

Un P'tit Foxtrot

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MUSIC: STAR 126 - Un P'Tit Beguine SPEED: 44 RPM
PHASE: RAL IV+2+1 (Check and Weave, Hinge, Quick Outside Swivels)
RHYTHM: Foxtrot RELEASED: June 2004
FOOTWORK: Opposite (Woman's special instructions in parenthesis)
SEQUENCE: **Intro, A, B, A Mod, C, B, A (1-12), Ending**

INTRO

1 - 3 (CP LOD/WALL LEAD FT FREE) WAIT 1 MEAS; QK FEATHER FINISH; OP TELE; CHAIR AND SLIP;

1 In CP fcg diag LOD/Wall with lead ft free wait 1 measure;
2 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsd W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;
3 Frm CBJO fcg LOD/COH fwd L bgn LF upper bdy trn, -, cont upper bdy trn stp fwd and sd R arnd W, cont LF trn stp fwd and sd L keep shldr to Wall look LOD/Wall opening W to tight SCP fcg LOD/Wall;
4 Frm SCP fcg LOD/Wall ck thru R w/lng action (W check thru L w/lng action), - rec L no rise (W rec R no rise), slip, R beh L w/slight LF upper bdy trn 1/8 to CP end fcg LOD (W swivel LF on R and stp fwd L outsd M's R ft to CP);

PART A

1 - 4 REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;

1 - 2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), -, sd R LOD (W cls L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), -, bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end fcg RLOD;
3 Frm CP RLOD bk L bgn RF trn (W fwd R between M's feet heel to toe RF trn 1/2), -, cont RF trn cls R to L w/heel trn (W sd and fwd L cont RF trn arnd M), sd and bk L to CP (W fwd R btw M's ft to CP) end CP LOD/Wall;
4 Frm CP LOD/Wall bk R, -, sd and bk L w/slight rise, rec R w/slight RF trn to end SCAR fcg LOD/Wall;

5 - 8 CROSS HOVER TO SCP; IN AND OUT RUNS;; OPEN NATURAL TURN;

5 Frm SCAR fcg LOD/Wall XLIF of R, -, Sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP fcg LOD;
6 - 7 Frm SCP fcg LOD fwd R starting RF trn (W fwd L), -, sd and bk L twd LOD/Wall (W fwd R between M's feet), bk R (W fwd L) to CBJO fcg RLOD/COH; Bk L trng RF (W fwd R bgn RF trn), -, sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont trn), fwd L (W fwd R) to SCP fcg LOD;
8 Frm SCP fcg LOD/Wall fwd R bgn RF upper bdy trn, -, sd L cont RF trn to end CP fcg RLOD slightly COH, stp bk R with Right Shldr lead end CBJO fcg RLOD/slightly COH;

9 - 12 BK, BK/LK, BK; OPEN IMPETUS; FORWARD HOVER TO BJO; QUICK FEATHER FINISH;

9 Frm CBJO fcg RLOD/slightly COH bk L, -, bk R/lk LIF of R, bk R;

10 Frm CBJO fcg RLOD/slightly COH bk L bgn RF upper bdy trn, -, cls R to L w/heel trn cont RF trn, fwd L end tight SCP fcg LOD;

11 Frm SCP fcg LOD fwd R trn RF (W trn LF) blend to CP fcg Wall, -, sd and fwd L w/ a slight rise, rec R w/ slight LF upper bdy rotation end CBJO fcg LOD/Wall;

12 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsd W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;

13 - 16 REVERSE TURN 1/2; CHECK AND WEAVE;; CHANGE OF DIRECTION;

13 Frm CBJO LOD/COH fwd L blnd to CP bgn LF bdy trn (W bk R blnd to CP bgn LF bdy trn), -, sd R cont trn (W cont trn cls L to R w/heel trn), bk L twd LOD to CP (W fwd R twd LOD to CP) end CP M fcg RLOD;

14 Frm CP fcg RLOD slip R foot bk (W slip LF fwd under bdy) under bdy w/ slight contra ck action, -, fwd L bgn LF trn (W bk R bgn LF trn), sd R w/slight LF trn w/R sd lead and slight R sd stretch preparing to lead W outsd ptr (W sd L w/ left sd lead and slight left sd stretch prepare to step outsd ptr);

15 With R sd stretch bk L in CBJO cont trn (W w/ L sd stretch fwd R to CBJO outsd ptr), bk R to momentary CP cont trn (W fwd L to momentary CP cont LF trn), sd and fwd L w/ L sd stretch trn about 1/4 (W sd and bk R w/ R sd stretch), w/L sd stretch fwd R in CBJO outsd ptr (W bk L w/ R sd stretch) end CBJO fcg LOD/Wall;

