

ONCE UPON A TIME

3193

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Record: Special Pressing (Flip of "True Love")
Sequence: Intro A A B A C A Tag Phase: VI Foxtrot
Footwork: Opposite except where noted Recommended Speed: 43-44 RPM

INTRODUCTION

- 1-4 **WAIT;; STP TOGETHER; REC TO FEATHER FIN;**
1-2 OP Fcg DLW approx 2 ft apt wgt on M's R & W's L free ft pointed sd lead hnds jnd free hnds extended sd wait 2 meas;;
SS; 3 Swivelling slightly on R fwd L trng RF 1/4 (W fwd R) twd ptr, -, assume CP, -;
SQQ; 4 M bk R DLC, -, slightly trng LF on R sd & fwd L, fwd R DLC outside ptr end in Contra Bjo fcg DLC;

PART A

- 1-12 **WEAVE 6;;; THREE STEP;;; NAT TRN;;; HEEL PULL TO FEATHER ENDING;;
OPEN TELEMARK; OPEN NAT; SYNC OUTSIDE SPIN & PIVOT 2; RUDOLPH RONDE;
THROWAWAY OVERSWAY; HOVER TO SCP; FEATHER ENDING;**
QQQQ;QQ (Weave 6) Fwd L DLC start LF trn, sd R twd DLC, bk L LOD in Contra Bjo, bk R LOD in CP; cont trng LF on R sd & fwd L DLW, fwd R outside ptr (W bk R DLC start LF trn, sd L twd DLC, fwd R outside ptr twd LOD, fwd L LOD; cont trng LF on L sd & bk R DWL, bk L DLW) end in Contra Bjo fcg DLW,
S;QQ (Three Step) Fwd L heel lead blend CP, -; fwd R heel, fwd L toe,
S;QQ (Nat Trn) Fwd R trng RF, -; sd L DLW, cont RF trn on L bk R twd LOD (W bk L trn RF, -, cont trn on L heel cl R to L transfer wgt to R, cont RF trn on R fwd L LOD) end in CP M fcg RLOD,
S;SQQ; (Heel Pull to Feather Ending) Bk L, draw R heel passing L; Trng on L heel sd R inside edge twd LOD, rising on R draw L inside edge, fwd L preparing stp outside L shoulder lead, fwd R outside ptr (W fwd R start trng RF, -; Cont trng RF sd L, draw R inside edge to L & brush, bk R, bk L ptr outside R shoulder lead) end in Contra Bjo fcg DLC;
SQQ; (Open Telemark) Fwd L comm LF trn, -, cont LF trn sd & fwd R twd DLC, cont trn LF on R sd & fwd L twd DLW (W bk R DLC comm LF trn bring L to R no wgt; -, cont trn on R heel & transfer wgt to L toe, sd & fwd R) end in SCP fcg DLW;
SQQ; (Open Natural) Fwd R twd DLW start RF trn, -, sd & bk L to DLW, cont RF trn bk R (W fwd L, -; fwd R, fwd L outside ptr) end in Contra Bjo fcg DRC;
&QQQQ; (Syncopated Outside Spin & Pivot 2) Small stp bk L start RF trn/fwd R LOD cont RF trn, sd & bk L cont RF trn to fc COH, fwd R pivot RF, bk L Pivot to fc RLOD (W fwd R strong stp outside M start RF trn/cl L to R cont RF trn, fwd R between M's ft, pivot RF bk L, fwd L);
SS; (Rudolph Ronde) Cont trng LF on L fwd R DLC flexing R knee trng hips RF causing L to XIB of R, -, rec L, slp R bk trng LF no wgt to CP (W sd & bk L ronde R CW placing R bhnd, -, stp on R trng LF, brush L no wgt) end in CP fcg RLOD;
SS; (Throwaway Oversway Line) Relax M's L & W's R knee, -, W extend L bk RLOD on tip of toe as M extend R leg bk LOD keeping wgt centered over M's L & W's R ft upper body well up W's head to L M look at W sway to M's R & W's L, -;
SQQ; (Hover to SCP) Rise on L, -; cl R to L, trng W RF brush L to R fwd L DLC (W rise on R trng RF to CP, -, cl L to R cont trng RF to SCP, fwd R) end in SCP fcg DLC;
SQQ; (Feather Ending) Fwd R twd DLC, -, fwd L, fwd R outside ptr (W fwd L twd DLC, -, trng LF on L sd & bk R, bk L) end in Contra Bjo fcg DLC;

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PART B

1-8 REVERSE WAVE;; BACK FEATHER & SLIP; REVERSE WAVE;; BACK RIGHT TIPPLE CHASSE; OPEN IMPETUS; FEATHER FIN;

