

You Be So Nice Foxtrot

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Record : "You Be So Nice To Come Home To" ANCONA OPEN Boolroom Vol.4

Rhythm : Foxtrot(ph VI) Speed : As on CD Date : October 2006 Ver.1.0

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - A mod - B - A(1~15) - Ending

Meas

INTRO

1~ 4 CP/COH lead foot free) Wait;

Sd to Hinge; Hover brush Scp; Feather Bjo/DC;

- 1 CP man fc COH lead foot free for both wait 1 meas;
- S&- 2 (Sd to Hinge) Sd L left sd stretch, -, relaxing L knee and veering R knee to sway R (W sd R swivel LF right sd stretch right hand on man's left shoulder swivel, -, XLIB of R/relaxing L knee head to L), -;
- &SQQ 3 (Hover Brush SCP) Lead W sift weight on R/rec R lead W RF trn, -, rise on R, SCP fc DC fwd L(W rec R commence RF trn/cont RF trn sd L, -, cont RF trn brush R to L, sd & fwd R);
- 4 (Feather) Thru R, -, sd & fwd L to Bjo, fwd R(W thru L LF trn, sd & bk R to Bjo, bk L) Bjo fc DC;

Meas

PART A

1~ 8 Op Telemark; Curved Feather; Outsd Swivl Lilt Pivot; Feather Finish;
Three Step; Nat Hover Cross;; Double Rev Spin;

- 1 (OP Telemark) Fwd L commence LF turn, -, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and change weight to L, sd & fwd R);
- 2 (Curved Feather) Fwd R commence RF trn, -, left sd stretch cont RF trn sd & fwd L, cont RF trn fwd R fc RLOD;
- SS& 3 (Outsd Swivl & Lilt Pivot) Bk L lead W RF swivel, -, fwd R with tilting accion body LF trn pick up woman, -/fwd L lowering and LF pivoting(W fwd R swivel RF SCP, -, fwd L with tilting accion body LF trn to CP, -/fwd R lowering and LF pivoting)fc RDW;
- 4 (Feather Finish) Bk R commence LF trn, -, sd L contra Bjo fc DW, fwd R;
- 5 (Three Step) Fwd L blending CP, -, fwd R, fwd L;
- SQQ 6- 7 (Nat Hover Cross) Fwd R commence RF trn, -, sd L cont RF trn, cont trn sd R fc DC(W bk L commence RF trn, -, cl R to L heel trn with right sd stretch, cont RF trn sd L); XLIF of R outsd partner, rec R, sd & fwd L, fwd R outsd partner Bjo/DC;
- QQQQ
- SQ&Q 8 (Double Rev Spin) Fwd L blending CP commence LF trn, -, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW(W bk R commence LF trn, -, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);

9~16 Contra Ck & Switch; Double Ronde Twist Trn;; Bk & Chasse Bjo;
Nat Pivot Pre; Same Foot Lunge;., Telespin Ending; Feather;

- 9 (Contra Ck & Switch) Commence upper body LF turn flexing knees with strong R side lead ck fwd L, -, rec R commence RF turn leave L almost in place, cont RF turn bk L soft knees R foot extend fwd between W's legs in CP/RDC;
- SQQ 10-11 (Double Ronde & Twist Trn) Fwd R w/RF body trn ronde L leg CW, -, fwd & sd L trning (SQ&Q) RF around W to CP cont RF trn, hook XRIB of L(W bk L with RF body trn ronde R leg CW, -, XRIB cont RF trn/sd & fwd L, fwd R outsd of M) to end M fcg RLOD;
- QQQQ Unwind on both foot trning RF, -, weight on R, bk L twd DC(W unwind M fwd L, R, L to CP, fwd R in CP) to end CP/RDW
- SQ&Q 12 (Bk & Chasse Bjo) Bk R commence LF trn fc wall, -, sd L/cl R, sd & fwd L Bjo/DW;
- SQ- 13 (Nat Pivot Pre) Fwd R commence RF trn, sd L cont RF trn w/left sd stretch, cont RF (SQ&Q) trn tch R fc COH(W bk L commence RF trn, cl R to L heel trn w/right sd stretch, cont RF trn sd & slightly bk L);

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- SS 14 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, -, exted (W bk R well under body trning body to L and looking well to L, -, extend), -;
- &Q&Q 15 (Sway Chg & Telespin Ending SCP) Chg sway to L, -, rec L spin LF, /sd R cont LF trn, sd & fwd L (W Chg sway to R, -/rec L, fwd R commence LF trn/cont trn cl L, sd & fwd R) end SCP/DC;
- 16 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)

