

LONELY NIGHTINGALE

Composers: Steve & Judy Storm 3460 South, 3600 West, West Valley City,
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Record: Special Pressing
Footwork: Opposite, except where noted
Phase/Rythm: Phase VI Slow Foxtrot
Sequence: Into,A,A,INT,B,A,TAG.

INTRO

1-6 WAIT 2;; AWAY W/ SWAY; TOG W/ SWAY; SOLO ROLL 3; FEATHER;

1-6 FC DLW No Hands Wait 2 meas;; Sd L W/ Right Sway; Tog R W/
Left Sway; Roll LF(RF) L,-, R, L SCP DLC; Thru R,-, Fwd L, Fwd R
BJO DLC;

PART A

1-9 TELEMARK SCP; OPEN NATL; QK BIG OUTSIDE SPIN & NATURAL WEAVE W/ LOCK AND SWAY CHANGE;;; WEAVE ENDING; 3 STEP; NATURAL HOVER WHISK;;

1-6 (Telemark SCP) Fwd L Trng LF,-, Sd R (Lady's Heel Turn), Sd
& Fwd L SCP DLW; (Open Natl) Thru R,-, Sd L Trng RF, Bk R BJO
RLOD; (Qk Big Os Spin W/ Lk & Sway Change) Bk L to R Toe To Heel/
Fwd R Past Lady Trng RF, Sd L To CP Still Trng RF, Fwd R Trng
RF,-; Sd L Trng to Fc DRW, Bk R BJO fc DRW, Lock LIFR(RIBL) With
Left Sway,-; Change Sway To Right,-, Hold, Bk R BJO DLC; (Weave
Ending) Bk L BJO, Bk R Trng LF cp & Wall, Sd & Fwd L Bjo DLW, Fwd
R BJO DLW;

7-9 (Three Step) Fwd L Blending To CP DLW,-, Fwd R, Fwd L W/
Right side Lead; (Natural Hover Whisk) Fwd R Trng RF,-, Sd L
Trng RF, Sd & Fwd R to SCP DLC; XLIB (XRIB), Thru R, Fwd L To
BJO, Fwd R BJO DLC;

10-16 TELEMARK SCP; NATURAL TELEMARK DBL;; SAME FOOT LUNGE W/ CHANGE SWAY & REVERSE PIVOT;; RIGHT CHASSE; OVERTURN WEAVE ENDING;

10-14 (Telemark SCP) Repeat Meas. 1 Part A; (Natural telemark Dbl)
Fwd R Trng RF,-, Sd L Trng Rf (lady's Heel Turn), Sd & Fwd R
To SCAR fc DLW; Fwd L Trng LF Leading Lady To Right Side,
Fwd R Between Lady's Feet Trng RF, SD L Trng RF To fc COH,
Hold(CL L To R); Hold W/ Left Sway Both W/ Right Foot Free,-
, (Same Foot Lunge & Change Sway) Sd & Fwd R W/ Right Sway,-
; Change Sway To Left,-, (Reverse Pivot) Lady Recover On
Left On and & Count As Man Turns Body LF Without weight
Change Fwd L Pivot LF To Fc DLW, Bk R Pivot LF To Fc DLC;
(Right Chasse) Fwd L Trng LF,-, Sd R/Cl L, Sd R To Bjo FC
DRW; (Overturn Weave Ending) Bk L BJO, Bk R CP Fc Wall, Sd L
BJO Fc LOD, Fwd R BJO DLC;

INTERLUDE

1-4 REVERSE WAVE; QUICK BACK LEFT WHISK; TWIST W/ CHANGING SWAY & LOCK;;

1-4 (Reverse Wave) Fwd L Trng LF,-, Sd R (Heel Turn), Bk L To Fc
DRC; Bk R, Bk L To Fc RLOD, XRIB (XLIB),-; (Twist Turn) Unwind

On Ball Of Right & Heel Of Left To Fc LOD Change Weight To Left Foot (Unwind Man Fwd R, Fwd L/ Fwd R,) Sd R W/ Right Sway,-; Change Sway To Left No Weight Change,-, Fwd L BJO DLC, XRIB BJO DLC:

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PART B

1-8 BOUNCE FALLAWAY REVERSE BJO; WEAVE ENDING; WHISK; FEATHER; TELESPIN & SCOOP;;; CHAIR & SLIP;

1-4 (Bounce Fallaway Reverse S&S&) Fwd L DLC/Sd R SCP,-, Bk L SCP/Bk R Lady Turn To BJO Fc DRW; (Weave Ending) Bk L, Bk R To CP Fc Wall, Sd & Fwd L BJO DLW, Fwd R BJO DLW; (Whisk) Fwd L,-, Sd & Fwd R, XLIB (XRIB); (Feather) Thru R,-, Fwd L, Fwd R BJO DLC;

5-8 (Telespin & scoop) Fwd L Trng LF,-, Sd R(Lady'd Heel Turn), Sd & Bk Leading Lady Head To Right; Turn On Both Feet As Lady Steps Fwd On Her Left/ Fwd L Spinning LF, Sd R SCP DLW, Fwd L W/ Left Sway,-; Change Sway To Right,-, Cl R To L, Fwd L To SCP DLW; (Chair & Slip) Thru R Man Left Sway Lady Right Sway,-, Rec L, Bk R Lady Slip To CP Man Fc DLC;

9-16 TELESPIN TO THROWAWAY OVERSWAY & SLOW RONDE LINK SCP;;; OPEN NATL; BIG OUTSIDE SPIN; PROMANADE ENDING; FEATHER;

9-12 Fwd L Trng LF,-, Sd R (Lady's Heel Turn), Sd & Bk L Turning Lady's Head To Right; Turn On Both Feet As Lady Steps Fwd On Her Left/Fwd L Spinning LF, Sd R SCP DLW, Fwd L SCP,-; Hold As Lady Extends L Bk,-, Lady Slow Clockwise Ronde,-; Cont. Ronde,-, Cl R To L, Fwd L To SCP DLW;

13-16 (Open Natl) Repeat Meas. 2 Part A; (Big Outside Spin) Bk L Turning Toe Of Left To Heel Of Right Trng RF,-, Fwd R Past Lady Spinning RF, Sd & Bk L Cont. To Turn RF To CP DLC; (Promanade Ending) Fwd R Between Lady's Feet To SCP DLC,-, Tch L To R, Fwd L SCP DLC; (Feather) Repeat Meas 6 Intro;

TAG

1-8 BOUNCE FALLAWAY REVERSE BJO; WEAVE ENDING; WHISK; FEATHER; TELESPIN & SCOOP;;; THRU & THROWAWAY OVERSWAY;

1-8 Repeat meas. 1-7 Part B; ; ; ; ; ; Thru R,-, Sd Left W/ Left Sway Change Sway To Right As Lady Extends Left Foot Back In Throwaway Line,-;