

IN_TIME

Composers: Richard and Jo Anne Lawson, 237 Mamie Lane, Birmingham, AL 35235

Record: Special Pressing - Flip of My Claire de Lune (205)853-4616

Sequence: Intro-A-B-Interlude-A-Ending Rhythm: Foxtrot

RoundALab Phase VI Suggested Speed: 48

INTRO

CP/DC WAIT_3_STRONG_BEATS...

1-3 REV_FALLAWAY_SLIP; WHISK; STEP_THRU_TO_PROMENADE_SWAY;

1-2 Fwd L trn LF,sd R,XLIB,trng LF slip R past L with sm step bk on R

(W bk R slight body trn,sd L,XRIB,swivel LF on R and step fwd L)

S to CP/DW; Fwd L,-,fwd & sd R,XLIB of R to SCP/DC;

SS 3 In SCP step thru on R,-,step sd & fwd on L stretching body upward

to look over jnd lead hands while relaxing L knee(W step thru on

L,-,step sd & fwd on R),-;

4-8 CHG_OF_SWAY, STEP_SIDE; _CONTRA_CK_and _REC_TO_SCP; WEAVE_3_TO_BJO;

SLOW_OUTSIDE_SWIVELS; SLOW_BACK_WEAVE_4;

SS 4-5 Without wgt chg rotate body to look DRW,-,rec slowly sd on R(W

rotate body to look DRW,-,rec slowly on L),-; Slow Contra Ck on

S L,-,rec on R trng LF,step sd & fwd L(W slow Contra Ck on R,-,rec

on L,sd & fwd R)to SCP/DC; (Note: The in meas 5 is done on

the words "on your").

6-8 Step thru on R,-,fwd L trng LF to CP,sd & bk R(W step thru on L,

S -,sd & bk R to CP,sd & fwd L)Bjo/RLOD; VERY_SLOWLY Step bk L

leaving R ft ext. fwd,-(W step fwd R outsd M,swivel RF on ball of

SS R ft)to SCP/RLOD,step fwd RLOD on R leaving L ft ext. bk,-(W step

() fwd twd RLOD on L,swivel LF on ball of L ft)to Bjo/RLOD; VERY SLOWLY Bk L in Bjo,bk R trng LF,sd & fwd L,fwd R(W fwd R,fwd L trng LF,sd & bk R,bk L)to Bjo/DW;

(Note: The back weave is done on the word "me-e-e-e").

PART_A

1-4 HOVER_TELEMARK; NAT_FALLAWAY_WEAVE;; CHG_OF_DIRECTION;

1-2 Fwd L to DW blending to CP,-,sd & fwd R with hovering action and

S trng slightly RF,rec fwd L on toe(W bk R,-,diag sd & bk L with

S hovering action trng RF brush R to L,rec fwd R on toes)SCP/DW;

Fwd R,-,fwd L on toe trng RF with rise,rec bk R(W fwd L,-,fwd R

on toe bet M's ft trng RF with rise,rec bk L)to SCP/DRW;

3-4 Bk L in SCP,bk R to CP,sd & fwd L DW,fwd R(W bk R in SCP start LF

slip pivot,fwd L cont LF trn,sd & bk R,bk L)Bjo/DW; Fwd L,-,fwd &

S sd R trng LF,dr L to R to CP/DC;

5-8 TELEMARK_TO_BJO; TRAVELING_HOVER_CROSS;; FWD_TO_RIGHT_LUNGE;

5-6 Fwd L,-,fwd & sd R around W trng LF,step fwd & sd L(W bk R start

S heel trn,-,cont trn & chg wgt to L,bk & sd R)Bjo/DW; Fwd R start

S RF trn,-,sd L twd DW cont strong RF trn,sd R twd DW(W bk L start

RF heel trn,-,cl R cont trn,sd L)SCar/DC;

7-8 Fwd L across R in SCar/DC,fwd & sd R to CP,fwd L blend Bjo,fwd R

(W bk R with L sd stretch,bk & sd L to CP,bk R to Bjo,bk L)Bjo/

LOD; Blend to CP & step fwd L,-,flex L knee & step sd & fwd R to

SS DW keep L sd in twd ptr & flex R knee as wgt is taken(W bk R,-,

flex R knee & step sd & bk L to DW keep R sd in twd ptr & flex L

knee as wgt is taken),-;

9-12 REC_TO_FEATHER_FINISH; CHECKED_REVERSE; DOUBLE_NAT; CHECKED_NATURAL;

9-10 Rec on L,bk on R trng LF,sd & fwd L,fwd R outsd W(W rec on R,fwd

on L trng LF,sd & bk R,bk L)Bjo/DC; Fwd L,-,fwd R on toe trng LF

S ckg fwd motion,trng RF rec bk on L(W bk R,-,cl L to R on toes trn

LF ck bk motion,trng RF slip R fwd)CP/LOD;

11-12 Fwd R trng RF,-,fwd & sd L cont RF trn with spinning action,tch R

S to L(W bk L trng RF,-,cl R to L for heel trn/sd & fwd L around M,

(S /&) fwd R outsd ptr)Bjo/DC; Fwd R,-,fwd L on toe trng RF ckg fwd

motion,trng LF rec bk on R(W bk L,-,cl R to L on toes trng RF ckg

S bk motion,trng LF slip L ft fwd)CP/DC;

