

My! My! Time Flies!

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First Release: February 2010
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Music: My! My! Time Flies!
Length: 3:03 min.

Artist: Enya

Album: And Winter Came
(Available on I-Tunes)

Rhythm & Phase: Foxtrot IV Footwork: Opposite unless indicated (W's footwork in parentheses)
Timing: SQQ indicated by semicolon, otherwise timing in parentheses

Sequence: Intro- A-A-B- A(1-8)- Bridge 1- B- Bridge 2- B-A(1-8)- End

Intro

1 --- 2 wait 2 meas;;
In CP fc DLC waiting 2 measures;;

Part A

1 --- 6 reverse turn;;; hover; thru chasse to SCP (SQ&Q); in and out runs;;
In CP fc DLC step fwd L, start left fc turn and step sd R, continue left fc turn step back L to CP; (Step back R, close L to R and do a left face heel turn, step fwd R to CP;) Step back R, turn left and step sd L, step gently fwd R to CP fc DLW; in CP step fwd L, step sd R and lift by stretching right leg and stand in R toe and turn gently left fc to SCP fc DLC, step fwd L; in SCP fc DLC step thru R, turn to CP step sd L, cl R, turn to SCP, fwd L; step fwd R, start R fc trn and step side L to CP fc REV, step bk R to BJO fc REV; (fwd L, fwd R between M's feet, fwd L to BJO;) step back L, turn R fc step sd and fwd R between W's feet, step fwd L to SCP fc DLC; (in 3 steps turn R fc from BJO to SCP, fwd sd R, bk sd L, fwd sd R;)

7 --- 10 forward hover to Banjo; back hover to SCP; PU; slow dip back, recover (SS);
SCP fc DLC step thru R, step fwd L, rise in L toe and stretch L leg, rec R; (trn L fc step fwd and sd L, continuo L fc trn step sd and bk R, rise on R toe, gently stretch R leg, fwd L to BJO;) step bk L, bk R, rise in R toe, rec L to SCP; (turn R fc step sd and fwd R, continuo R fc trn step sd and bk L, rise on L toe, fwd R to SCP;) SCP fc DLC step fwd R, small step sd L, cl R; (turn L fc step fwd L, fwd and sd R to CP, cl L to R;) CP fc DLC slow step bk L with gently L twist of upper body but stay in CP, recover R to CP fc DLC;

Part B

1 --- 7 diamond turn;;; ½ reverse turn; hover corte; back whisk;
full L fc turn in ¼ turns, CP fc DLC step fwd L, sd R, XLiB of R; step sd and bk R, sd L, XRiF of L; fwd and sd L, sd R, XLiB of R; bk and sd R, sd L, gently XRiF of L to CP fc DLC; fwd L, turn L fc step sd and bk R, small step bk L to CP fc DRW; (step bk R, cl L to R, L fc heel turn, step fwd R to CP;) bk R, turn L fc step sd L, rise on left toe, continuo L fc trn rec on R end in BJO; bk L, bk R, XLiB of R end in SCP fc LOD; (fwd R, trn R fc sd L, XRiB of L to end in SCP;)

8 --- 9 ½ natural turn; hesitation change;
SCP fc LOD commence R fc trn step fwd and sd R, continuo R fc trn step sd and bk L to CP fc RLOD, small step bk; (fwd L, fwd R, small step fwd L;) bk L, with R fc trn step fwd and sd R, draw L to R end in CP fc DLC;

Bridge 1

1 --- 4 feather; forward run 2; forward run 2; slow rock fwd, recover;
SCP fc DLC fwd R, fwd L, fwd and little step sd R; (fwd L, turn L fc step sd and bk R, small step bk L;) fwd L, fwd R, fwd L; fwd R, fwd L, fwd R; slow rock fwd L optionally with L twist, recover R;

Bridge 2

1 --- 1 slow rock fwd, recover;
slow rock fwd L optionally with L twist, recover R;

Ending

- 1 --- 4 feather; forward run 2; forward run 2; ½ reverse turn;**
SCP fc DLC fwd R, fwd L, fwd and little step sd R; (fwd L, turn L fc step sd and bk R, small step bk L;) fwd L, fwd R, fwd L; fwd R, fwd L, fwd R; fwd L, turn L fc step sd and bk R, small step bk L to CP fc DRW; (step bk R, Cl L to R, L fc heel turn, step fwd R to CP;)
- 5 --- 7 hover corte; back whisk; slow whiplash...**
bk R, turn L fc step sd L, rise on left toe, continuo L fc trn rec on R end in BJO; bk L, bk R, XLiB of R end in SCP fc LOD; (fwd R, trn R fc sd L, XRiB of L to end in SCP;) SCP fc LOD thru R turn body R fc to partner move L toe slow clockwise and stay in CP point LOD...

Note:

- Although it is not usual for Foxtrot, there are some “stops” in the dance. This is just because the music has these stops, too. Some dancer may need this information.

- I recommend to speed up minimum +5%

Suggested Head Cues:

Sequence: Intro- A-A-B- A(X)- Bridge 1- B- Bridge 2- B-A(X)- End

Intro: CP DLC
wait 2 meas;;

Part A: CP DLC
rev trn;; hvr; thru chasse to SCP; I/O runs;; fwd hvr BJO; bk hvr SCP; (X)
PU; slow dip bk, rec;

Part B: CP DLC
diamond trn;;; ½ rev trn; hvr corte; bk whisk;
½ nat trn; hes change;

Bridge 1: SCP DLC
feather; fwd run 2 – twice;; slow rk fwd, rec;

Bridge 2: CP DLC
slow rk fwd, rec;

Ending: SCP DLC
feather; fwd run 2 – twice;; ½ rev trn; hvr corte;
bk whisk; slow whiplash and point...

Have fun, enjoy the dance!

I would be pleased about feedback ☺