

THREE ALONE FOXTROT

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Record: Roper 290 PHASE IV + i /nat YL 8[FOX' !
Sequence: Intro - A - B -- C -INTERLUDE - D - INTERLUDE - B - End Released Jan. 2002
Footwork: Opposite, unless noted (W's footwork & timing in parentbeses) Timing: Standard Foxtrot unless
noted. SLOW FOR COMEORT (40141)

INTRODUCTION

- 1-4 SHAD POS DLW WITH L FOOT FREE FOR BOTH WAIT / MEAS: MEAS: SD LUNGE, R!2LL
BE TO SHAD FC DRW; X CHECK REECITRN, HOLD (Yv, SLIE) CPIDLC:
S - 1 - 2 [shad pos DLW L foot free for both] wait 1 ms; Lunge Sd L, -, -,
3-4 (roll) Roil RF R, -, L, R to shad DRW; [z cbk rec[XLIF of R, -, rec R trn 'A LF (W)LIF' or R, rec
SS R trn th LF, slip L fwd to CP/DLC), - ;

PART A

- 1-4 DRRAQ HESITATION; SK HOVER TELE: PROM WE&VEU
1-2 [drag best] CP/DLC Fwd L, -, comm LF trn sd R cont trn, draw L to R end fc BJOIDLC; [bk hvr
tele] comm KF upper body trn bk L, -, sd & fwd R cont trn with slight rise, sd & fwd L to
SCPIDLC (W comm RF upper body trn fwd R trn RF, -, sd & fwd L coca 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 LFsd & fwd L,
fwd R outsd pct DLW];
5-8 3 STEP NAT RN; OUTSD CHG SCP: CHAIR f, SLEF QLC:
5-6 [3 step] Fwd L, -, fwd R, fwd L to CP/LOD; [nat trpl 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[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 & BKILK BK: OPIM~ 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 Ucl R, sd & fwd L] BJO/DCR; [bk & Wk bk [Bk L, -, bk
R/XLIF of R, bk L [W fwd R, -, fwd iARIF of L, fwd L]
11-12 [op imp] comm RF turn bk L, -, cl R to L (heel turn) cont RF turn, sd & fwd L [W
comm RF turn fwd R, -, fwd & sd L cont RF turn around ptr, cont RF turn sd &
fwd R] SCP LOD; [chasse scp] thru R, -, sd LJcJ R, sd L SCP;
13-16 rN & OUT RUNS: NAT TRN: HEEL PULL:
13-14 [in & out runs[Comm RF taro fwd R, -, sd & bk L, bk R [W Fwd L, -, fwd R,
fwd L] BJO/RLOD; 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 rum fwd R, -, sd L, bk R [W fwd L, -, fwd R, fwd L]
CP/RLOD; [heel pull[Comm RF turn bk L, -, cont RF turn on L pull R heel twd L
& chg wgt to R (W comm RF turn fwd R, -, cont RF turn sd L, draw R to L), - ;

PART B

- 1-4 DLA40ND TURN,
1-2 dig turn! Fwd L DLC comm LF turn, -, sd R, XLIB of R; bk R turn LF,
L, XRIF of Lend BJOIDRW,
3-4 [coat dim torn! repeat meas I & 2 part B end BJO/DL,C;_
5-8 CL TELE: FWD FWD FW % FWD DEVE-
5.6 (cl teleJ 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) com turn, sd & bk R] BJO/DL W ;
[fwd lk] Fwd R, -, fwd LJXRM of L, fwd L (W bk L, -, bk R/XLIF of R, bk R),

- 7-E (developelFwd R outsd ptr, slight body rise (W bk L, -, raise R along outsd of L leg point we down, extend & kick R up & out); [outsd swvl p/uj Bk L leave R fWd comm slight RF body rum cont slight RF body turn (W fWd R outsd ptr comm RF swivel, - . cont RF swivel to SCP fwd L picking up to CPIRLOD) fWd R blend to CP/DLC, - ;

