

VERA LYNN FOXTROT**Amended June 94**

Choreog: John & Valerie Pinks, Box 701 RR#1 Tantallon, Halifax Co. N.S. Canada B0J 3J0
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Record: "Vera Lynn Foxtrot", Flip side of "What'll I Do", Artist: John Sands

Footwork: Directions for man, lady opposite footwork except as otherwise noted.

Level: Roundalab Easy Phase 5.

Sequence: Intro, A B A(1-8) B A(9-16) INTER A B C END

INTRODUCTION

- 1-4 WAIT 2 MEAS;; FWD HOVER; FEATHER FINISH;
 1-2 In CP DLW wait 2 meas;;
 3 SQQ (Fwd Hov) Fwd L-, Fwd R rise to ball of foot, Rec L;
 4 SQQ (Feather Finish) Bk R-, Sd & Fwd L, Fwd R to C/BJO DLC;

PART A

- 1-8 TELEMARCK SCP; OPEN NATURAL TURN; OUTSIDE SWIVEL; FEATHER;
 HALF REVERSE TURN; CHECK & WEAWE;; CHANGE OF DIRECTION;
 1 SQQ (Telemark SCP) Fwd L trng LF blending to CP-, sd R cont trn, sd & fwd L to
 DW in SCP (W: Bk R trn LF-, Heel trn on R clo L to R, sd & Fwd R);
 2 SQQ (Op Nat) Fwd R trng RF-, sd & bk L cont trn, Bk R to C/BJO;
 3 SS (Outsd Swvl) Bk L-, Cross R in front of L with no weight-; (W: Fwd R-, swiv RF
 on ball of R foot end in SCP-;
 4 SQQ (Feather) Fwd R-, Fwd L, Fwd R in C/BJO;
 5 SQQ (1/2 Rev Trn) Fwd L trng LF-, sd R cont L trn, bk L LOD to CP;
 6-7 SQQ (Ck & Weave) Trn slightly LF ck bk R-, Rec Fwd L, sd R with R shoulder
 QQQQ lead; Bk L in C/BJO, Bk R LOD starting LF Trn, Sd & slightly Fwd L, Fwd R
 crossing thighs to C/BJO man fcg DW;
 8 SQQ (Chg of Dir) Fwd L DLW-, Fwd R DLW R shoulder lead trng LF, Draw L to R;
- 9-16 REVERSE TURN;; THREE STEP; NATURAL WEAWE;; THREE STEP;
 HALF NATURAL TURN; HEEL PULL;
 9-10 SQQ (Rev Trn) Fwd L DC blending to CP with strong LF Trn-, Sd R DC swiv to Fc
 SQQRL0D, Bk L CP (W: Bk R Trng LF-, Heel Trn on R Clo L to R, Fwd R); Bk R
 Trn LF-, Sd & Fwd L DW, Fwd R in C/BJO;
 11 SQQ (3 Step) Fwd L heel blending to CP-, Fwd R heel to toe, Fwd L toe to heel;
 12-13 SQQ (Nat Weave) Fwd R DW starting RF trn-, cont Trn Sd L (W: Heel Trn), Bk R
 QQQQ with R shoulder lead; Bk L C/BJO DC, Bk DC to CP starting LF Trn, Sd & Fwd L
 DW, Fwd R to C/BJO;
 14 SQQ (3 Step) Repeat meas. 11.
 15 SQQ (1/2 Nat Trn) Fwd R trng RF-, Sd L toe DW, Swiv on L to Face RLOD, Stp Bk R
 to LOD (W: Bk L trng RF, heel trn on L clo R to L, Fwd L;
 16 SS (Heel Pull) Bk L trng RF-, cont RF Trn pull R heel twd L & chng wt to R;
 (W - SQQ Fwd R Trng RF-, sd L, Draw R to L)

PART B

- 1-8 REVERSE WAVE;; BACK FEATHER; FEATHER FINISH; DIAMOND TURN 1/2;;
QUICK DIAMOND 4; DIP AND RECOVER;
- 1-2 SQQ (Rev Wave) Fwd L Trng LF-, Sd & Bk R DW (W: Heel Trn), Bk L in CP man
SQQfcg RDC ;Bk R DW-,Bk L curving LF, Bk R LOD (W: Fwd 3 stps);
- 3 SQQ (Bk Feather) Bk L-, Bk R with R shoulder lead, Bk L in C/BJO (W: outside ptrn on
third step);
- 4 SQQ (Feather Finish) Bk R DC trng LF-, Sd & FWD L DW, Fwd R in C/BJO;
- 5-6 SQQ (Dia Trn 1/2) Fwd L trng DC-, Sd R, Bk L to BJO; Bk R DW-, Sd L, Fwd R to
SQQRLOD;
- 7 QQQQ (Q Dia 4) Fwd L trng on diagonal, Sd R, Bk L blending to CP LOD, Bk R;
- 8 SS (Dip Bk & Rec) Dip Bk L-, Rec R-;

INTERLUDE

1-4 JIVE CHASSE LEFT & RIGHT; SCP ROCK 4; TWISTY VINE 4; FISHTAIL

- 1 (Jive Chasse) Sd L/Clo R, Sd L, Sd R/Clo L, Sd R blending to SCP fcg COH;
- 2 (Rock 4) Rk Bk L, Rec R, Rk Bk L, Rk R;
- 3 (Twisty Vine 4) Sd L trng RF, X R in Bk, Sd L trng LF, X R in front to C/BJO;
- 4 (Fishtail) X L beh R, Sd R trng slightly R, Fwd L with L shoulder lead, R XIB

PART C

1-8 TELEMAR SCP; CURVED FEATHER CHECK; IMPETUS TO SCP; WEAVE 6 TO BJO;; MANEUVER; SPIN TURN; FEATHER FINISH;

- 1 SQQ (Telemark SCP) Repeat Part A Meas. 1
- 2 SQQ (Curved Feather Ck) Fwd R starting RF trn-, Sd & Fwd L trng more sharply,
Fwd R checking to C/BJO DRW. (W: Fwd L starting LF trn-, Sd & bk R
trng more sharply, chk Bk L to C/BJO);
- 3 SQQ (Impetus to SCP) Bk L Trng RF-, heel trn on L clo R to L, Sd & Fwd L in SCP;
- 4-5 SQQ (Weave to BJO) Fwd R-, Fwd L trng LF to CP, Sd & slightly Bk R DLC; Bk L
SQQDLC trng to C/BJO-, Bk R Trng LF to CP, Sd & Fwd L DLW to C/BJO;
- 6 SQQ (Manuv) Fwd R trng RF-, Sd & Fwd L, Clo R to L CP RLOD;
- 7 SQQ (Spin Trn) Bk L Piv 1/2 RF -, Fwd R trng on ball of R foot L leg extented Bk & Sd,
Rec Sd & Bk on L;
- 8 SQQ (Feather Finish) Repeat Part B meas. 4;

ENDING

HALF REVERSE TURN; CHECK AND WEAVE 6 TO SEMI;; PROMENADE SWAY; OVERSWAY;

- 1 SQQ (1/2 Rev Trn) Repeat Part A Meas. 5;
- 2-3 SQQ (Ck & Weave to SCP) Repeat Part A Meas. 6 & 7 Blending to SCP;;
QQQQ
- 4 SS (Prom Sway) Sd & Fwd L (SCP) stretching upwards to look over joined lead
hands,-; Relax L Knee,-;
- 5 S Stretch L sd turning head slowly to look to RLOD as music dies.