

I KNOW NOW

ROUND DANCER MAGAZINE
126 N. Atherton St.
State College, PA 16801
DEC 1977

20-11



Composers: Eddie & Audry Palmquist, El Toro CA
Record: Telemark 898-A (Int'l slow foxtrot)
(If I Knew Then What I Know Now)
Footwork: Opposite, directions for M except where noted
Sequence: INTRO - A-A-B-A-B(1-14) - TAG

INTRODUCTION

1-4 OP fac Wall & LOD WAIT 2 MEAS.; APT. - POINT. -; TOG TO CP LOD & WALL. - TCH. -;

PART A

1-8 HOVER TO SCP L. - R. L. (Feather Finish) THRU. - BLEND BJO. (Reverse Wave) LF TRN. -
SID, BK(W Heel Trn); BK R. - L. R curve LF; (Clos Impetus) BK TRN. - CLOS, SID & BK;
(Feather Finish) BK. - SID, FWD Contra Bjo; REV FALLAWAY SLIP PIVOT(L.R.L.R.);
FWD(Trn LF) - SID, DRAW;
SQQ 1 (Hover) CP Wall & LOD Fwd L. - Sid R Hover on toe, sid & fwd COH & LOD L in SCP;
SQQ 2 (Feather Finish) Thru R X thighs, - sid & fwd L left shoulder leading, fwd R
X thighs Contra Bjo COH & LOD(W thru L X thighs, - trn LF sid & bk R, BK L
X thighs in Contra Bjo);
SQQ 3,4 (Reverse Wave) Fwd L COH & LOD blend CP & commence LF trn, - sid R COH & LOD,
BK L Wall & LOD(W BK R commence LF trn bring L to R no wt, - heel trn on R
trans wt to L, fwd R LOD & Wall); BK R LOD & Wall toe heel, - BK L toe curve LF,
BK R LOD toe heel(W fwd L Wall & LOD Heel, - Fwd R Curve LF Heel Toe, Fwd L LOD
toe);
SQQ 5 (Clos Impetus) BK L LOD commence RF trn, - Clos R to L no wt continue RF turn on
L heel trans wt to R, sid & BK L toe twd COH & RLOD(W R fwd heel between M's
feet commence RF trn, - sid L toe twd LOD & Wall, brush or tch R to L fwd R toe
between M's feet) end CP fac LOD & Wall;
SQQ 6 (Feather Finish) BK R twd RLOD & COH, - Sid L, Fwd R blend Contra Bjo fac LOD &
COH(W fwd L, - sid & bk R diag LOD & COH, BK L blend Contra Bjo);
QQQQ 7 (Rev Fallaway & Slip Pivot) Contra Bjo LOD & COH Fwd L trn LF, sid & bk R LOD in
narrow SCP, BK L LOD X thighs, BK R toe in pivot LF to fac Wall in CP leave L
leg extended fwd(W bk R COH & LOD trn LF, Sid & BK L LOD in narrow SCP, BK R
X thighs pivot LF to fac partner leave L leg extended fwd, slip L between M's
feet & pivot to fac COH CP);
SS 8 (Change of Direction) CP Wall Fwd L trn LF, - Sid R continue LF trn(CP LOD &
Wall making 1/8 turn), -;

9-16 REPEAT PART A measures 1-9

PART B

1-8 WHISK; WING TO SCAR; OPEN TELEMAR TO SCP; CHAIR & SLIP TO CP; CURVING THREE STEP;
FEATHER FINISH; THREE STEP; (Natural Turn) RF TRN. - SID, BK(W Heel Turn);