16 Frm CBJO fcg LOD/Wall fwd L to CP (W bk R blnd to CP), -, fwd R diag LOD/Wall R shldr lead trn LF 1/4 to face COH/LOD (W bk L w/ Left shldr leading and trn 1/4 LF), draw L to R w/brush (W draw R to L w/brush);

PART B

1 - 4 QUICK DIAMOND 4 TO FACE REV; STEP BACK AND HINGE; HOVER EXIT; FEATHER;

1 Frm CP fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn), cont LF trn sd R (W cont LF trn sd L), bk L cont LF trn to fc RLOD (W fwd R cont LF trn to fc RLOD), bk R to CP (W fwd L to CP) end CP fc RLOD;

2 Frm CP fcg RLOD stp bk and sd L twd LOD trn upper bdy to face Wall w/L sd stretch leading W to XLIB of R keeping L sd twd ptr, -, relax L knee w/ no weight on R, - (W stp fwd R trn 1/2 to face RLOD w/R sd stretch, -, XLIB of R keeping R sd twd ptr relax L knee with no weight on R keep R extended fwd twd RLOD, -);

3 Frm hinge pos M straighten L leg rising causing W to take small stp fwd R, -, M rotate shoulders slightly RF to LOD/Wall stp sd R causing W to trn RF to CP, step fwd L (W cls R to L, -, small stp sd and fwd L trng to CP fcg ptr, stp fwd R) end SCP fcg LOD/COH;

4 Frm SCP fcg LOD/COH fwd R (W thru L trn LF twd ptr), -, fwd L (W sd and bk R to CBJO), fwd R (W bk L) end CBJO fcg LOD/COH;

5 - 8 OPEN TELE; THRU CHASSE TO BJO; CROSS PIVOT; CK FWD, REC, SD, CLOSE;

5 Frm CBJO fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP fc LOD/Wall;

6 Frm SCP LOD/Wall thru R, -, trn to fc ptr sd L/cls R to L, sd L w/LF bdy trn end CBJO fcg LOD/Wall;

7 Frm CBJO fcg LOD/Wall fwd R arnd W bgn strong RF trn (W bk L), -, sd and fwd L cont RF trn (W fwd R between M's Feet heel to toe pvt 1/2 RF), fwd R (W bk L) to SCAR fcg LOD/Wall;

8 Frm SCAR fcg LOD/Wall ck fwd L, rec R, sd L w/slight LF trn, cls R to L end CP fcg LOD;

PART A [MODIFIED]

1 - 4 REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;

1-2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), -, sd R LOD (W cls L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), -, bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end fcg RLOD;

3 Frm CP RLOD bk L bgn RF trn (W fwd R between M's feet heel to toe RF trn 1/2), -, cont RF trn cls R to L w/heel trn (W sd and fwd L cont RF trn arnd M), sd and bk L to CP (W fwd R btw M's ft to CP) end CP LOD/Wall;

4 Frm CP LOD/Wall bk R, -, sd and bk L w/slight rise, rec R w/slight RF trn to end SCAR fcg LOD/Wall;

5 - 8 CROSS HOVER TO SCP; IN AND OUT RUNS;; THRU SIDE DRAW TO SCP;

5 Frm SCAR fcg LOD/Wall XLIF of R, -, Sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP fcg LOD; 6 - 7 Frm SCP fcg LOD fwd R starting RF trn (W fwd L), -, sd and bk L twd LOD/Wall (W fwd R

between M's feet), bk R (W fwd L) to CBJO fcg RLOD/COH; Bk L trng RF (W fwd R bgn RF trn), -, sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont trn), fwd L (W fwd R) to SCP fcg LOD;

8 Frm SCP fcg LOD fwd R trn to face Ptr, -, side L twd LOD, draw R to L end SCP LOD/COH;

PART C

1 - 4 BEGIN PROMENADE WEAVE; QK OUTSD SWIVELS; WEAVE ENDING; HOVER TELEMAR;

1 Frm SCP LOD/COH Fwd R, -, fwd L trng LF to CP, sd and slightly bk R to CBJO diag RLOD/COH;

2 Frm BJO fcg RLOD/COH bk L, XRIF of L w/no wt and strong RF upper bdy trn, fwd R, tch L to R w/strong LF upper bdy trn (W fwd R, swvl RF on ball of R ft end SCP, fwd L, swivel LF on ball of L ft) end CBJO RLOD/Wall;

3 Frm CBJO fcg RLOD/Wall stp bk L twd LOD/COH, bk R trn bdy LF and trn W to CP, sd and slightly fwd L, fwd R to CBJO end fcg diag LOD/Wall;

4 Frm CBJO fcg LOD/Wall fwd L, -, sd and fwd R blnd to CP w/slight rise to toe bgn slight RF upper bdy rotation, rec fwd L end SCP fcg LOD/slightly Wall;