Meas

PART B

1~ 8 Telespin SCP;; OP Nat; Heel Pull & Hairpin; Bk Feather; Bk & Chasse Bjo; Nat Weave;;

- SQQ 1- 2 (Telespin SCP) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L with partial weight; Spin L taking weight to L/cont spin, sd R cont LF trn, sd & fwd L to &QQS SCP (W bk R commence LF turn bring L beside R with no weight, -, cont LF trn on R heel and chg weight to L, fwd R cont LF trn; Fwd L/fwd R cont LF trn toe spin on R, cl L cont LF trn, sd & fwd R to SCP) end fc DW, -;
- 3 (OP Nat) Fwd R commence RF trn, -, cont RF trn sd L fc RDC, bk R contra Bjo;
- QQQQ 4 (Heel Pull & Hairpin) Bk L commence RF trn, cont RF trn on L heel pull R slightly sd R, fwd L commence RF trn left sd stretch, cont RF trn swiveling RF with strong left sd stretch banking into the turn fwd R outsd partner (W fwd R RF trn, cont RF trn sd L, bk R commence RF trn right sd stretch, cont RF trn swiveling RF with strong right sd stretch bk L);
- 5 (Bk Feather) Bk L, -, bk R with right shoulder leading, bk L;
- SQQ&Q 6 (Bk & Chasse Bjo) Bk R commence LF trn fc wall, -, sd L/cl R, sd & fwd L Bjo/DW;
- SQQ 7- 8 (Nat Weave) Fwd R commence RF trn, -, cont RF trn sd L fc RDW, right shoulder lead &QQQ bk R twd DC (W bk L commence RF trn, -, cl R to L heel trn, fwd L) Bjo/RDW; bk L twd DC, bk R commence LF trn, sd L cont trn, fwd R outsd partner Bjo/DW;

9~16 Rev Wave;; Cl Impetus; Feather Finish; Rev Wave; Ck & Weave;; Chg of Direction;

- 9-10 (Rev Wave) Fwd L commence LF trn, -, sd R cont LF trn fc RDC, bk L twd DW (W bk R commence LF trn, -, cl L to R heel trn, fwd R); Bk R, -, bk L, bk R curving LF to end fc RLOD;
- 11 (Closed Impetus) Bk L commence RF trn, cl R cont trn, sd & bk L CP/DW (W fwd R between M's feet commence RF turn, cont trn sd L brush R to L, fwd R between M's feet);
- 12 (Feather Finish) Bk R commence LF trn, -, sd L contra Bjo fc DC, fwd R;
- 13 (Rev Wave) Fwd L commence LF trn, -, sd R cont LF trn fc RDC, bk L twd DW (W bk R commence LF trn, -, cont LF trn cl L to R heel trn, fwd R);
- SQQ 14-15 (Ck & Weave) Slip bk R slight contra ck action, -, fwd L commence LF trn, sd R &QQQ bjo/RDW; Bk L, bk R cont LF trn, sd L cont trn, fwd R outsd partner Bjo/DW;
- 16 (Chg of Direction) Fwd L, -, fwd R right shoulder leading and LF trn, draw L to R (CP/DC);

Meas

ENDING

1~ 5 Feather; Telemark Bjo; Nat Pivot Pre; Samefoot Lunge; W Swivelto OP Hinge;

- 1 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)
- 2 (Telemark Bjo) Fwd L commence LF trn, -, sd R cont LF trn, sd & slightly fwd L to end (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and change weight to L, sd & bk R) Bjo/DW;
- SQ- 3 (Nat Pivot Pre) Fwd R commence RF trn, sd L cont RF trn w/left sd stretch, cont RF (SQ&Q) trn tch R fc COH (W bk L commence RF trn, cl R to L heel trn w/right sd stretch, cont RF trn sd & slightly bk L);
- SS 4 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, -, chg sway to L (W bk R well under body trning body to L and looking well to L, -, chg sway to R), -;
- S&S 5 (W Swivel to Op Hinge) Rise on R, -/cl L left sd stretch, release joined hand and relaxing L knee and veering R knee to sway R, extend left hand and hold (W rec L swivel LF right sd stretch right hand on man's left shoulder swivel, -, relaxing L knee head to L extend left arm), -;