

# HERE TO STAY FOXTROT

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RECORD: STAR 111-B Love Is Here To Stay SPEED: 43 RPM  
PHASE RATING: Phase VI Foxtrot  
FOOTWORK: Opposite Except Where Noted  
SEQUENCE: Intro, A, A(mod1), B, A(mod2)  
RELEASE DATE: May, 2001 Version 1.1

## INTRO

- 1-4 WAIT PICKUP NOTES AND 1 MEAS; SIDE TO PROMENADE SWAY & CHANGE OF SWAY;  
FALLAWAY RONDE & SLIP; CHECKED REVERSE & SLIP;  
1 In CP DRW weight on M's R & L's L wait one meas;  
S&S 2 (Side to Promenade Sway & Change of Sway) Sd & fwd L SCP DW stretch body upward  
looking over joined lead hnds,-, relax left knee with slight RF rotation/ rotate LF leave right leg  
extended & stretch left sd leading W to look left,-;  
SQQ 3 (Fallaway Ronde & Slip) Sd R lower into knee and trn left hip twd ptrn starting her ronde then  
ronde L (W ronde R),-, bk L under body, slip R bk (W bk R under body, trn LF to CP fwd L);  
SQQ 4 (Checked Reverse & Slip) Fwd L,-, fwd R on toe trn LF ck fwd motion with right  
sd stretch, trn RF recover back on L cont trn to fc DW (W bk R,-, cl L to R  
rise to toes trn LF ck bk motion, trn RF slip R fwd to CP);

## PART A

- 1-9 INTERRUPTED CONTINUOUS HOVER CROSS;;; TELESWIVEL TO LILT PIVOT;...  
TO A HINGE;... CHANGE TO SAME FOOT LUNGE LINE;... TELEFEATHER  
ENDING;...LEFT FEATHER;:  
SQQ 1-3 (Interrupted Continuous Hover Cross) Fwd R DW comm RF trn,-, cont trn fwd & sd L,  
QQQQ bk R cont trn to fc DW contra SCAR (W bk L comm RF trn,-, clo R to L cont RF heel trn,  
QQQQ fwd L cont tr to fc DCR contra SCAR); Rk fwd L, rec R, fwd L, clo R (W rk bk R, rec L, bk R,  
sd L); Bk L in contra BJO, bk R, sd & fwd L, fwd R DC (W Fwd R in contra BJO, fwd L, sd &  
bk R, bk L in contra BJO);  
QQQQ 4-,, (Teleswivel to Lilt Pivot) Fwd L comm LF trn, fwd and sd R cont trn (W heel trn), bk L under  
QQ body cont trn (W fwd R outside ptrn), slight swivel LF on L allowing R to cross in front no  
weight (Swivel RF to SCP); Fwd R DW with heel to toe lilting action body trn LF picking ladies  
up,- / fwd L toe to heel action lowering and cont LF pivot (Fwd L with heel to toe lilting  
action body turn LF to CP, - / bk R with toe to heel action lowering and cont LF pivot),  
SS (QQS) 5-,, (Hinge) Bk R comm LF trn,-; Sd & fwd L DW with left sd stretch relax left knee leading W to  
cross her left foot behind, - (W fwd L comm LF trn, sd R cont trn; XLIB of R keep left sd twd  
ptrn relax left knee no wght on right, -),  
S&S (SS) 6,, (Chng to Same Foot Lunge) Rise on L slight RF trn leading W to rec on R to CP, - (W rec R  
trn RF to CP, -); Clo R flex right knee extend L twd DC no wght/ - (W lower on R extend L fwd  
twd DC with thighs crossed look right,-),  
&QQQQ 7,, (Telefeather Ending) Comm LF trn picking W up no wght chng/ fwd L cont LF trn, sd R cont  
LF trn (W fwd L comm LF trn to CP/ bk R cont LF trn, clo L to R with toe spin); Sd & fwd L,  
fwd R outside ptrn in contra BJO DW (W bk R, bk L in contra BJO),  
SQQQQ 8-9 (Left Feather) Fwd L to CP, - ; Fwd R with right shoulder lead, fwd L outside ptrn in SCAR, sd  
R comm LF trn, bk L cont LF trn in contra BJO fc RLOD;
- 10-16 OUTSIDE CHECK; OUTSIDE SPIN; RIGHT TURNING LOCK TO SCP; CONTINUOUS BIG  
TOP;: CHECKED REVERSE & SLIP; DOUBLE NATURAL;  
SQQ 10 (Outside Check) Bk R, - , sd & fwd L, ck fwd R outside ptrn in contra BJO;  
SQQ 11 (Outside Spin) Bk L under body comm 3/8 RF trn, - , fwd R cont trn, sd & ck L to end in CP fc  
RLOD (W fwd R comm 3/8 RF trn, - , clo L to R toe spin, cont trn fwd R between M's feet CP);

