

PURPLE FOXTROT



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PHASE & RHYTHM: ROUNDALAB Phase III + 2 FOXTROT
(DIAMOND TURN, IN AND OUT RUNS)
SPEED: 43 RPM
FOOTWORK: Opposite unless indicated. Directions given for man, womans directions in [].
SEQUENCE: INTRO, A, A, B, B, END

INTRODUCTION

1-4 WAIT ; ; APART POINT ; LADY ROLL IN TO A PICKUP ;

(1-2) in OP fcg DLW wait 2 meas;; (3) stp apt L, -, keep R leg extended and point toe toward partner and floor, -; (4) stp tog R, -, [W roll in lft fc L, R, L, tch R to L] tch L to R tng slightly lft fc to CP/LOD;

5-8 DIAMOND TURN ; ; (CP/LOD) ;

(5-8) fwd L tng lft fc on diag to BJO, -, cont tn sd R, bk L; tng lft fc bk R on diag, -, cont tn sd L, bk R; fwd L tng lft fc on diag, -, cont tn sd R, bk L; tng lft fc bk R on diag, -, cont tn sd L, bk R adjusting to end CP/LOD;

PART A

1-4 2 LEFT TURNS ; ; HOVER ; HOVER FALLAWAY (SCP/LOD) ;

(1-2) fwd L tng lft fc, -, sd R acr line of progression cont tng lft fc, cl L to R ending DRC; bk R tn lft fc, -, sd L towards line of progression cont tng lft fc, cl R ending CP/WALL; (3) fwd L, -, fwd & sd R rising to ball of foot, rec L to tight SCP/LOD; (4) fwd R, -, fwd L rising to ball of foot and chkg, rec bk on R ending SCP/LOD;

5-8 SLIP PIVOT (BJO/DLC) ; MANEUVER ; OVERSPIN TURN ;

HALF BOX BACK (CP/WALL) ;

(5) bk L, -, bk R tng lft fc keeping L leg extented, fwd L; (6) fwd R tng rgt fc, -, fwd L cont tng rgt fc, cl R to L ending CP/RLOD; (7) bk L piv 1/2 rgt fc, -, fwd R cont tng rgt fc 1/4 rising on ball of foot with lft leg extended bk and sd, rec sd and bk on L ending CP/WALL; (8) bk R, -, sd L, cl L;

9-12 WHISK ; WING ; OPEN TELEMARK ; MANEUVER (CP/RLOD) ;

(9) fwd L, -, fwd and sd R commensing rise to ball of foot with slight rgt fc upper body rotation, cross L in bk of R cont full rise ending tight SCP/DLW; (10) fwd R, -, drw L to R, tch L to R tng upper body lft fc [fwd L xif of M tng slightly lft fc, -, fwd R ard M cont tn, fwd L ard M cont tn] ending SCAR/DLW; (11) fwd L start lft fc tn, -, sd R cont tn, sd & fwd L [bk R start lft fc tn bring L to R, -, heel tn on R chg weight to L, sd & fwd R] ending tight SCP/LOD; (12) repeat measure 6 of Part A;

13-16 OPEN IMPETUS ; IN & OUT RUNS ; ; PICKUP,-,SD,CL (CP/LOD) ;

(13) bk L bring R beside L without weight start rgt fc heel tn, -, chg weight to R cont rgt fc tn, fwd L ending tight SCP/DLC; (14-15) fwd R start rgt fc tn, -, sd & bk L to CP, bk R to CBJO; bk L tng rgt fc, -, sd & fwd R between W's feet cont rgt fc tn, fwd L to tight SCP/LOD; (16) small stps fwd R, -, fwd L, fwd R [W fwd R tng lft in frnt of M, -, bk & sd L, bk L] ending CP/LOD;

PURPLE FOXTROT (Pg 2) PART B

1-4 DIAMOND TURN HALF ; ; QUICK DIAMOND IN 4 ; DIP BK,-,REC,- (CP/LOD);

(1-2) fwd L tng lft fc on diag to BJO, -, cont tn sd R, bk L; tng lft fc bk R on diag, -, cont tn sd L, bk R; (3) fwd L tng lft fc on diag, cont tn sd R, bk L, bk R; (4) dip bk L taking full weight with relaxed knee keep R leg extended and toe on floor, -, rec R, drw L to R ending CP/LOD;

5-8 DIAMOND TURN HALF ; ; QUICK DIAMOND IN 4 ; DIP BK,-,REC,- (CP/LOD);

(5-8) repeat measure 1 thru 4 part B; ; ;

9-12 FORWARD,-,RUN 2 ; MANEUVER ; OPEN IMPETUS ; CROSS PIVOT (SCAR/DLW);

(9) fwd L, -, fwd R, fwd L; (10) repeat measure 6 Part A; (11) repeat measure 13 Part A; (12) fwd R in front of W start rgt fc tn, -, sd L cont rgt fc tn, fwd R ending SCAR/DLW;

13-16 CROSS HOVER (BJO) ; CROSS HOVER (SCAR) ; CROSS HOVER (SCP/LOD);

PICKUP,-,SD,CL (CP/LOD);

(13) xif L, -, sd R with rise & tn, rec L; (14) xif R, -, sd L with rise & tn, rec R; (15) repeat measure 13 Part B ending tight SCP/LOD; (16) repeat measure 16 Part A ending CP/LOD;

END

1-4 DIAMOND TURN ; ; ; (CP/LOD);

(1-4) repeat measures 5 thru 8 of Introduction; ; ;

5-6 FORWARD,-,SIDE LUNGE,TWIST ; HOLD & LOOK TOWARD WALL ;

(5) fwd L,-,lunge sd R bending knee and chkg, start upper body lft fc rotation; (6) as music fades hold position while continuing slight upper body lft fc rotation slowly tng heads to look towards WALL;