

AMARCORD

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CD: 2009 Dancelife, CD Title "Slow Foxtrot (The Best Slow Foxtrot Collection Of Dancelife)" (Artist: Ballroom Orchestra & Singers) Track 5 "Amarcord" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:28 Tempo: 28 MPM

RHYTHM: Foxtrot RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B(1-8)-ENDING

MEAS:

INTRODUCTION

1-2 CP DLC WAIT 2 MEAS;;

1-2 Wait in CP DLC w/ ld ft free;;

PART A

1-4 DIAMOND TURN;;;:

1-4 {**Diamond Turn**} CP DLC Fwd L trn LF, -, cont trn sd R, bk L to BJO DRC (W bk R trn LF, -, cont trn sd L, fwd R); Staying in BJO bk R trn LF, -, sd L, fwd R to BJO DRW (W fwd L trn LF, -, sd R, bk L); Still in BJO fwd L trn LF, -, sd R, bk L to BJO DLW (W bk R trn LF, -, sd L, fwd R); Bk R cont LF trn, -, sd L, fwd R to BJO DLC (W fwd L trn LF, -, sd R, bk L);

5-9 TELEMARK TO SCP; NATURAL HOVER FALLAWAY; SLIP PIVOT; NATURAL TURN;;

5 {**Telemark to SCP**} BJO DLC Fwd L stg to trn LF, -, sd R cont trn, sd & slightly fwd L to tight SCP DLW (W bk R stg to trn LF bring L beside R no wgt, -, trn LF on R heel & chg wgt to L, sd & slightly fwd R);

6 {**Natural Hover Fallaway**} SCP DLW Fwd R w/ slight bdy trn to R, -, fwd L on toe trn RF w/ slow rise, bk R to SCP DRW (W fwd L, -, fwd R on toe between M's ft trn RF w/ slow rise, bk L);

7 {**Slip Pivot**} SCP DRW Bk L, -, bk R trn LF keep L leg extended, fwd L to BJO DLW (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, -, fwd L cont trn plc L near M's R ft, bk R);

8-9 {**Natural Turn**} CP DLW Stg RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, bk R to CP RLOD (W stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], fwd L); Bk L start RF trn, -, cont trn on L heel pull R bk to L transfer wgt at end of stp ending sd w/ ft slightly apt, fwd L to CP DLC (W fwd R heel to toe trn RF, -, sd L acrs LOD, bk R);

10-12 CLOSED WING; CROSS SWIVEL; BACK BACK LOCK BACK;

10 {**Closed Wing**} BJO DLC Fwd R, -, draw L to R w/ LF upper bdy trn, tch L to SCAR DLC (W bk L, -, sd R acrs M, fwd L);

11 {**Cross Swivel**} SCAR DLC Fwd L, -, swvl on L & trn LF pt R to LOD, ck fwd R to contra BJO RLOD (W bk R, -, swvl on R & trn LF pt L to LOD, ck bk L to RLOD);

12 {**Back Back Lock Back**} BJO RLOD Bk L, -, bk R/lk Llf (W lk Rib), bk R;

13-16 OUTSIDE CHANGE TO SCP; THRU CHASSE TO SCP; CROSS PIVOT; CROSS HOVER BJO;

13 {**Outside Change to SCP**} BJO RLOD Bk L, -, bk R trn LF, sd & fwd L to SCP LOD (W Fwd R, -, fwd L trn LF, sd & fwd R to SCP);

14 {**Thru Chasse to SCP**} SCP LOD Fwd R trn to fc, -, sd L/cl R, sd L to SCP LOD;

15 {**Cross Pivot**} SCP LOD Fwd R in frnt of W begin RF trn, -, sd L cont trn, fwd R to SCAR LOD (W fwd L sm stp commence RF trn, -, fwd R between M's ft heel to toe pvt 1/2 RF, sd & bk L to fc RLOD);

16 {**Cross Hover to BJO**} SCAR LOD XLlf (W XRib), -, sd R w/ slight rise trn LF, rec L to BJO DLC;

PART B**1-4 CROSS HOVER TO SCAR; CROSS HOVER TO SCP; WEAVE TO SCP::**

- 1 {**Cross Hover to SCAR**} BJO DLC XRif (W XLib), -, sd L w/ slight rise trn RF, rec R to SCAR DLW;
 2 {**Cross Hover to SCP**} SCAR DLW XLif (W XRib), -, sd R w/ slight rise, rec L to SCP DLC;
 3-4 {**Weave to SCP**} SCP DLC Fwd R, -, fwd L trn LF to CP, sd & slightly bk R to DLC (W fwd L, -, sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L to DLC); Bk L DLC trn W to CBMP, -, bk R trn bdy LF to CP, sd & fwd L trn W to SCP DLW (W fwd R to CBMP, -, fwd L to DLC trn bdy LF to CP, sd & fwd R to SCP);

5-8 CHAIR & SLIP; REVERSE TURN:: HOVER TELEMAR:

- 5 {**Chair & Slip**} SCP DLW Lun thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP DLC (W lun thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP);
 6-7 {**Reverse Turn**} CP DLC Fwd L stg LF bdy trn, -, sd R cont trn, bk L to CP RLOD (W bk R stg LF trn, -, cl L to R [heel trn] cont trn, fwd R); Bk R cont LF trn, -, sd & slightly fwd L to DLW, fwd R to BJO DLW (W fwd L cont LF trn, -, sd R, bk L to fc DRC);
 8 {**Hover Telemark**} CP DLW Fwd L, -, diag sd & fwd R rise slightly [hovering] w/ bdy trn 1/8 RF, fwd L sm stp on toes to SCP LOD (W bk R, -, diag sd & bk L w/ hvr action & bdy trn 1/8 RF, fwd R sm stp on toes to SCP);

9-12 WHIPLASH; WHISK; SLOW SIDE LOCK; DRAG HESITATION:

- 9 {**Whiplash**} SCP LOD Thru R, -, trn bdy RF pt L to CP DLW (W thru L, -, swvl on L to fc M & pt R), -;
 10 {**Whisk**} CP DLW Fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, -, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
 11 {**Slow Side Lock**} SCP DLC Thru R, -, sd & fwd L to CP, XRib trn slighly LF to CP DLC (W thru L stg LF trn, -, sd & bk R cont trn to CP, XLif);
 12 {**Drag Hesitation**} CP DLC Fwd L, -, stg LF trn sd R cont LF trn, draw L twd R to contra BJO RLOD (W bk R, -, stg LF trn sd L cont LF trn, draw R twd L to contra BJO);

13-16 IMPETUS TO SCP; PROMENADE WEAVE:: CHANGE OF DIRECTION:

- 13 {**Impetus to SCP**} BJO RLOD Stg RF upper bdy trn bk L, -, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R);
 14-15 {**Promenade Weave**} SCP DLC Fwd R, -, fwd L trn LF to CP, sd & slightly bk R to CBMP DLC (W fwd L, -, trn LF sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L DLC); Bk L DLC still in CBMP, bk R trn bdy LF & trn W to CP, sd & slightly fwd L, fwd R to BJO DLW (W fwd R to CBMP, fwd L DLC trn LF to CP, sd & slightly bk R, bk L to BJO);
 16 {**Change of Direction**} BJO DLW Fwd L, -, fwd R w/ R shldr ld & trn LF, draw L to R & brush to CP DLC (W bk L, -, bk R w/ L shldr ld & trn LF, draw R to L & brush);

ENDING**1-4 OPEN NATURAL; OUTSIDE SWIVEL; THRU HOVER TO BJO; BACK FEATHER:**

- 1 {**Open Natural**} SCP LOD Stg RF upper bdy trn fwd R heel to toe, -, cont RF trn sd L, cont slight RF upper bdy trn to ld W to stp outsd bk R to contra BJO RLOD (W fwd L in SCP, -, fwd R to CP, fwd L outsd M to contra BJO);
 2 {**Outside Swivel**} BJO RLOD Bk L, -, XRif no wgt (W fwd R, -, swvl RF on ball of R to end in SCP), -;
 3 {**Thru Hover to BJO**} SCP RLOD Thru R, -, fwd L w/ slight rise, rec R to BJO RLOD (W thru L, -, fwd R w/ slight rise trn LF & brush L to R, rec L to fc LOD);
 4 {**Back Feather**} BJO RLOD Bk L, -, bk R w/ R shldr lead, bk L to contra BJO RLOD (W fwd R, -, fwd L w/ L shldr lead, fwd R);

5-8 BACK THREE STEP; CLOSED IMPETUS; BOX FINISH; REVERSE FALLAWAY & HOLD:

- 5 {**Back Three Step**} BJO RLOD Bk R, -, bk L, bk R to CP RLOD (W fwd L heel ld, -, fwd R, fwd L);
 6 {**Closed Impetus**} CP RLOD Stg RF upper bdy trn bk L, -, cl R cont trn [heel trn], sd & bk L to CP DLW (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R between M's ft to CP);
 7 {**Box Finish**} CP DLW Bk R trn 1/4 LF, -, sd L, cl R to CP DLC;
 8 {**Reverse Fallaway & Hold**} CP DLC Fwd L trn LF, -, sd R, XLib to SCP DRW (W bk R trn LF, -, sd L, XRib);

AB AB(1-8)

WAIT		WAIT	
A	DIAMOND TURN	----	
	----	----	
	TELEMARK TO SCP	NATURAL HOVER FALLAWAY	
	SLIP PIVOT TO BJO	NATURAL TURN	
.....		
	----	CLOSED WING	
	CROSS SWIVEL	BACK BACK LOCK BACK	
	OUTSIDE CHANGE SCP	THRU CHASSE TO SCP	
	CROSS PIVOT SCAR	CROSS HOVER BJO	
B	CROSS HOVER SCAR	CROSS HOVER SCP	
	WEAVE TO SCP	----	
	CHAIR & SLIP	REVERSE TURN	
	----	HOVER TELEMARK	
.....		
	WHIPLASH	WHISK	
	SLOW SIDE LOCK	DRAG HESITATION	
	IMPETUS TO SCP	PROMENADE WEAVE	
	----	CHANGE OF DIRECTION	
END	OPEN NATURAL	OUTSIDE SWIVEL	
	THRU HOVER BJO	BACK FEATHER	
	BACK THREE STEP	CLOSED IMPETUS	
	BOX FINISH	REVERSE FALLAWAY & HOLD	

R4-1 AMARCORD (ROSS)
(CP DLC LEAD FOOR FREE)