

# She Dances For Me Foxtrot

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**Music:** On Tanczy Dla Mnie (Slowfox 29) by DJ Maksy feat. Dagmara Bryzek CD: Deja Vu 2, CD2 Track #17 Also available as download from Casa Musica

**Time/Speed:** Time@BPM: 2:12@116

**Rhythm/Phase:** Foxtrot III

**Degree of Difficulty:** AVG

**Footwork:** Opposite unless noted (Woman's footwork in parentheses)

**Sequence:** INTRO - A - B - A - C - INT - A - B(mod) - END

## INTRO

### 1 - 8 (OP-F/LOD) WAIT 2 MEAS;; APT PT; TOG TCH (CP); BOX;; REV BOX;;

- 1-2 Wait 2 MEAS in OP-F/LOD;;
- 3 (Apt Pt) Apart L, -, pt R twd partner, -;
- 4 (Tog Tch) Tog R, -, tch L to R to CP/LOD, -;
- 5-6 (Box) Fwd L, -, sd R, cl L; bk R, -, sd L, cl R;
- 7-8 (Reverse Box) Bk L, -, sd R, cl L; fwd R, -, sd L, cl R;

## PART A

### 1 - 8 FWD RUN 2; FWD RUN 2; 2 L TRNS; (WALL); HOVER (SCP); THRU HOVER (BJO); BK HOVER (SCP); PKUP SD CL;

- 1-2 (Fwd Run 2) Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;
- 3-4 (2 L trns) fwd L comm LF trn, -, sd R cont LF trn, cl L to R; bk comm LF trn, -, sd L cont trn, cl R to L to CP/WALL;
- 5 (Hover) Fwd L, -, fwd & sd R w/slight rise, sd & fwd L (Bk R, -, bk & sd L w/slight rise & brush R to L, sd & fwd R) to SCP/LOD;
- 6 (Thru Hover) Thru R, -, fwd L w/slight rise, rec R (thru L, -, fwd R w/slight rise trng LF & brush L to R, rec L) to BJO/LOD;
- 7 (Bk Hover) Bk L, -, sd & bk R w/slight rise, rec L (fwd R, -, sd & fwd L w/slight rise trng RF & brush R to L, rec R) to SCP/LOD
- 8 (Pkup) Fwd R lead W LF trn to CP, -, sd L, cl R;

## PART B

### 1 - 8 INTERRUPTED BOX;;; (SCAR); X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); PKUP SD CL;

- 1-4 (Interrupted Box) In CP/LOD fwd L, -, sd R, cl L; leading W to trn under jnd ld hnds bk R, -, sd L, cl R (W fwd L comm RF trn, -, fwd R cont trn, fwd L); Fwd L, -, sd R, cl L (W cont RF trn fwd R, -, fwd L, fwd R completing RF trn to CP); bk R, -, sd L, cl R to Scar/DW;
- 5 (Cross Hover BJO) XLIF of R comm LF trn, -, sd R cont LF trn, cont trn rec L to BJO/DC;
- 6 (Cross Hover SCAR) XRIF of L comm RF trn, -, sd L cont RF trn, cont trn rec R to SCAR/DW;
- 7 (Cross Hover SCP) XLIF of R, -, sd R lead W RF trn, sd & fwd L to SCP/LOD;
- 8 Repeat meas 8 of Part A;

## PART A

### 1 - 8 FWD RUN 2; FWD RUN 2; 2 L TRNS; (WALL); HOVER (SCP); THRU HOVER (BJO); BK HOVER (SCP); PKUP SD CL;

## PART C

### 1 - 8 L TRNG BOX 3/4;; (WALL); BK 1/2 BOX; WHISK; MANUV; IMPETUS (SCP); THRU FC CL;

- 1-3 (Left Trng Box 3/4) Fwd L comm LF trn, -, sd R, cl L fc COH; bk R cont LF trn, -, sd L, cl R fc RLOD; fwd L cont LF trn, -, sd R, cl L fc WALL;
- 4 (Bk 1/2 Box) Bk R, -, sd L, cl R;
- 5 (Whisk) Fwd L, -, fwd & sd R comm rise, XLIB of R cont to full rise to SCP/LOD;
- 6 (Manuv) Fwd R comm RF trn, -, cont RF sd L, cl R to CP/RLOD;
- 7 (Impetus to SCP) Bk L comm RF trn, -, cl R cont RF heel trn, fwd L (W fwd R heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn around man brush R to L, fwd R) to SCP/LOD;
- 8 (Thru fc cl) Thru R, -, sd L fc partner and wall, cl R to CP/WALL;

### **INTERLUDE**

#### **1 - 4 SWAY L; SWAY R; TWIRL VINE 3; PKUP SD CL;**

- 1 (Sway Left) Sd L w/ L sd stretch, -, -, -;
- 2 (Sway Right) Sd R w/ R sd stretch, -, -, -;
- 3 (Twirl Vine 3) Sd L lead W RF trn, -, XRIB of L, sd L (W fwd R twd LOD comm RF trn under lead hand, sd L cont RF trn, cont trn fc COH sd R);
- 4 Repeat meas 8 of Part A;

### **PART B (mod)**

#### **1 - 8 INTERRUPTED BOX;;; (SCAR); X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); THRU FC CL;**

- 1-7 Repeat meas 1-7 of Part B;
- 8 (Thru fc cl) Thru R, -, sd L fc partner and wall, cl R to CP/WALL;

### **ENDING**

#### **1 SD CORTE;**

- 1 Sd L twd LOD with L leg relaxed & leaving R leg, -, -, -;

## She Dances For Me Foxtrot Head Cues

Sequence: INTRO-A-B-A-C-INT-A-B(mod)-END

INTRO:

(CP/LOD) WAIT 2 MEAS; ; APT PT; TOG TCH (CP);  
BOX; - ; REV BOX; - ;

PART A:

FWD RUN 2; FWD RUN 2; 2 L TRNS; (WALL);  
HOVER (SCP); THRU HOVER (BJO); BK HOVER (SCP); PKUP SD CL;

PART B:

INTERRUPTED BOX; - ; - ; (SCAR);  
X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); PKUP SD CL;

PART A:

FWD RUN 2; FWD RUN 2; 2 L TRNS; (WALL);  
HOVER (SCP); THRU HOVER (BJO); BK HOVER (SCP); PKUP SD CL;

PART C:

L TRNG BOX 3/4; - ; (WALL); BK 1/2 BOX;  
WHISK; MANUV; IMPETUS (SCP); THRU FC CL;

INTERLUDE:

SWAY L; SWAY R; TWIRL VINE 3; PKUP SD CL;

PART A:

FWD RUN 2; FWD RUN 2; 2 L TRNS; (WALL);  
HOVER (SCP); THRU HOVER (BJO); BK HOVER (SCP); PKUP SD CL;

PART B (mod):

INTERRUPTED BOX; - ; - ; (SCAR);  
X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); THRU FC CL;

END:

SD CORTE;