- S&QQ 12 (Right Turning Lock to SCP) Bk R with right shoulder lead comm RF turn,- / XLIF of R on toes cont trn, fwd R between ladies feet cont turn to CP DW, fwd L to SCP DC (W fwd L with left shoulder lead, -/ XRIB of L turning RF on toes, bk L cont trn, fwd R to SCP DC);
- SQQSQQ (S&QQ QQQQ) 13-14 (Continuous Big Top) Thru R, -, leave L leg bk spin LF pl L beh R, cont trn slip R bk to CP DW (W thru L, -/ fwd & arnd man R, spin LF no wt chg, cont trn slip L fwd to CP); Ronde L bhd R no wt & spin LF,-, take wt on L cont trn, cont trn slip R bk to CP DW (W fwd R comm LF turn, cont trn fwd L, cont trn fwd R, cont trn slip L fwd to CP);
- SQQ 15 (Checked Reverse & Slip) Fwd L,-, fwd R on toe trng LF ckg fwd motion, trng RF rec bk L to CP DW(W Bk R,-, cl L to R turng LF ckg bk motion, trng RF slip R fwd to CP);
- SQQ (SQ&Q) 16 (Double Natural) Fwd R between ladies feet trng RF,-, fwd & side L cont RF turn & spin on L, Tch R to L to BJO DW (W bk L trng body RF,-, cl R to L for heel trn cont RF trn on ball of R, fwd L around men / fwd R outside man);

### PART A (MOD1)

1-9 INTERRUPTED CONTINUOUS HOVER CROSS;;; TELESWIVEL TO LILT PIVOT;;; TO A HINGE;;; CHANGE TO SAME FOOT LUNGE LINE;;; TELEFEATHER ENDING;;;LEFT FEATHER;;;

1-9 Repeat Part A meas 1 - 9

10-16 OUTSIDE CHECK; OUTSIDE SPIN; RIGHT TURNING LOCK TO SCP; CONTINUOUS BIG TOP;;; CHECKED REVERSE & SLIP; ON TO PROM SWAY& CHG SWAY;

10-15 Repeat Part A meas 10 – 15

- QQS 16 (On to Prom Sway & Chg Sway) Fwd R between ladies feet trng RF, fwd & side L cont RF turn to Prom Sway, relax L knee & rotate body LF ( W bk L, bk & side R to Prom Sway, relax R knee & rotate body LF);

### PART B

1-8 FALLAWAY RONDE & LADIES CHG SIDES; CROSS CK, REC, SIDE; CROSS CK, REC, SIDE (MEN POINT); FRONT VINE 4; CROSS CK, REC & FREEZE; SOLO RIGHT TURNS WITH ARMS;;; MEN CHANGE SIDES;

- SQQ 1 (Fallaway Ronde & Ladies Chng Sds) Rec R with strong RF rotation leading W to ronde,-, M hold releasing W keep M's left W's right hands joined lead W past M's right side, M hold cont leading W to M's left side releasing joined hands to fc wall ( W rec L with strong RF rotation ronde R strongly,-, XRI bk of L fc wall traveling behind M, sd L to LOD on M's L sd fc wall);
- QQS 2 (Cross Ck Rec Sd) XLIF of R RLOD, rec R, sd & bk L twd LOD,- (W XRIF of L LOD, rec L, sd & fwd R RLOD,-);
- QQS 3 (Cross Ck Rec Sd M Pt) XRIF of L LOD, rec L, pt R sd RLOD,- (W XLIF of R RLOD, rec R, sd L LOD to shdw fc wall,-);
- QQQQ 4 (Front Vine 4) Both with same foot work twd LOD XRIF of L, sd L, XRIB of L, sd L;
- QQS 5 (Cross Ck, Rec & Freeze) XRIF of L, rec L bring both hnds up with wrists crossed at chest, keep R ft XIF of L bring hnds sharply down to sd then slowly raise arms during slow & join left hnds,-;
- QQS 6-7 (Solo Right Trns With Arms) Sd & fwd R RLOD take join left hnds over W's head trn RF, sd L cont RF trn with joined hnds in front of W, bk R to fc LOD release joined left hnds both fc LOD,-; Bk L cont RF trn & join right hnds, sd R take join right hnds over W's head trn RF, fwd L to RLOD cont RF turn to face LOD joined right arms in front at waist level & mens left arm behind ladies & ladies on left side of men,;
- QQS 8 (Men Change Sides) XRIB of L, sd L moving to ladies left side, fwd R to shadow pos LOD (W bk R, XLIF of R, sd R to shadow pos LOD);

