

# IF YOU PLEASE



**CHOREOGRAPHERS:** Frank & Carol Valenta, PO Box 1076, Fletcher, NC 28732  
(828) 654-9708 Fax: (828) 654-8445 E-mail: valentafe@home.com  
**RECORD:** SPECIAL PRESSING (Flip of TARA JEANE), Contact Choreographers  
**RELEASE DATE:** JUNE, 1996 (Revised for Posting January, 2002)  
**PHASE & RHYTHM:** ROUNDALAB Phase IV + 2 WALTZ (Double Reverse Spin, Change Sway)  
**SPEED:** 45 RPM  
**FOOTWORK:** Opposite unless indicated, Directions given for man, womans directions in [ ].  
**SEQUENCE:** INTRO, A, A, INT, B, B(MOD), END

## INTRODUCTION

### 1-4 ; RAISE ARMS ; ROLL 3 ; THRU, CHASSE TO SEMI ; PICK UP IN 3(CP/LOD);

in op position man fcg partner & wall both with arms crossed in front at waist level wait pkup notes ; (1)hold raising arms to slightly above shoulder level,-,-; (2) sd L commencing individual lf tn on ball of foot [rf tn], cont 1/2 tn to fc COH sd R cont tn, finish second 1/2 tn sd L endg SCP/LOD; (3) thru R, sd L to CP/cl R, sd L endg SCP/LOD; (4) fwd R sm stp leading W to CP if of M, sm sd L, cl R endg CP/LOD;

## PART A

### 1-4 FORWARD WALTZ ; MANUEVER ; SPIN TURN ; BOX FINISH(CP/DLC) ;

(1) fwd L, fwd R, cl L; (2) fwd R tng rf, fwd L cont rf tn if of W, cl R to L endg CP/RLD; (3) bl L pvt 1/2 rf, fwd R cont tn commencing rise to ball of foot w L leg extended sd & bk, rec sd & bk L endg CP/DLW; (4) bk R tng lf 1/4, sd L, cl R to L endg CP/DLC;

### 5-8 DOUBLE REVERSE SPIN ; WHISK ; WING ; OPEN TELEMARCK ;

(5) fwd L tng strongly lf [bk R commencing 1/2 lf heel tn on R bring L beside R no wgt], fwd & sd R ard W commencing lf spin on ball of foot drw L to R [cont lf heel tn chg wgt to L], cont spin on R bring ball of L foot beside R no wgt [fwd & sd R ard M tng lf/lk L if of R] endg CP/DLW; (6) fwd L, fwd & sd R commencing rise to ball of foot & upper body rf tn, cross L in bk of R cont full rise & tn endg tight SCP; (7) fwd R [fwd L cross if of M tng lf], drw L to R commencing lf upper body tn [fwd R ard M cont tng lf], tch L to R cont upper body lf tn [fwd L ard M cont tn lf] endg tight SCAR/DLC; (8) fwd L tng lf [bk R commencing lf heel tn on R bring L beside R no wgt], fwd & sd R cont tn [cont lf heel tn chg wgt to L], sd & fwd L [sd & fwd R] endg in tight SCP/DLW;

### 9-12 CROSS PIVOT ; CROSS HOVER (SCP) ; THRU, CHASSE TO BANJO ; MANUEVER ;

(9) fwd R tng rf if of W [fwd L sm stp beginning 1/2 rf tn], sd L cont full rf tn [sd R sm stp cont tn], fwd R endg in SCAR/DLW; (10) fwd L crossing if R [bk R crossing ib of L], sd R with slight rise & rf upper body tn, sd & fwd L [sd & fwd R] opening W out to SCP/LOD ; (11) thru R, sd L tng to CP/cl R, sd & fwd L [cont tn sd & bk R] endg in BJO/LOD; (12) repeat part A measure 2;

