

# COPENHAGEN FOXTROT

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RECORD: "Copenhagen Foxtrot" Ballroom Dance Orch. & Marc Reift

Album: The Best Of Ballroom Foxtrot #4

FOOTWORK: Opposite, except where noted

SEQUENCE: INTRO, A, B, C, Amod, D, Amod, D, ENDING

SPEED: 45 rpm

PHASE: V (easy)

RHYTHM: Foxtrot



## INTRO

### 1 – 4 LOP DLW LD FT FREE WAIT;; STEP TOG TCH; FEATHER FINISH;

1&2] in LOP DLW wait 2 meas;; 3] fwd L to CP, -, tch R, -; 4] bk R trng LF, -, sd and fwd L, fwd R to CBMP;

## A

### 1 – 16 DIAMOND TURNS;; HOVER TELMK; HALF NATL; OUTSD CHNG to SCP; FEATH; DIAMOND TURNS;; HOVER TELMK; HALF NATL; OUTSD CHNG to SCP; FEATH;

1]Fwd L trng LF on the diag, -, cont LF trn sd R, bk L contra BJO; 2] bk R trng LF, -, sd L cont LF trn, fwd R outsd ptr; 3] Fwd L trng LF on the diag, -, cont LF trn sd R, bk L contra BJO; 4] bk R trng LF, -, sd L cont LF trn, cl; 5] fwd R L, -, DIAG sd & fwd R rising slightly bdy trng 1/8 RF, fwd L to SCP; 6] stg RF bdy trn fwd R, -, sd L acrs LOD, bk R (stg RF bdy trn bk L, -, cl R cont heel trn, fwd L); 7] bk L, -, bk R trng LF, sd & fwd L to SCP (fwd R, -, fwd L, sd & fwd R to SCP); 8] fwd R, -, fwd L, fwd R to BJO (fwd L, -, sd & bk R, bk L to BJO); 9-16] repeat meas 1-8;,,,,,;

## B

### 1 – 16 THREE STEP; OPEN NATL; OUTSD SWIVL; THRU HOVR to BJO; BK HOVR TELE; IN & OUT RUNS;; NATL WEAVE;; THREE STP; FWD & RUN 2; REV WAVE 1/2; CK & WEAVE;; HOVR TELE; SLOW, -, SD, LOCK;

1] fwd L, -, fwd R blending to CP, fwd L; 2] stg rf upper bdy trn fwd R, -, sd L in frnt of ptr, bk R (bk L stg rf trn, -, sd & fwd R, fwd L outsd ptr); 3] bk L, -, XRif no wgt chng, - (fwd R, -, swvl RF on ball of R endg in SCP, -); 4] Thru R, -, sd L rising to ball of ft, rec bk to BJO R; 5] stg RF upper bdy trn bk L, -, sd and fwd R contg trn rising and w/ bdy trng 3/8 RF, sd and fwd L to SCP; 6] fwd R stg RF trn, -, sd & bk dlw L, bk R to BJO (fwd L, -, fwd R between ptr ft, fwd L outsd ptr); 7] bk L trng RF, -, sd & fwd R between ptrs ft cont RF trn, fwd L to SCP (fwd R stg RF trn, -, fwd & sd L cont RF trn, fwd R to SCP); 8] fwd R stg RF trn, -, sd L, bk R (bk L stg RF trn, -, cl R w/ heel trn, fwd L); 9] bk L in CBMP, bk R stg LF trn, sd & fwd L, fwd R outsd ptr; 10] repeat meas 1 part B; 11] fwd R, -, fwd L, fwd R; 12] fwd L stg LF bd trn, -, sd R, bk L (bk R stg LF bdy trn, -, cl L w/ heel trn, fwd R); 13] slp R bk w/ slight contra ck action, -, fwd L stg LF trn, sd & bk R slight LF trn; 14] bk L to BJO cont slight LF trn, bk R to CP cont LF trn, sd & fwd L, fwd R to bjo DLW (fwd R in BJO, fwd L to CP cont LF trn, sd & bk R, bk L to BJO); 15] repeat meas 5 part A; 16] thru R, -, sd and fwd L, XRif (thru L stg LF trn, -, sd and bk R cont turn, XLif);