5 - 8 THRU CHASSE TO SCP; OPEN NATURAL TURN; BACK TWIST VINE 4; HESITATION CHG;

5 Frm SCP fcg LOD/ slightly Wall thru R, -, trn to fc ptr sd L/cls R to L, sd L trn to SCP fcg LOD/slightly Wall;

6 Frm SCP fcg LOD/ slightly Wall fwd R bgn RF upper bdy trn, -, sd L cont RF trn end CP fcg RLOD, stp bk R with Right Shldr lead end CBJO fcg RLOD/slightly COH;

7 Frm CBJO fcg RLOD/slightly COH bk L (W fwd R), sd R trn RF (W sd L trn RF) end SCAR, fwd L (W bk R), sd R trn LF (W sd R trn LF) end CBJO fcg RLOD/COH;

8 Frm CBJO fcg RLOD/COH bgn RF upper bdy trn stp bk L (W bgn RF upper bdy trn fwd R), -, sd R cont RF trn to face LOD/COH (W sd L cont RF trn so W faces RLOD/Wall), draw L to R (W draw R to L);

PART B

1 - 4 QUICK DIAMOND 4 TO FACE REV; STEP BACK AND HINGE; HOVER EXIT; FEATHER;

1 Frm CP fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn), cont LF trn sd R (W cont LF trn sd L), bk L cont LF trn to fc RLOD (W fwd R cont LF trn to fc RLOD), bk R to CP (W fwd L to CP) end CP fc RLOD;

2 Frm CP fcg RLOD stp bk and sd L twd LOD trn upper bdy to face Wall w/L sd stretch leading W to XLIB of R keeping L sd twd ptr, -, relax L knee w/ no weight on R, - (W stp fwd R trn 1/2 to face RLOD w/R sd stretch, -, XLIB of R keeping R sd twd ptr relax L knee with no weight on R keep R extended fwd twd RLOD, -);

3 Frm hinge pos M straighten L leg rising causing W to take small stp fwd R, -, M rotate shoulders slightly RF to LOD/Wall stp sd R causing W to trn RF to CP, step fwd L (W cls R to L, -, small stp sd and fwd L trng to CP fcg ptr, stp fwd R) end SCP fcg LOD/COH;

4 Frm SCP fcg LOD/COH fwd R (W thru L trn LF twd ptr), -, fwd L (W sd and bk R to CBJO), fwd R (W bk L) end CBJO fcg LOD/COH;

5 - 8 OPEN TELE; THRU CHASSE TO BJO; CROSS PIVOT; CK FWD, REC, SD, CLOSE;

5 Frm CBJO fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP fc LOD/Wall;

6 Frm SCP LOD/Wall thru R, -, trn to fc ptr sd L/cls R to L, sd L w/LF bdy trn end CBJO fcg LOD/Wall;

7 Frm CBJO fcg LOD/Wall fwd R arnd W bgn strong RF trn (W bk L), -, sd and fwd L cont RF trn (W fwd R between M's Feet heel to toe pvt 1/2 RF), fwd R (W bk L) to SCAR fcg LOD/Wall;

8 Frm SCAR fcg LOD/Wall ck fwd L, rec R, sd L w/slight LF trn, cls R to L end CP fcg LOD;

PART A [1-12]

1 - 4 REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;

1 - 2 Fwd L bgn LF bdy trn 3/8 (W bk R bgn LF bdy trn 3/8), -, sd R LOD (W cls L to R w/ heel trn), bk L diag (W fwd R diag); bk R twd LOD (W fwd L), -, bk L (W fwd R), bk R crv LF (W fwd L crv LF) to end fcg RLOD;

3 Frm CP RLOD bk L bgn RF trn (W fwd R between M's feet heel to toe RF trn 1/2), -, cont RF trn cls R to L w/heel trn (W sd and fwd L cont RF trn arnd M), sd and bk L to CP (W fwd R btw M's ft to CP) end CP LOD/Wall;

4 Frm CP LOD/Wall bk R, -, sd and bk L w/slight rise, rec R w/slight RF trn to end SCAR fcg LOD/Wall;

5 - 8 CROSS HOVER TO SCP; IN AND OUT RUNS;; OPEN NATURAL TURN;

5 Frm SCAR fcg LOD/Wall XLIF of R, -, Sd R with a slight rise and slight LF trn to CP with hovering action, rec on L with slight RF trn to end SCP fcg LOD;

6 - 7 Frm SCP fcg LOD fwd R starting RF trn (W fwd L), -, sd and bk L twd LOD/Wall (W fwd R between M's feet), bk R (W fwd L) to CBJO fcg RLOD/COH; Bk L trng RF (W fwd R bgn RF trn), -, sd and fwd R between W's feet cont RF trn, (W fwd and sd L cont trn), fwd L (W fwd R) to SCP fcg LOD;