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13-16 TELESPIN_TO_SCP;; OPEN_NATURAL; HESITATION_CHANGE; jB

S 13-14 Fwd L trng LF,-,fwd & sd R trng LF,sd & bk L keep L sd twd W;

&/S Spin LF on L/cont spin,sd R cont spin,fwd L DW(W bk R trng LF,-,

bring L to R for LF heel trn,fwd R; Keeping R sd in twd M fwd L/

fwd R,toe spin LF on R & cl L,fwd R)SCP/DW,-;

S 15-16 Fwd R start RF trn,-,sd & bk L cont trn,bk R(W fwd L,-,fwd R bet

S M's ft,fwd L)Bjo/DRC; Bk L trng RF,-,sd R trng RF,dr L to CP/DC;

jB Note: Last time thru Part A, the music for meas 15-16 is greatly

retarded so dance these 2 meas slowly and add CONTRA_CHECK, REC,

(2 steps)just before Ending.

PART_B

1-4 REV_TURN_CHECK_and_WEAVE;;; CHANGE_OF_DIRECTION;

S 1-2 Fwd L start LF trn,-,sd R cont trn,bk L(W bk R for LF heel trn,-,

S cont trn on L,fwd R)CP/RL0D; Ck bk on R,-,rec fwd L,sd R(W ck fwd L,-,rec bk R,sd L);

3-4 Bk L to Bjo,bk R trn LF,cont trn sd & fwd L,fwd R(W fwd R to Bjo,

S fwd L trn LF,sd & bk R,bk L)Bjo/DW; Repeat meas 4 Part A;

5-8 TELEMAR_K_TO_SCP; NATURAL_HOVER_CROSS;; DRAG_HESITATION;

S 5-6 Fwd L start LF trn,-,sd R cont trn,sd & fwd L(W bk R start LF

heel trn,-,cont trn chg wgt to L,step sd & fwd R)SCP/DW; Fwd R DW

S start RF trn,-,cont trn sd on L,with strong RF trn on L step sd R

to fc DC(W fwd L,-,fwd R with RF trn,bk L on toe)SCar;

7-8 Fwd L across R on toe,rec R,sd & fwd L,fwd R(W bk R on toe,rec L,

S sm sd R,bk L)Bjo/DC; Fwd L start LF trn,-,sd R cont LF trn,dr L

to R(W bk R start LF trn,-,sd L cont LF trn,dr R to L)Bjo/DRC;

9-12 OUTSIDE_CHG_TO_BJO; CHECKED_NATURAL; DOUBLE_REV_WING; CHECKED_REV;

S 9-10 Bk L,-,bk R trng LF,sd & fwd L(W fwd R,-,fwd L trng LF,sd & bk R)

S Bjo/DW; In Bjo/DW repeat meas 12 of Part A ending CP/LOD;

S 11-12 Fwd L trng LF,-,sd R,cont trn on R tch L to R(W bk R for heel

(S /&) trn,-,cont trn chg wgt to L/fwd R,fwd L)SCar/DW; Fcg DW repeat

S action of meas 10 of Part A ending CP/DW;

13-16 NATURAL_WEAVE;; WHISK; FEATHER;

13-14 Fwd R start RF trn,-,cont trn sd L,sd & bk R DC(W bk L start RF

S heel trn,-,cont trn cl R,sd & fwd L); Bk L to Bjo,sd & bk R to CP

trn LF,sd & fwd L,XRIF(W fwd R to Bjo,fwd L to CP,sd & bk R,XLIB)

Bjo/DW;

15-16 Fwd L,-,fwd & sd R start rise to ball of ft,XLIB of R cont to

S full rise to SCP/DC; Fwd R,-,fwd L,fwd R(W thru L,-,trng LF step

S sd & bk R,bk L)Bjo/DC;

INTERLUDE

1-8 REPEAT_MEAS_1-8_OF_INTRO;;;;;;;;;

Note: The Interlude is exactly like the Intro EXCEPT that meas

1 thru 6 in the Interlude are at a slightly faster tempo and

Meas 7 and 8 are MUCH faster and should be cued: OUTSIDE_SWIVELS;

BACK_WEAVE_4;

ENDING

1-6 REV_FALLAWAY_SLIP; WHISK; STEP_THRU_TO_PROMENADE_SWAY; CHG_OF_SWAY,

STEP_SIDE; CONTRA_CK_and_REC_TO_SCP; THROWAWAY_OVERSWAY;

1-5 Repeat action of meas 1-5 of Intro;;;

6 Slowly relax L knee and allow R to pt sd & bk while keeping R sd

in twd W(W while trng LF on R ft relax R knee and slide LF bk

under body past right ft to pt bk and look well to L); o L); VERY SLOWLY go into Contra Ck,-; VERY SLOWLY Extend,-
,Hold,-;XTEND_and_HOLD;

6-10 Repeat action of meas 1-3 of Intro;;; VERY SLOWLY step s

and_HOLD

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