- 9-16 CROSS CHECK, RECOVER, PICKUP (MEN TRANS),-; OPEN TELEMARK; RUNNING NATURAL TELEMARK TO SEMI; NATURAL TELEMARK TO CP; TRAVELING CONTRA CHECK; THRU TO JETE POINT; FALLAWAY, RONDE & SLIP; CLOSED TELEMARK;
- QQS 1 (Cross Ck Rec Pickup Men Trans) XLIF of R DW, rec R, tch L to R to CP DC (W XLIF of R DW, rec R, fwd L trn LF to CP DC),;
- SQQ 2 (Open Telemark) Fwd L body trn LF,-, fwd & sd R trng LF (W heel trn), sd & fwd L to SCP DW;
- SQ&Q 3 (Running Natural Telemark to SCP) Thru R commencing RF trn,-, fwd & sd L to fc RLOD cont RF trn /sd & fwd R LOD cont RF trn, fwd L to SCP DW (W thru L SCP,-, fwd R between M's feet keeping head to right /fwd L trn RF, fwd R to SCP DW);
- SQQ 4 (Natural Telemark to CP) Thru R commencing RF trn,-, fwd & sd L to fc RLOD cont RF trn, sd & fwd R LOD cont RF trn to CP LOD (W thru L SCP,-, fwd R between M's feet keeping head to right, fwd L trn RF to CP LOD);
- SQQ 5 (Traveling Contra Ck) Trn body LF relax R knee fwd L trng RF to CP DW (W trng LF in CP head left bk R trng RF),-, clo R to L rising to toes keeping knees relaxed, sd & fwd L twd DW in SCP (W close L to R rising to toes, sd & fwd R);
- S&S 6 (Thru to Jete Pt) Thru R in SCP DW,-, /clo L to R trn LF to CP DW (W pickup to CP) relax L and pt R sd twd RDW,;
- SQQ 7 (Fallaway Ronde & Slip) M sd R lower into knee and trn left hip twd ptr starting her ronde then ronde L,-, bk under body L (W bk under body R), turning left face slip R past L bk R (W trng left face on R foot fwd L) ending CP DC;
- SQQ 8 (CI Telemark) Fwd L body trn LF,-, fwd & sd R trng LF (W heel trn), sd & fwd L to BJO DW;

**PART A (MOD2)**

- 1-9 INTERRUPTED CONTINUOUS HOVER CROSS;;; TELESWIVEL TO LILT PIVOT;;; TO A HINGE;;; CHANGE TO SAME FOOT LUNGE LINE;;; TELEFEATHER ENDING;;;LEFT FEATHER;;;

1-9 Repeat Part A meas 1 - 9

- 10-16 OUTSIDE CHECK; OUTSIDE SPIN; RIGHT TURNING LOCK TO SCP; CONTINUOUS BIG TOP;; CHECKED REVERSE & SLIP; ON TO PROM SWAY; CHG TO THROWAWAY,,

10-15 Repeat Part A meas 10 – 15

- QQS 16 (On to Prom Sway) Fwd R between ladies feet trng RF, fwd & side L cont RF turn to Prom Sway, cont RF turn( W bk L, bk & side R to Prom Sway, cont sway),-;
- S 17 (Chg to Throwaway) Relax L knee & rotate body LF look at ptr keep R sd twd ptr fc DW (W relax R knee & rotate body LF allow L to pass R under body to pt bk look well to left keep left sd twd ptr),,