## C

### 1 - 16 OP REVERSE; HOVR CORTE; BK WHISK; CURV FEATH CKG; BK, BK/LK/BK; OUTSD CHNG to SCP; SLW SD LK to; DOUBL REV; THREE STP; FWD, -, RUN 2;

**REV WAVE;; SPIN TURN; BOX FIN; 2 L TRNS;;**

1] fwd L trng LF, -, cont LF trn sd R, bk L to CBMP; 2] bk R stg LF trn, -, cont LF bdy trn sd and fwd L w/ hovering action, rec R to BJO; 3] bk L, -, bk and sd R, XLif to SCP; 4] fwd R stg RF trn, -, w/ L sd stretch cont RF trn sd and fwd L, fwd R outsd ptr; 5] bk L, -, bk R/lk Lif, bk R; 6] repeat meas 7 part A; 7] repeat meas 16 part B; 8] fwd L stg LF trn, -, cont LF trn sd R, cont spinning tch L to R w/ no weight chng (bk R stg LF trn, -, cl L to R w/ heel trn/sd and bk R cont LF trn, XLif); 9] repeat meas 1 part B; 10] repeat meas 11 part B; 11 & 12] fwd L stg LF bd trn, -, sd R, bk L (bk R stg LF bdy trn, -, cl L w/ heel trn, fwd R); bk R, -, bk L, bk R crvg slightly L; 13] bk L stg 1/4 RF trn, -, fwd R between W ft w/ rise contg trn, sd and bk L (stg RF bdy trn fwd R between M ft pvtg 1/2 RF, fwd R); 14] bk R w/ slight L trn, -, sd L, cl R; 15 & 16] Fwd L trng LF, -, cont trng sd and bk R, cl L; bk R trng LF, -, sd and fwd L cont trng, cl R;

**A mod**

- 1 - 8 **DIAMOND TRNS;;; HOVR TELEMAR; 1/2 NATL; OUTSD CHNG to SCP; PICK UP to SCAR;**  
1 - 7] repeat meas 1 - 7 part A;;;;; 8] fwd R, -, fwd and sd L ldg W in front, cl R trng bdy slightly RF (fwd R stg LF trn, -, sd and fwd L contg LF trn to SCAR, cl R);

**D**

- 1 - 8 **CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; IN & OUT RUNS;;**  
**PROM WEAWE;; CHNG of DIR;**  
1] XLif of R, -, sd R with slight rise trng LF, rec L to BJO; 2] XRif of L, -, sd L with slight rise trng RF, rec R to SCAR; 3] XLif of R, -, sd R with slight rise, fwd L to SCP; 4 & 5] repeat meas 6 & 7 part B;; 6 & 7] fwd R, -, fwd L stg LF trn, sd and bk R to BJO; bk L, bk R stg LF trn, sd L to CP, fwd R to CBMP (fwd L stg LF trn, -, cont trng sd R, cont LF trn sd L to BJO; fwd R in BJO, fwd L, sd R to CP, bk L in CBMP); 8] fwd L, -, fwd and sd R w/ R shldr ld, draw L to R no wgt;

**REPEAT A MOD**

**REPEAT D**

**ENDING**

- 1 - 16 **DIAMOND TRNS;;; OP REVERSE; HOVER CORTE; BK WHISK; CURVED FEATH**  
**BK, -, BK/LK, BK; OUTSD CHNG to SCP; 1/2 NATL; OVER SPIN TURN; BOX FINISH;**  
**CHNG of DIR; FWD - R LUNGE; EXTEND;**  
1-4] repeat meas 1-4 part A;;; 5-10] repeat meas 1-6 part C;;;;; 11] repeat meas 6 part A; 12] Stg RF upper body trn bk L pivoting RF to DLW, -, fwd R between ptr feet cont RF trn, bk L to fc wll; 13] repeat meas 14 part C; 14] repeat meas 8 part D; 15] fwd L, -, sd & fwd on R w/ slight bdy rotation twd ptr flex R knee (sd & bk L keeping R sd twd ptr and flex L knee); 16] extending upper bdy slightly bk;