- SQQ;SQQ;** (Reverse Wave) Fwd L blend to CP start LF trn, -, sd & fwd R twd DLC, bk L twd DLW (W bk R start LF trn bring L to R no wgt, -, heel trn on R transfer wgt to L, fwd R DLW); Bk R DLW toe heel, -, curving slightly LF bk L, bk R (W fwd L DLW heel lead, -, fwd R heel lead, fwd L to) end in CP fcg RLOD;
- SQQ&;** (Back Feather & Slip) Bk L LOD, -, bk R blending to Contra Bjo, bk L/stp bk R toe pivot LF (W fwd R LOD, -, fwd L blending to Contra Bjo, fwd R outside ptr/fwd L toe pivot LF) end in CP fcg DLC;
- (Note: Last stp for both is done on the "&" count)
- SQQ;SQQ;** (Reverse Wave) Fwd L blend to CP start LF trn, -, sd & fwd R twd DLC, bk L twd DLW (W bk R start LF trn bring L to R no wgt, -, heel trn on R transfer wgt to L, fwd R DLW); Bk R DLW toe heel, -, curving slightly LF bk L, bk R twd LOD (W fwd L DLW heel lead, -, fwd R heel lead, fwd L) end in CP fcg RLOD;
- SQ&Q;** (Back Right Tipple Chasse) Bk L comm RF trn, -, cont trn small stp R sway R/cl L to R, sd R toe pivot RF to fc RLOD (W fwd R comm RF trn, -, cont trn small stp sd L with L sway/cl R to L, bk L pivot RF) end in CP fcg RLOD;
- SQQ;** (Open Impetus) Bk L trn RF, -, cl R to L heel trn on L and shift wgt to R cont trn RF, fwd L (W fwd R around M, -, cont trn RF sd & bk L, brush R to L & fwd R) end in SCP fcg DLC;
- SQQ;** (Feather Finish) Fwd R twd DLC, -, sd & fwd L, fwd R outside ptr (W fwd L, -, trng LF on L sd & bk R twd DLC, bk L) end in Contra Bjo fcg DLC;

PART C

1-8 REV FALLAWAY & LEFT TRNG SD LK;;, REV FALLAWAY & LEFT TRNG SD LK;; CURVING THREE STP; BK CURVING THREE; HOVER TELEMAR; HOVER CROSS TO FEATHER FINISH;;

- QQQQ;QQ** (Rev Fallaway & Left Trng Sd Lk) Fwd L trn LF, sd R, XLIB of R in SCP fcg RLOD, bk R trng LF to CP backing LOD; Cont trng LF sd L, bk R under body to fc LOD (W bk R trn LF, sd L, XRIB of L in SCP fcg RLOD, trn LF on R fwd L between ptr's feet; Cont trng LF sd & bk R, XLIF of R) end in CP fcg LOD;
- QQ;QQQQ;** (Rev Fallaway & Left Trng Sd Lk) Fwd L trn LF, sd R; XLIB of R in SCP fcg RLOD, bk R trng LF to CP backing LOD, cont trng LF sd L, bk R under body to fc LOD (W bk R trn LF, sd L; XRIB of L in SCP fcg RLOD, trn LF on R fwd L between ptr's feet, cont trng LF sd & bk R, XLIF of R) end in CP fcg LOD;
- SQQ;** (Curving Three Step) Fwd L comm LF trn, -, fwd R cont trn LF with R shoulder lead, fwd L XIF of R with a checking action (W bk R trn LF strong body trn, -, bk L curve LF, XRIB of L) end in CP fcg RLOD;
- SQQ;** (Bk Curving Three) Trn LF bk R DLC, -, cont trng LF bk L, bk R with checking action end in CP fcg DLW;
- SQQ;** (Hover Telemar) Fwd L, -, sd & fwd R rising with hovering action stretch right side slightly trng RF on R, fwd L DLW SCP;
- SQQ;** (Hover Cross to Feather Finish) Fwd R comm RF trn, -, sd & fwd L around W, sd & fwd R to fc DLC;
- QQQQ;** Fwd L pointing DLW across body in Contra Scar, rec R blending to CP, sd & fwd L blend to Contra Bjo, fwd R outside ptr with left side stretch (W bk R with L sd stretch in Contra Scar, rec L blend to CP, bk R blend to Contra Bjo, bk L) end in Contra Bjo fcg DLC;

TAG

1-2 1/2 OPEN TELEMAR; THRU TO A HINGE;

- SQQ;** (Open Telemar) Fwd L comm LF trn, -, cont LF trn sd & fwd R twd DLC, cont trn LF on R sd & fwd L twd DLW (W bk R DLC comm LF trn bring L to R no wgt; -, cont trn on R heel & transfer wgt to L toe, sd & fwd R) end in SCP fcg DLW;
- SS;S** (Thru to a Hinge) Thru R DLW, -, sd & fwd L, -; Relax L knee, - (W stp thru L trng LF, -, sd & bk R to fc ptr,
- (W SQQ;S)** XLIB of R; Relax L knee & extend R twd DLW look left, -) hold as music fades,