

I REMEMBER A FOXTROT

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Music: TNT 153 I Remember Rhythm: Ph III+1 FXT {Diam Trn,

Sequence: Intro-A-B-A-B- End

Recommended Speed: 2:16 @ 45 BPM/MPM 124/31

Footwork: Opposite, (except when W part in parentheses)



- INTRO:** 1-4: [CP/LOD] ; ; 2 SD TCHS ; DP BK & REC ;
1-4: wait, wait ; Sd L, Tch R, Sd R, Tch L ; Dp Bk L, -, rec R, - ;
- A:** 1-4: [CP/LOD] FWD, RUN 2 ; MANUV ; 2 R TRNS [CP/Wall] ; ;
1-4: Fwd L, - Fwd R, Fwd L ; Fwd R bet W's feet comm. RF trn, Sd L contg trn, Cl R (W Bk L, -, Sd R, Cl L) [CP/LOD] ; Bk L comm. 3/8 RF trn, -, Sd L, Cl R ; Fwd R bet W's feet comm. another 3/8 RF trn. Sd L, Cl R [CP/Wall] ;
- 5-8: HOV ; MANUV ; SPN TRN ; BOX FIN [CP/DLC] ;
5-8: Fwd L, -, Sd & Bk R w/ rise, rec L [SCP] ; Fwd R comm. 1/2 RF trn, -, Sd L contg trn, Cl R [CP/LOD] ; Bk L comm. 1/2 RF trn, -, Fwd R bet W's feet w/ rise, rec Sd & Bk L (W Fwd R bet M's feet comm. 1/2 RF trn, -, Bk L w/ rise, rec R) [CP/LOD] ; Bk R trng 1/8 LF, -, Sd L, Cl R [CP/DLC] ;
- 9-12: 2 L TRNS [CP/WALL] ; ; WHISK ; PU [CP/LOD] ;
9-12: Fwd L comm. LF trn, -, Sd R contg LF trn to 3/8, Cl R ; Bk R comm. LF trn, -, Sd L contg trn to 3/8, Cl R [CP/Wall] ; Fwd L, -, Fwd & Sd R w/ rise, XLIBR [SCP] ; Fwd R trng 1/4 LF to fc DLW, -, Tch L, - (W Fwd L trng LF to fc ptnr & RLC, -, Tch R, -) [CP/LOD] ;
- 13-16: DIAMOND TRN [SCAR / DLW] ; ; ; ;
13-16: Fwd L to BJO pos comm. LF trn, -, Sd R contg LF trn to 1/4, Bk L ; Bk R in BJO pos comm. LF trn, - Sd L contg trn to 1/4, Fwd R ; Repeat Meas 13-14 Part A [SCAR/DLW] ; ;
- B:** 1-4: X HOV [BJO] ; X HOV [SCAR] ; X HOV [SCP] ; THRU FC CL [CP/WALL] ;
1-4: XLIFR (W XIB), -, Sd R w/ rise trng slightly LF, rec L [BJO/ DLC] ; XRIFL (W XIB), -, Sd L w/ rise trng RF, rec L [SCAR/DLW] ; XLIFR (W XIB), -, Sd R w/ rise trng slightly LF, rec L [SCP/ DLC] ; Thru R, -, Sd L to fc ptnr, Cl R [CP/Wall] ;
- 5-8: 2 R TRNS [CP/LOD] ; ; PROG BOX ; ;
5-8: Repeat Meas 3-4 Part A to CP/LOD ; ; Fwd L, -, Sd R, Cl L ; Fwd R, -, Sd L, Cl R ;
- 9-12: 2 L TRNS [CP/WALL] ; ; 1/2 BOX ; BK TRN L [CP/LOD] ;
9-12: Repeat Meas 9-10 Part A ; ; Fwd L, -, Sd R, Cl L ; Bk R comm. 1/4 LF trn, Sd L, Cl R [CP/LOD]
- 13-16: L TRNG BOX {2d time thru L Trng Box 3/4 ; ; ; 1/2 Bk Box} [CP/LOD] ; ; ; ;
13-16: Fwd L comm. 1/4 LF trn, -, Sd R compltg trn, Cl L ; Bk R comm. 1/4 LF trn, -, Sd L compltg trn, Cl L ; Repeat Meas 13-14 Part B ; ; ; {2d time thru Repeat Meas 13-15 Part B ; ; ; Bk R, -, Sd L, Cl R [CP/Wall]} ;
- END:** 1-2: [CP/WALL] CANT ; DP, TWST & HOLD ;
1-2: Sd L, -, Draw R to L, Cl R ; Bk L, -, TWST upper bodies & Hold, - ;