to bjo bkng DLW, bk L in bjo, bk R blind to cp bkng DLW;
 8 [Hi-Line & Oversway SS] Trn LF sd & fwd L slight sway line DLW both look DLW, -, sftn lft knee chng to oversway line, -;

END

1-8 REVERSE TWIRL to BFLY SIDECAR; CHECK Lady DEVELOPE; REVERSE UNDERARM Man CHASSE to SKATERS; NATURAL TURN TO LEFT SKATERS; Lady ROLL OUT ; CHECK RECOVER to LUNGE; LADY ROLL to LEFT SKATERS; CHECK RECOVER & LUNGE;

- 1 [Rev Twirl to Sdcr SQQ] Rec R body trn RF release hold ,-, sd & fwd L to DRC blind to bfly, sd & fwd R in bfly bjo DRC (Rec L strt underarm trn LF,-, fwd R trn LF, bk L to bfly sdcr);
 2 [Check Develope SS] Ck fwd L in bfly sdcr DRC,-, strghtn knee slowly shape body to lft keep right leg extndd bk under body,- (ck bk R in bfly sdcr raise lft knee,-, kick lft leg to LOD & lower to R,-);
 3 [Underarm Chasse to Skaters SQ&Q (SQQ)] Rec R trn LF strt lady LF under lead hnds, -, sd L to R as lady trns relse hnds/cl R, sd & fwd L DLW jn lft hnds in skaters (fwd L strt LF trn under lead hnds,-, sd R trn LF, sd & fwd L to skaters DLW);
 4 [Nat Trn Lft Skaters SQQ] Fwd R DLW trn RF, sd L trn RF as trn made brng lft hnds dwn & rght hnds out lady will end on lft side, sd & fwd R to lft skaters jn rght hnds DLC;
 5 [Rollout Chasse SQ&Q (SQQ)] Fwd L strt lady rollout LF relse hnds, -, sd R sml stp/cl L, sd & fwd R LOD j lead hnds in lft open (fwd L strt LF trn ,-, sd & fwd R trn LF, sd & fwd L to lft open LOD jn lead hnds);
 6 [CK Rec Lunge QQS] Ck fwd L LOD slight DLW, Rec R trn LF raise lead hnds lady goes under, sd L COH soft knee extnd rght arm up & out to frame lady look at lady in lunge line, - (Ck fwd R LOD slight DLC, rec L slight trn LF under lead hnds, sd R to WALL in soft rght lunge line sweep lft arm up ccw to an arch look rght,-);
 7 [Lady Roll SQQ] Sd & bk R strt lady rollout LF retain hnds, -, cl L to R, fwd & sd L LOD to lft open (fwd L strt LF trn ,-, sd & fwd R trn LF, sd & fwd L to lft open LOD);
 8 [CK Rec Lunge QQS] Ck fwd L LOD slight DLW, Rec R trn LF raise lead hnds lady goes under, sd L COH soft knee extnd rght arm up & out to frame lady look at lady in lunge line, - (Ck fwd R LOD slight DLC, rec L slight trn LF under lead hnds, sd R to WALL in soft rght lunge line sweep lft arm up ccw to an arch look rght,-);

Sequence: Intro A, B, C, D, D, B, C, End