

MY FAVOURITE MEMORY

CHOREO.: Susan Healea
ADDRESS: 2803 Louisiana St., Longview, WA 98632
MUSIC: "My Favourite Memory" by Daniel O'Donnell
CD: "Dreaming" or other Daniel O'Donnell CDs
FOOTWORK: Opposite, directions to man, except where noted
SEQUENCE: INTRO-A-B-C-A-B-ENDING

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RHYTHM: Foxtrot
RAL PHASE: IV
TIME/SPD: 2:55 @ 110 %
REL. DATE: July, 2006

MEAS:

INTRODUCTION

1-4 2 MEAS WAIT OP-FCG DLW;; APT PT; PICKUP TCH TO CP LOD;

In OP-FCG DLW wait 2 meas;; bk L (W bk R), -, point R twd ptr, -; fwd R (W fwd L trng LF in front of M) to CP LOD, -, tch L, -;

PART A

1-4 THREE STEP; FWD RUN 2; PROG BOX;;

In CP LOD fwd L (heel to toe), -, fwd R (heel to toe), fwd L; fwd R, -, fwd L, fwd R; fwd L, -, sd R, cl L; fwd R, -, sd L, cl R;

5-8 TELEMARK TO SCP; HOVER FALLAWAY; SLIP PIVOT TO BJO; MANEUVER;

From CP LOD fwd L commencing to turn LF, -, sd R con't LF turn, sd & slightly fwd L (W bk R commencing to turn L bringing L beside R with no weight, -, turn LF on R heel [heel turn] and change weight to L, sd and slightly fwd R) to tight SCP DLW; fwd R, -, fwd L rising to ball of foot and checking, rec bk on R; bk L, -, bk R commence LF turn [keeping L leg extended], fwd L (W bk R commence LF pivot on ball of foot [thighs locked L leg extended], -, fwd L complete LF turn placing L foot near M's R foot, bk R) to BJO DLW; fwd R commencing RF trn, -, con't RF trn to fc ptr sd L to CP DRC, cl R;

9-12 IMPETUS TO SCP; IN & OUT RUNS;; MANEUVER;

From CP DRC commence RF upper body turn bk L, -, cl R [heel turn] con't RF turn [about 3/8 turn], complete turn fwd L (W commence RF upper body turn fwd R between M's feet heel to toe pivoting 1/2 RF, -, sd and fwd L con't turn around M brush R to L, complete turn fwd R) in tight SCP DLW; fwd R starting RF turn, -, sd and bk diag DLW on L to CP, bk R to BJO; using CBM bk L trng RF, -, sd & fwd R between W's feet con't RF turn, fwd L (W fwd L, -, fwd R between M's feet, fwd L outside the M in BJO; using CBM fwd R starting RF turn, -, fwd & sd L con't RF turn, fwd R) to SCP DLW; fwd R commencing RF trn, -, con't RF trn to fc ptr sd L to CP DRC, cl R;

13-16 SPIN TURN; BOX FINISH TO CP LOD; PROG BOX;;

From CP RLOD commence RF upper body turn bk L toe pivoting 1/2 RF to CP DLW, -, fwd R between W's feet heel to toe con't RF turn keeping L leg extended bk & sd, complete turn sd & bk on L (W commence RF upper body turn fwd R between M's feet heel to toe pivoting 1/2 RF, -, bk L toe con't turn brush R to L, complete turn fwd R) to CP DLW; bk R trng LF, -, sd L to CP LOD, cl R; fwd L, -, sd R, cl L; fwd R, -, sd L, cl R;

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PHASE IV FOXTROT BY SUSAN HEALEA

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PART B

1-4 DIAMOND TURN TO BJO DLC;;;;

From CP LOD fwd L turning LF on the diag, -, con't LF turn sd R, bk L with the partner outside the M in CBMP; staying in CBMP and trng LF bk R, -, sd L, fwd R outside partner in CBMP; fwd L trng LF on the diag, -, sd R, bk L with the partner outside M in CBMP; bk R con't LF turn, -, sd L, fwd R to BJO DLC;

5-8 2 LF TRNS TO CP WALL;; BOX;;

From BJO DLC fwd L commence LF upper body trn, -, con't to trn sd & bk R, cl L to CP DRC; bk R con't LF upper body trn, -, con't to trn sd & fwd L, complete trn cl R to CP WALL; fwd L, -, sd R, cl L; bk R, -, sd L, cl R;

9-13 REV BOX;; HOVER; WEAVE TO BJO DLW;;

In CP WALL bk L, -, sd R, cl L; fwd R, -, sd L, cl R; fwd L, -, fwd & sd R rising to ball of foot, rec L to tight SCP DLC; fwd R DLC, -, fwd L commence LF turn, con't turn sd & slightly bk R to face DRC; bk L LOD leading W to step outsd to CBMP, -, bk R con't LF turn, sd & fwd L (W fwd L DLC commence LF turn, -, con't turn sd & slightly bk R to face DRW, con't turn sd & fwd L LOD; fwd R LOD outsd ptr to CBMP, -, fwd L LOD con't turn, sd & slightly bk R) to BJO DLW;

14-16 MANEUVER; SPIN TURN; BOX FINISH TO CP LOD;

From BJO DLW fwd R commencing RF trn, -, con't RF trn to fc ptr sd L to CP DRC, cl R; commence RF upper body turn bk L toe pivoting 1/2 RF to CP DLW, -, fwd R between W's feet heel to toe con't RF turn keeping L leg extended bk & sd, complete turn sd & bk on L (W commence RF upper body turn fwd R between M's feet heel to toe pivoting 1/2 RF, -, bk L toe con't turn brush R to L, complete turn fwd R) to CP DLW; bk R trng LF, -, sd L to CP LOD, cl R;

PART C

1-4 PROG BOX TO SCAR DLW;; CROSS HOVER TO BJO DLC; CROSS HOVER TO SCAR DLW;

In CP LOD fwd L, -, sd R, cl L; fwd R, -, sd L, cl R to SCAR DLW; xLifR (W xRibL), -, sd R with a slight rise commence LF turn, rec on L to BJO DLC; xRifL (W xLibR), - sd L with slight rise commence RF turn rec on R to SCAR DLW;

5-8 CROSS HOVER TO SCP LOD; FWD FC CL TO CP WALL; TWIRL VINE 3; PICKUP SD CL TO CP LOD;

From SCAR DLW xLifR (W xRibL), -, sd R with a slight rise commence LF turn, rec on L to SCP LOD; fwd R, -, fwd L trng to fc ptr in CP WALL, cl R; sd L, -, xRibL, sd L (W twirls RF under joined lead hands R, -, L, R); xRifL, -, sd & fwd L, cl R (W xLifR trng LF in front of M, -, sd & bk R, cl L) to CP LOD;

ENDING

1-4 LF TRNG BOX ¾ TO CP WALL;;; BK SD CORTE;

In CP LOD fwd L commence LF upper body turn, -, fwd & sd R complete ¼ turn to CP COH, cl L; bk R commence LF upper body turn, -, bk & sd L complete ¼ turn to CP RLOD, cl R; fwd L commence LF upper body turn, -, fwd & sd R complete ¼ turn to CP WALL, cl L; bk R, -, sd L flexing supporting knee and trng to RSCP leaving R leg extended with toe pointing to floor, -; SMILE☺