

MISTY

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Record: Hctor H-660 FOXTROT - PHASE IV + 1 (nat hvr x)

Sequence: Intro - A - B - A (meas 1-8) - C - A (meas 1 - 8) - B (meas 1 - 7) - End

SUGG SPEED 50+ Released 1/97

INTRODUCTION

1-4 SHAD POS DLW WITH L, FOOT FREE FOR BOTH WAIT 1 MEAS; SD LUNGE; ROLL RF TO SHAD FC DRW; X CHECK REC; TRN HOLD (W SLIP) CP/DLC;

1-2 [shad pos DLW L foot free for both] wait 1ms; Lunge Sd L, -, -;

3-4 Roll RF R, -, L, R to fc shad DRW; XLIF of R, -, rec R trn 1/4 LF (WXLIF of R), -, rec R trn 1/2 LF, slip L fwd to CP/DLC), -;

PART A

1-4 DRAG HESITATION; BK HOVER TELE; PROM WEAVE;;

1-2 [drag hest] CP/DLC Fwd L, -, comm LF trn sd R cont trn, draw L to R end fc BJO/DLC; [bk hvr tele] comm RF upper body trn bk L, -, sd & fwd R cont trn with slight rise, sd & fwd L to SCP/DLC (W comm RF upper body trn fwd R trn sd & fwd L cont trn with slight rise cont RF trn, sd & fwd R to SCP/DLC);

3-4 [prom weave] Fwd R, -, fwd L comm LF trn, sd & bk R fc DRW; bk L, bk R trn LF, sd & fwd L, fwd R outsd prt DLW;

5-8 3 STEP; NAT TRN; OUTSD CHG SCP; CHAIR & SLIP DLC;

5-6 [3 step] Fwd L, -, fwd R, fwd L to CP/LOD; [nat trn] Comm RF trn fwd R, -, sd L (W heel trn), con trn bk L;

7-8 [outsd chg scp] Bk L, -, bk R turning LF, sd & fwd L (W Fwd R, -, fwd L turning LF, fwd R) SCP; [chair & slip CP/DLC] Thru R to chair, -, rec L comm LF trn, slip R bk cont LF trn [W Thru L to chair, -, rec R, swivel LF on R & step fwd] CP/DLC;

9-12 RT CHASSE; BK & BK/LK BK; OP IMP; CHASSE SCP;

9-10 [Rt chasse] Fwd L comm LF trn, cont turn sd R/cl L, sd & bk R (W bk R comm LF turn, -, cont trn sd L/cl R, sd fwd L) BJO/DCR; [bk & bk/lk bk] Bk L, -, bk R/XLIF of R, bk L R fwd R, fwd L/XRIF of L, fwd L]

11-12 [op imp] comm RF turn bk L, cl R to L (heel turn) cont RF tum sd & fwd L I W comm RF turn fwd R, -, fwd & sd L cont RF turn around ptr, cont RF turn sd & fwd R] SCP LOD;

13-16 IN & OUT RUNS;; NAT TRN; HEEL PULL;

13-14 [in & out runs] Comm RF turn fwd R, sd & bk L, bk R [W Fwd L, -, fwd R, fwd L] BJO/RL0D; Bk L turning RF, cont RF turn sd & fwd R, fwd L (W comm RF turn fwd R, -, fwd & sd L continue turn, fwd R) to SCP;

15-16 [nat turn] Comm RF turn fwd R, -, sd L, bk R (W fwd L, -, fwd R, fwd L) CP/RL0D; [heel pull] Comm RF turn bk L, -, cont RF turn on L pull R heel twd L & chg wt to R (W comm RF turn fwd R, -, cont RF turn sd L, draw R to L), -;

PART B

1-4 DIAMOND TURN-;;;

1-2 [dia turn] Fwd L DLC comm LF tum -, sd R, XLIB of R; bk R turn LF, -, sd L, XRIF of L to end BJO/DRW;

3-4 [cont dia turn] repeat meas 1 & 2 part B end BJO/DLC;;

5-8 CL TELE; FWD & FWD/LK FWD, FWD (W DEVELOPE); OUTSD SWVL P/U;

5-6 [cl tele] Fwd L comm LF turn, -, sd R cont turn, cont turn sd & fwd L (W bk R comm LF turn, cl L to R (heel turn) cont turn, sd & bk R) BJO/DLW; [fwd lk] Fwd R, fwd L/XRIB of L, fwd L (W bk L, -, bk R/XLIF of R, bk R);