PART C

- 1-4 WAVE:: K R fRfISU DLW:
 1-2 [rev wave] Fwd L, -, comm slight LF trn sd R, bk L; bk R, -, bk L, bk R corte slight LF trn to fc RLOD;
 3-4 [bk fez(Bk L, -, bk R to BJO with R shoulder lead, bk L ; [fen fta] Bk R, -, comm LF turn sd & fWd L, cont trn fWd R outsd ptr DLW;
 5-8 HVR TELL 7; PIVOT SCAL X HVR SCP: MAIR UC E a
 5-6 lbvrt del Fwd L, -, diag sd & fWd R with slight RF body, trn and hovering action fWd L (W bk R, -, **diag sd & bk L** with hovering action & turn body RF, fWd R) DLWISCP; (i pvt scar] Comet RF turn fWd R, -, sd L cont RF turf fWd R {W Comm RF trn fWd L, -, fwd R between ptr's feet pivot RF, bk L) to SCAR DLC;
 7-9 [z hvr scp] XLIF of R (W XRIB), -, sd R with slight rise & slight LF trn, rec on L to SCP/DLC; [chair rec fcl Thru R relax R knee, -, rec bk L comm slight RF trn, sd R to CPIW ALL;
 9-12 WHISK; WING; OP TELE; CHASSE SCP:
 9-1.0 [whisk] Fwd L, -, sd & fwd R *oomm slight rise, XLIB of R; awing* Fwd R with upper body turn LF, -, draw LtoR(WfwdL,-, R,LarndM),-,
 11-12 lop tek1 repesm Tncas 5 part C; Ickasse SCP] Thru R, -, sd LlcI R, sd & fwd L SCP:
 13-16 HAT HOVER N; REV TURN;
 13-14 Inat hvr z] Comm RF trn fwd R, -, fwd & sd L cotta RF tin, cord RF tru 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 B10, fwd R BJOIDL (W bk R in SCAR, rec L, sd & bk l; bk L in BJO);[rev trn] fwd L, -, comm LF trn sd & bk R (W heel trn), cont trn bk L CP/RLOD, Bk cont trn sd & slightly fwd L DLW, fwd R BJO/DLW;

INTERLUDE

- 1-4 REPEAT MEAS 9 -12 PART A
 5-8 REPEAT MEAS 13-16 PART A

PART D

- 1 - 4 OP TELL CHAIR & sLIP; OE REv TRN; OIITSDCXX;
 1 -- 2 [op tek] Repeat meas 5 pout C; Ickxir & dip] Repeat meas.g Part A DLC;
 3 - 4 [op rev trot Fwd L, -, comm LF trn sd & bk R, cont trn bk L BJO/DRC, [outsd cbkj Bk R, -, slight LF trn sd & fWd L, fWd R (W fwd L, -, slight LF trn sd & bk R, bk L) to BJOIDRW
 5-8 DUTSIDE SVNIVEL 2X; OP IMPETUS; 'URU LEFT WROK=i1NWIND 2 FEA END;
 S S 5-6 [outsd swvl BJOIDRC bk L (W fwd R swivel 1/3 RF) end SCPIRLOD, -, fwd R (W fwd L swivel 1/3 LF) BJOIDRC: lop imp] Repeat meas I1 Part A;
 7 - a [lellt whisk] SCP Thru R, -, sd L, XRLB of L (W Thru L, -, sd R, XLIB of R RSCPI DRC) RSCP/DLW; [unwind fea endg Unwind RF slight rise, lower, sd & fwd L, fWd R (W fwd erred M R, L, bk R, bk L) BJOIDL;:

R1=PEAT VTITERLUDE
 REPEAT B

END

- 1 -4 REN' TRN; 3 STEP: RT E
 1 -2 [rev trn] Repeat meas 15 & 16 Part C;;
 3-4 13 step] Fwd L blend to CP, -, fwd H heel to toe, fwd L, Irt Ing] On last beat of music flex L knee move side & slightly fwd R relax knee between W's feet with L sd stretch in R lunge (W sd & bk L into lunge line),