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ALLEGHENY FOXTROT

DANCE BY NANCY & DEWAYNE BALDWIN
APR- OCT 604 MAPLE ST P. O. BOX 516 SWEETSER, IN 46987 765-384-7270
NOV- MAR 1048 N ALAMO RD #348 ALAMO, TX 78516 956-781-5459
E-MAIL weq4u@aol.com AVAILABLE THRU PALOMINO RECORDS
RECORD STAR 221 ARTIST BALLROOM MUSIC BY HELMUT LICHT
FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED:
RHYTHM FOXTROT PH IV + 1 [CHN OF SWAY] DATE 7-06
SEQUENCE A B C A END

INTRO

- 1-4 SD TCH SD TCH: DIP REC:
CP/LOD Wait;; Sd L, tch R, sd R, tch L; Bk L,-, rec R,-;

PART A

- 1-4 REV WAVE;; OUTSD CHG SCP: START IN & OUT RUNS:
Fwd L,-, fwd R trn, bk L; Bk R,-, bk L, bk R; Bk L,-, bk R trn, sd & fwd L;
Fwd R & trn,-, sd & bk L, bk R;
5-8 FIN IN & OUT RUNS: WING: X HVR BJO: X HVR SCAR:
Bk L & trn,-, sd & fwd R trn, fwd L; Fwd R,-, draw L, tch L; XLIF,-,
sd R rise, rec L BJO; XRIF,-, sd L rise, rec R SCAR;
9-12 X HVR BJO: FWD TCH: BACK X HVR SCAR: X HVR BJO:
XLIF,-, sd R rise, rec L BJO; Fwd R,-, tch L,-; Back XLIB,-, sd R rise,
rec L SCAR; XRIB,-, sd L rise, rec R BJO;
13-16 X HVR SCAR: FEA FIN: 2 L TRN CP/WL::
XLIB,-, sd R rise, rec L SCAR; Bk R,-, sd & fwd L, XRIF; Fwd L trn,-,
sd R trn, cl L; Bk R trn,-, sd L trn, cl R CP/WL;
Note: 2 nd time end CP/LOD

PART B

- 1-4 BOX;; TWIST VINE: FWD FC CLS:
CP/WL Fwd L,-, sd R, cl L; Bk R,-, sd L, cl R; Sd L,-, XRIB, sd L;
Fwd R,-, sd L, cl R CP/WL;
5-8 HVR: WEAVE;; MANUV:
Fwd L,-, fwd & sd R rise, rec L; Fwd R,-, fwd L trn, sd & bk R;
Bk L,-, bk R trn, sd & fwd L BJO; Fwd R trn,-, fwd L trn, cl R CP/LOD;
9-12 BK RUN 2: BK RUN 2: 2 R TRNS CP/LOD::
Bk L,-, bk R, bk L; Bk R,-, bk L, bk R; Bk L trn,-, sd R trn, cl L;
Fwd R trn,-, sd L trn, cl R CP/LOD;
13-16 DIA TRN:::
Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;

PART C

- 1-4 CP/LOD FWD RUN 2: FWD RUN 2: PROG BOX::
Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Fwd L,-, sd R, cl L; Fwd R,-, sd L, cl R;
5-8 OPN TEL: HVR FALWY: SLP PVT BJO: FWD FC CL:
Fwd L,-, fwd R trn, fwd L SCP; Fwd R,-, fwd L rise, rec R; Bk L,-, bk R trn,
fwd L; Fwd R trn,-, sd L, cl R;
9-12 HVR: P/UP: DIA TRN 1/2:
REPEAT 5 PART B; Fwd R,-, sd L, cl R CP/LOD; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;
13-16 OK DIA 4: DIP & REC: FWD RUN 2: FWD RUN 2:
Fwd L, sd R, bk L, bk R; Bk L,-, rec R,-; REPEAT 1-2 PART C;;

END

- 1-4 REV WAVE;; OUTSD CHN SCP: START IN & OUT RUNS:
REPEAT 1-4 PART A;;;
5-8 FIN IN & OUT RUNS: IN & OUT RUNS:: P/UP:
REPEAT 5 PART A; REPEAT 4-5 PART A;; REPEAT 10 PART C;
9-11 OPN TEL: THRU PROM SWAY: CHN OF SWAY:
REPEAT 5 PART C; Thru R,-, sd & fwd L SCP, relax knee;
Rec R,-, rotating upper body,-;