

FORCES SWEETHEART FOXTROT PH 4

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Record Special Pressing (Vera Lynn Foxtrot by John Sands) . Flip of "What'll I Do".
Rhythm Foxtrot

Footwork Directions for man, lady opposite footwork except as otherwise noted.

Level Roundalab Phase 4

Sequence Intro A B A(1-8) B A(9-16) Int A C A(1-8) END

Recommended Speed 45 rpm

INTRODUCTION

- DLW, 4 ft apt with M's R Ft free
- 1-4 WAIT; WAIT; HOLD (FWD 3 TO CP); FEATHER FINISH;**
(1-2) OP fcg ptr DLW 4 ft. apart both with R ft. free wait 2 meas;;
(3-4) Hold (Fwd R, L,R,- to CP); bk R trng LF,-, sd & fwd L, fwd R to CBJO DLC;

PART A

- 1-8 FULL REV TRN;; WHISK; SLO SD LK; DIAM TRN ½;; Q DIA 4; DIP & REC;**
(1-2) Fwd L start LF body trn,-, sd R cont trn, bk L LOD to CP; bk R cont LF trn,-, sd & slight fwd L DLW, fwd R to CBMP (Bk R start LF trn,-, clo L to R<heel trn> cont trn, fwd R to CP; fwd L cont LF trn,-, sd R to DLW, bk L);
(3-4) Fwd L to CP,-, fwd & sd R start rise to ball of ft, XLIB cont to full rise to tight SCP; thru R,-, sd & fwd L to CP, XRIB trng slightly LF (Thru L start LF trn,-, sd & bk R cont trn to CP, XLIF);
(5-8) Fwd L trn LF on diag,-, cont trn sd R, bk L to BJO; bk R,-, sd L, fwd R; fwd L on diag com LF trn, cont LF trn sd R, bk L, bk R to CP LOD; bk L,-, rec R,-;
- 9-12 TELE TO ½ OP; OP IN & OUT RUNS;; OP NAT TRN;**
(9) Fwd L start LF body trn,-, sd R cont trn, sd & slight fwd L to ½ OP pos (bk R comm LF trn bring L beside R with no wt,-, trn LF on R heel <heel trn> chng wt to L, sd & slight fwd R);
(10) Fwd R start RF trn,-, sd & bk L, fwd R to LOP (Sml fwd L,-, fwd R between M's feet, fwd L);
(11) Sml fwd L,-, fwd R between W's feet cont RF trn, fwd L to OP (Fwd R start RF trn,-, fwd & sd L cont trn, fwd R);
(12) Fwd R comm RF body trn,-, sd L across LOD, cont slight RF upper body trn to lead ptr to step outside bk R to CBJO (Fwd L,-, R, L outsd ptr);
- 13-16 BK HOV TELE; PROM WEAVE;; CHG OF DIR;**
(13) Comm RF upper body trn bk L,-, sd & fwd R cont trn with slight rise hvr action, sd & fwd L sml stp to SCP DLC;
(14-15) Fwd R,-, fwd L trn LF to CP, sd & slight bk R to CBMP; bk L, bk R trng LF to CP, sd & slight fwd L, fwd R to CBJO DLW;
(16) Fwd L DLW,-, fwd R DLW with R shldr lead trng LF, draw L to R & brush;

PART B

- 1-8 REV TRN ½; HOV CORTE; BK WSK; WEAVE 6 TO SCP;; X HESIT; IMP SCP; SLO SD LK;**
(1-2) Repeat meas 1 of Part A; Bk R start LF trn,-, sd & fwd L hvr action, rec R CBJO
(3) Bk L,-, bk & sd R, XLIB to SCP; **(4-5)** Fwd R,-, fwd L trn LF to CP, sd & slight bk R to DLC; bk L DLC trn W to CBMP; bk R trng LF to CP, sd & fwd L DLW trn W to SCP;
(6) Thru R,-, comm LF trn on R,- to fc DRC (Thru L,-, sd around M trng LF, cont trn clo L in CBJO);
(7) Comm RF upper body trn Bk L,-, clo R to L <heel trn> cont trn, fwd L in tight SCP (Fwd R between M's feet heel to toe pivot ½ RF,-, sd & fwd L cont trn around M brush R to L, fwd R);
(8) Repeat meas 4 of Part A

INTERLUDE

- 1-4 CHASSE L & R; RK FWD REC, RK BK REC; CHASSE L & R; RK FWD REC, RK BK REC;**
(1-2) Sd L/clo R, sd L, sd R/clo L, sd R; fwd L, rec R, bk L, rec R; **(3-4)** Repeat meas 1-2 of Interlude;;

PART C

- 1-8 DIAMOND TRNS;;; 4 VIENNESE TRNS;;;;**
(1-2) Repeat meas 5 & 6 of Part A
(3-4) Fwd L trng on diag,-, sd R, bk L; bk R cont trn,-, sd L, fwd R to CBJO fcg DLC;
(5-6) Fwd L comm LF trn,-, sd R cont trn, XLIF; bk R cont trn,-, sd L cont trn, clo R (Bk R comm LF trn,-, sd L cont trn, clo R; fwd L cont trn,-, sd R cont trn, XLIF);
(7-8) Repeat meas 5 & 6 of Part C

END

- 1-4 TELE ½ TO OP; OP IN & OUT RUNS;; THRU TO PROM SWAY**
(1-3) Repeat meas 9 to 11 of Part A;;
(4) Thru R sd & fwd L stretching left sd of body slightly upward to look over joined lead hnds, relax L knee, hold,-;