7-8 [develope] Fwd R outsd ptr, slight body rise (W bk L, -, raise R along outsd of L leg point toe down, extend & kick R up & out); [outsd swvl] Bk L leave R extended fwd comm slight RF body turn, cont slight RF body turn (W fwd R outsd ptr comm RF swivel, - cont RF swivel to SCP fwd L picking up to CP/RL0D) Fwd R blend to CP/DLC, -;

9-12 DRAG HESITATION; BK HOVER TELE; PROM WEAVE;;

1-2 Repeat meas 1 & 2 part A;;

3-4 Repeat meas 3 & 4 part A;;

13-16 3 STEP; NAT TRN; OUTSD CHG SCP; CHAIR & SLIP DLC;

5-6 Repeat meas 5 & 6 part A;;

7-8 Repeat meas 7 & 8 part A;;

PART C

1-4 REV WAVE;; BK FEATHER; FEATHER FINISH DLW;

1-2 [rev wave] Fwd L, -, comm slight LF trn sd R, bk L; bk R, bk L, bk R cont slight LF trn to fc RL0D;

3-4 [bk fea] Bk L, -, bk R to BJO with R shoulder lead, bk L; [fea fin] Bk R, -, comm LF turn sd & fwd L, cont trn fwd R outsd ptr DLW;

5-8 OP TELE; X PIVOT SCAR; X HVR SCP; CHAIR REC FC;

- 5-6 [op tele] Fwd L comm LF trn, -, cont LF trn sd R (L heel trn), sd & fwd L twd DW SCP; [x pvt scar] Comm RF turn fwd R, -, sd L cont RF turn, fwd R (W Comm RF trn fwd L, - fwd R between ptr's feet pivot RF, bk L) to SCAR DLC;
- 7-8 [x hvr scp] XLIF of R (W XRIB), sd R with slight rise & slight LF trn, rec on L to SCP/DLC; [chair rec fc] Thru R flex R knee, -, rec bk L comm slight RF trn, sd R to CP/WALL;

9-12 WHISK; WING; OP TELE; CHASSE SCP;

- 9-10 [whisk] Fwd L, -, sd & fwd R comm slight rise, XLIB of R; [wing] Fwd R with upper body turn LF, -, draw L to R (W fwd L, -, R, L arnd M), -;
- 11-12 [op tele] repeat meas 5 part C; [chasse SCP] Thru R, -, sd L/cl R, sd& fwd L SCP;

13-16 NAT HOVER X;; REV TURN;

- 13-14 [nat hvr x] Comm RF trn fwd R, -, fwd & sd L cont RF trn, cont RF trn fwd & sd R SCAR (W comm RF trn fwd L, -, fwd R cont RF turn, sd & bk L SCAR); ck fwd L, rec R, sd & fwd L slight LF body trn to BJO, fwd R BJO/DLC (W bk R In SCAR, rec L, sd & bk R, bk L In BJO);

PART A (MEAS 1-8) REPEATED

1-4 DRAG HESITATION; BK HOVER TELE; PROM WEAVE;;

- 1-2 Repeat meas 1 & 2 part A;;
- 3-4 Repeat meas 3 & 4 part A;;

5-8 3 STEP; NAT TRN; OUTSD CHG SCP; CHAIR & SLIP DLC;

- 5-6 Repeat meas 5 & 6 part A;;
- 7-8 Repeat meas 7 & 8 part A;;

PART B (MEAS 1-7) REPEATED

1-4 DIAMOND TURN;;

- 1-2 Repeat meas 1 & 2 part R;;
- 3-4 Repeat meas 3 & 4 part B;;

5-8 CL TELE; FWD & FWD/LK FWD; FWD (W DEVELOPE);

- 5-6 Repeat meas 5 & 6 part B;;
- 7 Repeat meas 7 part B;

END

1-2 OUTSIDE SWIVEL THRU TO PROM SWAY & CHG SWAY;;

- 1 [outsd swvl] Bk L leave R extended fwd comm slight RF body turn, cont slight RF body turn, -, thru R (W fwd R outsd ptr comm RF swivel, - cont RF swivel to SCP thru L), -; [prom sway & chg] Sd & fwd L with R sd stretch, -, slow lower & chg stretch to L (W Sd & twd R with L sd stretch slow lower & chg stretch to R), -;