### 13-16 CLOSED IMPETUS ; BOX FINISH (CP/DLC) ; TWO LEFT TURNS ; (CP/DLW) ;

(13) bk L sm stp tng rf [fwd R between M 's feet], bring R beside L no wgt commencing rf heel tn chg wgt to R cont tn [sd & fwd L ard M tng rf], sd & bk L [brush R to L fwd R between M's feet] endg in CP/DLW (14) repeat part A measure 4; (15-16) fwd L tng lf, sd R diag acr line of prog completing 3/8 tn, cl L; bk L tng lf, sd R diag fwd twd line of prog completing 3/8 tn, cl L endg CP/DLC;

## INTERLUDE

### 1-2 SLOW SIDE SWAY LEFT ; SLOW SIDE SWAY RIGHT ;

(1) sway & sd L stretching lft sd, drw R, tch R to L; (2) sway & sd R stretching rgt sd, drw L, tch L to R;

## IF YOU PLEASE (Pg 2)

### PART B

#### **1-4 DRAG HESITATION; BACK, BACK/LOCK,BACK; OUTSIDE CHANGE TO BANJO ;**

##### **FORWARD, FORWARD/LOCK, FORWARD ;**

(1) fwd L commencing lf tn, sd R cont lf tn tng W to CBJO, drw L to R; (2) bk L, bk R/lk L if, bk R; (3) bk L, bk R tng lf, sd & fwd L endg in CBJO/DLC; (4) fwd L, fwd R/lk L ib R, fwd L;

#### **5-8 CLOSED WING ; OPEN TELEMARCK ; FWD HOVER TO BANJO ; OUTSIDE SWIVEL ;**

5) fwd R [bk L], drw L to R with lf upper body tn [sd R acr M], tch L [fwd L] endg tight SCAR/DLC; (6) fwd L tng body lf [*bk R commencing lf heel tn on R bring L beside R no wgt*], sd R cont tn [*cont lf heel tn chg wgt to L*], sd & fwd L endg in SCP/DLW; (7) fwd R, fwd L rising to ball of foot [*fwd R rising to ball of foot and tng 1/2 lf*], rec bk R endg in BJO/DLW ; (8) bk L, drw R acr lf of L pointing toe twd floor [*swivel rf on ball of rgt foot*] endg SCP/DLC,-;

#### **9-12 IN & OUT RUNS ; ; IN & OUT RUNS ; ;**

(9-10) fwd R commencing rf tn, sd & bk L DLW to CP [*fwd R between M's feet*], bk R to CBJO; bk L tng RF, sd & fwd R between W's Feet cont rf tn, fwd L endg SCP/DLC; (11-12) repeat part B measures 9 & 10;;

#### **13-16 PICK UP IN 3 ; TWO LEFT TURNS ; (CP/DLW) ; CHANGE OF DIRECTION (CP/DLC) ;**

##### **2nd time change measure 15 & 16 to: (CP/WALL); CANTER (HOLD);**

(13) repeat INTRODUCTION measure 4; (14-15) repeat part A measures 15 & 16; endg CP/DLW; (16) fwd L DLW, fwd R dlw with rgt shldr leading and tn lf 1/4, drw R to L & brush endg CP/DLC;

{2nd time change measures: (15) (CP/WALL); (16) sd L, drw R to L, cl L & hold for music; }

### END

NOTE: music retards slightly, dance ENDING with music phrasing

#### **1-4 MAN HOLD/LDY ROLL 3 ; HOLD ; LDY HOLD/MAN ROLL 3 (SCP); HOLD ;**

(1) M hold [*L repeat INTRODUCTION measure 2*],-,-;(2) hold,-,-; (3); M repeat INTRODUCTION measure 2 [*L hold,-,-*] endg in SCP/LOD; (4) hold,-,-;

#### **5-8 THRU,CHASSE TO SEMI; THRU,CHASSE TO SEMI ; THRU,PROMANADE SWAY ; CHANGE SWAY & HOLD**

(5) repeat INTRODUCTION measure 3; (6) repeat INTRODUCTION measure 3; (7) thru R, sd & fwd L tng to SCP and stretching body upward to look over joined lead hands, relax L knee; (8) no wgt chg stretch of body to opposite position while allowing upper body to rotate lf and chg head position W looking well lft and M looking at W hold until music ends;