SQQ 1 (Whisk) Contra Bjo Fwd L Wall & LOD blend CP, - Sid & Fwd R, XLIB of R loosely
high on toes(WXIB) blend narrow SCP COH & LOD;
SQQ 2 (Wing) SCP LOD & COH Fwd R, - draw L to R tch, - (W fwd L, - Fwd R, L around M to
SCAR) COH & LOD;
SQQ 3 (Open Telemark to SCP) SCP fac COH & LOD Fwd L commence LF trn, - Continue LF
trn Sid R twd COH & RLOD(CP M fac Wall & RLOD), Sid L twd Wall & LOD blend
narrow SCP(W bk R COH & LOD commence LF trn bring L to R no wt, - continue trn
on R heel & trans wt to L toe(CP M fac Wall & RLOD), Sid & fwd R blend SCP)
LOD & Wall;
SQQ 4 Thru R LOD & Wall flex knee & check, - Recov L, BK R toe in trn 1/8 LF(W thru
L flex knee check, - Recov R, trn LF on R step L between M's feet) CP LOD;
SQQ 5 (Curving 3-step) (Make 1/2 circle LF) Fwd L heel lead trn LF strong body trn, -
fwd R on toe curve LF lift R sid of body, fwd L small step IF of R high on toe
M fac RLOD look left over hands(W bk R trn LF strong body trn, - BK L curve LF
XRIB of L high on toe W's head trn to right between steps 2 & 3);
SQQ 6 (Feather Finish) BK R LOD, - Sid L LOD & Wall, Blend Contra Bjo fwd R Wall & LOD
SQQ 7 (Three Step) (Contra Bjo LOD & Wall) Fwd L(heel) blend CP, - Fwd R(heel) R
shoulder leading, Fwd L toe;
SQQ 8 (Natural Trn) Fwd R(heel) commence RF trn, - continue RF trn Sid L toe twd LOD
& Wall, complete trn & step BK R toe LOD(W bk L commence RF trn, - tch R beside
L heel trn on L trans wt to R, fwd L toe LOD) end CP M fac RLOD;
9-16 CLOS IMPETUS; FEATHER FINISH; OPEN TELEMAR TO SCP; R-TRN FALLAWAY; DEVELOPE;
RECOV. - TCH FWD(SCP); THRU. - WEAVE, 2:3, 4, 5, 6(Contra Bjo);
SQQ 9 (Clos Impetus Trn) BK L LOD commence RF trn, - Clos R to L no wt continue RF
trn on L heel trans wt to R, sid & BK L toe twd COH & RLOD(W R fwd heel between
M's feet commence RF trn, - Sid L toe twd LOD & Wall, brush or tch R to L fwd R
toe between M's feet) end CP fac LOD & Wall;
SQQ 10 (Feather Finish) BK R twd RLOD & COH, - Sid L, Fwd R blend Contra Bjo fac LOD &
COH(W fwd L, - sid & BK R diag LOD & COH, BK L blend Contra Bjo);
SQQ 11 (Open Telemark to SCP) Fwd L COH & LOD blend CP commence LF trn, - Sid R COH &
RLOD continue LF trn leave L leg extended, Sid & Fwd L LOD & Wall in SCP(W bk on
R toe heel commence LF trn bring L to R no wt, - continue trn on R heel & trans
wt to L, continue LF trn step sid & fwd R in SCP) LOD & Wall;
SQQ 12 (RF Fallaway) SCP LOD & Wall thru R trn RF, - continue RF trn sid L Wall & RLOD
continue strong RF trn sid & back R to Wall narrow V SCP fac COH(W thru L, -
fwd R between M's feet leave head to right(SCP), trn RF sid & bk L twd wall
head still to right);
SQQ 13 (Develop) Relax R knee XL long step twd Wall toe point twd partner's way upper
body to COH no wt on L head twd COH, - trans wt to L relax L knee & sway upper
body to wall look at W(X R long step twd wall) no wt toes point twd partner
sway twd COH relax L knee, - trans wt to R & swivel on ball of R trn LF, bring
L foot up to R knee then kick straight out twd Wall & RLOD approx waist height
rising on R toe);
SQQ 14 Recover on R rise & tch L to R, small step sid & fwd SCP LOD & COH(W lower flat
on R & small step bk L, - trn RF on L tch R to L, small step sid & fwd to SCP);
SQQ 15,16 (Weave) SCP LOD & COH Fwd R, - Fwd L commence LF trn, sid & slightly BK R CP
QQQQ fac RLOD & COH; BK L LOD in Contra Bjo, BK R LOD CP commence LF trn, Sid & fwd L
Wall & LOD, blend Contra Bjo fwd R Wall & LOD;

REPEAT ENTIRE DANCE through Part B meas 14 then add TAG:

15,16 Weave 4 & side dip twd LOD to RevSCP;

I Know Now
(Palmquist)