8 Frm SCP fcg LOD/Wall fwd R bgn RF upper bdy trn, -, sd L cont RF trn to end CP fcg RLOD slightly COH, stp bk R with Right Shldr lead end CBJO fcg RLOD/slightly COH;

9 - 12 BK, BK/LK, BK; OPEN IMPETUS; FORWARD HOVER TO BJO; QUICK FEATHER FINISH;

9 Frm CBJO fcg RLOD/slightly COH bk L, -, bk R/lk LIF of R, bk R;

10 Frm CBJO fcg RLOD/slightly COH bk L bgn RF upper bdy trn, -, cls R to L w/heel trn cont RF trn,

fwd L end tight SCP fcg LOD;

11 Frm SCP fcg LOD fwd R trn RF (W trn LF) blend to CP fcg Wall, -, sd and fwd L w/ a slight rise, rec R w/ slight LF upper bdy rotation end CBJO fcg LOD/Wall;

12 Bk L (W fwd R), bk R bgn LF trn (W fwd L bgn LF trn), sd and fwd L twd LOD/COH (W sd and bk R), fwd R outsd W XRIF of L at thighs (bk L cross leg in Bk of R at thighs) end CBJO fcg LOD/COH;

ENDING

1 - 3+ OPEN TELEMAR; THRU FACE CLOSE; TWIST VINE 5, HOLD 1 COUNT AND FLICK,;

1 Frm CBJO fcg LOD/COH fwd L bgn LF trn (W bk R bgn LF trn brng L to R w/ no weight), sd R cont LF trn (W trn LF on R heel and chg weight to L), sd and slightly fwd L (W sd and slightly fwd R) end SCP fc LOD/Wall;

2 Frm tight SCP fcg LOD/Wall thru R, -, trn to face ptr sd L, cls R to L end CP fcg ptr/Wall;

3 Frm CP Wall sd L, XRIB of L (W XLIF of R) to SCAR, sd L to CP, XRIF of L (W XLIB of R) to CBJO LOD/Wall;

3+ Frm CBJO fcg LOD/Wall sd L to CP, hold 1 count, bending knee flick R ft behind L (W flick L ft behind R),

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(Quick Cues)**

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RHYTHM: Foxtrot RELEASED: June 2004

FOOTWORK: Opposite (Woman's special instructions in parenthesis)

SEQUENCE: **Intro, A, B, A Mod, C, B, A (1-12), Ending**

INTRO

CP DIAG/WALL LEAD FOOT FREE WAIT 1 MEAS; QUICK FEATHER FINISH;

OPEN TELEMAR; CHAIR AND SLIP;

PART A

REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;

CROSS HOVER TO SCP FACE LINE; IN AND OUT RUNS;; OPEN NATURAL

TURN; BACK, BACK/LOCK, BACK; OPEN IMPETUS; FORWARD HOVER TO BJO;

QUICK FEATHER FINISH; REVERSE TURN 1/2; CHECK AND WEAVE;; CHANGE OF DIRECTION;

PART B

QUICK DIAMOND 4 TO FACE REVERSE; STEP BACK AND HINGE; HOVER
EXIT TO SCP FACE LINE/COH; FEATHER;
OPEN TELEMARK; THRU CHASSE TO BJO; CROSS PIVOT TO SCAR;
CHECK FORWARD, RECOVER, SIDE, CLOSE;

PART A (MOD)

REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;
CROSS HOVER TO SCP FACE LINE; IN AND OUT RUNS;; THRU SIDE DRAW
TO SCP;

PART C

BEGIN THE PROMENADE WEAVE; QUICK OUTSIDE SWIVELS; WEAVE
ENDING; HOVER TELEMARK; THRU CHASSE TO SCP; OPEN NATURAL TURN; BACK TWIST
VINE 4; HESITATION CHANGE;

PART B

QUICK DIAMOND 4 TO FACE REVERSE; STEP BACK AND HINGE; HOVER
EXIT TO SCP FACE LINE/COH; FEATHER; OPEN TELEMARK; THRU CHASSE TO BJO; CROSS
PIVOT TO SCAR; CHECK FORWARD, RECOVER, SIDE, CLOSE;

PART A (1 - 12)

REVERSE WAVE;; CLOSED IMPETUS; BACK HOVER TO SCAR;
CROSS HOVER TO SCP; IN AND OUT RUNS;; OPEN NATURAL TURN;
BACK, BACK/LOCK, BACK; OPEN IMPETUS; FORWARD HOVER TO BJO;
QUICK FEATHER FINISH;

ENDING

OPEN TELEMARK; THRU FACE CLOSE; TWIST VINE 5 HOLD 1 COUNT AND
FLICK,;