

**APPLE BLOSSOM FOX-TROT**

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Record; MCA #32809 (Flip of My Love)

Foot work: Opposite Directions for Man

Phase: IV +2 (Contra Check, Check & Weave)

Sequence: INTRO A-A-B-A-ENDING

**INTRO****BFLY DIN OPP FT FREE FOR BOTH****1-4 WAIT; WAIT; THRU CHASSE CHAIR REC SLIP TO CLOSE**

3 (thru Chasse) Thru R,-, sd l/cl R, sd L,

4 (Chair & Slip) chk Thru R w/lunge action,-, rec L, sm stp bk on R toe w/slipping action (W swvl left on R pt & stp fwd L outsd M's R ft) to end in cp/lod;

**PART A****1-4 OPEN TELEMAR. WHIPLASH TO FC CONTRA CHECK & SLIP; BOX****FINISH;**

1 (Op Tele) fwd L (W bk R) commencing LF trn ( W bring L beside R w/no wgt),-, sd R cont trn (W trn LF on R heel trn & chg wgt to L), sd & slightly fwd L (W fwd R) end in tight SCP fcg dlw

2 (Whiplash) Thru fc,- pt;

3 (Contra chk & slip) commence upper body trn to left flexing knees strong right sd lead fwd lft to CBMP,- rec R, slipping lft bk passed R under body; (W commence upper body trn to lft flexing knees with strong lft sd lead bk R CBMP,- rec L, slip fwd R under body;

4 (Box Finish) bk trn , - sd cl;

**5-8 REVERSE WAVES; OPEN IMPETUS; FEATHER;**

5 (Reverse Wave) fwd L,-, comm slight LF trn sd R, bk L;

6 (cont reverse wave) bk R,-, bk L, bk R cont slight LF trn to fc,- RLOD;

7 (Op Impetus) comm RF trn bk L,-, cl R to L cont RF trn, sd & fwd L (W comm RF trn fwd R,-, fwd & sd L cont RF trn around ptr, cont RF trn sd & fwd R) SCP LOD;

8 (Feather) Thru fwd R,-, fwd L fwd R to CBJO;

**9-12 DIAMOND TRNS;;;;**

9-10 (Diamond Trn) fwd L DLC comm LF trn,-, sd R, XLIB of R; bk R trn LF,-, sd L XRIF of L end BJO/DRW;

11-12 (cont Dia trn) repeat meas 9-10 part A end BJO/DLC;

**13-16 TBREE STEP; OPEN NATURAL 01 JTSIDE SWIVEL; FEATHER FINNISH;**

13 (Three Step) fwd L,-, fwd R, fwd L CP/LOD;

14 (Open Natural) fwd R commencing RF trn (W fwd L),-, sd & bk L cont trn (W fwd R btwn M's ft), bk R (W fwd) to contra/bjo fcg DRC;

15 (Outside Swivel) bk L leave R extended fwd comm. slight RF body trn, cont slight RF body trn (W fwd R outside ptr comm RF swivel,-, cont RF swivel to SCP)

16 (Feather Finish) bk R,-, comm LF trn, sd & fwd L, cont trn fwd R outsd ptr DLW;

**PART B**

**1-4 THREE STEP MANEUVER OPEN EMPETUS; THRU SIDE CLOSE;**

1(Three Step) fwd L,-, fwd R, fwd L CP/LOD;

2(Maneuver) fwd R btwn W's feet trng 1/2 trn R fc, sd L, cl R cp/rlod;

3(Op Impetus comm RF trn bk L,-, cl R to L cont RF trn, sd & fwd L (W comm RF trn fwd R,-, fwd & sd L cont RF trn around ptr, cont RF trn sd & fwd R) SCP/LOD;

4(Thru Sd Cl) thru R,-, sd, cl;

**5-8 HOVER TELEMAR IN AND OUT RUNS;; PICK UP;**

5 (Hover Tele) fwd L,-, fwd R with hvr action trn 1/8 to R, fwd L to SCP/DLW;

6-7 (In & Out Runs) comm RF trn fwd R,-, sd & bk L, bk R (W fwd L,-, fwd R, fwd L) BJO/RL0D bk L trning RF,-, cont RF trn sd & fwd R, fwd L (W comm RF trn fwd R,-, fwd & sd L cont trn, fwd R) to SCP;

8(Pick Up) fwd R,-, fwd L fwd R (W fwd L,-, cross in front of M to pkup);

**9-12 REVERSE TRN 37 CHECK & WEAVE;; THREE STEP;**

9 (Rev trn 3) fwd L,-, comm clight L fc trn sd R, bk L;

10 (ck & weave) ck bk R,-, rec L, sd & bk R end BJO M fc DWR;

11 (cont ck & weave) bk L, bk R trn L fc blend to CP, sd & fwd L, fwd R end BJO M fc DLW;

12 (Three Step) fwd L,-, fwd R, fwd L CP LOD;

**13-16 CLOSED WING; CROSS SWIVEL; CLOSED EMPETUS; FEATHER FINISHED;**

13 (Cl Wing) fwd R,-, draw L to R (W bk L,-, sd R across M fwd L) to SCAR;

14 (Cross Swivel) M fwd L twd LOD trning 1/4 LF fc COH with straight leg point R toe twd LOD (w bk R twd. LOD trn 1/4 LF to fc ptr & wall point L toe twd LOD) trn to mod bjo fc RLOD checking fwd on M's R (W bk L);

15 (Cl impetus) comm RF upper body trn bk L,-, cl R to L (heel trn) con trn, sd and bk L to CP;

16 (Feather Finish) bk R trng LF,-, sd & fwd L, fwd R outside W(W fwd trng LF,-, sd & bk R, bk L) BJO DLC;

**ENDING**

**1-3 THREE STEPS TO FACE (BFLY) THRU CHASSE; CHAIR REC CLOSE; CHAIR REV & HOLD**

1 (Three stp to fc) fwd,-, fc, cl;

2 (Thru chasse) thru trn,-, sd/cl sd;

3 (chair) lun thru,-, rec, cl; lun thru rec hold