

SOMEBODY LOVES ME

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Music: "Somebody Loves Me", Alma Cogan, *Best of Slow Foxtrot* CD, Casa Musica Trk #6

Seq: Intro, A, B, Inter, A, B, End Time: 2:44 Release: Dec 07

Rhythm & Phase: Foxtrot Ph 4 + 2 (Natural Weave, Dbl Rev)



INTRO

1-4 CUDDLE POS LOD LEAD FT FREE WAIT 1; SLW RK 4;-; DIP BK REC CP;

- 1-2 ;SS In Cuddle POS fcg LOD looking at ptr both with lead ft free wait 1;
3 SS Rk sd L twd COH, -, rk sd R, -; repeat;
4 SS Dip bk L, -, rec R, -; blnd CP LOD;

PART A

1-4 3 STEP; HALF NATURAL; CLOSED IMPETUS; FEATHER FINISH DLC;

- 1-2 Blnd CP fwd L, -, fwd R, fwd L; fwd R btwn W's ft trng RF, -, sd L twd Wall, bk R CP RLOD (*W bk L, -, cls R heel turn, fwd L*);
3-4 Bk L trng RF, -, cls R heel turn trng fce CP DLW, rec bk L; bk R, -, sd L, fwd R to BJO DLC;

5-8 REV TURN;-; HOVER; CHAIR REC SLIP;

- 5-6 Fwd L trng LF, -, sd bk R twd LOD (*W heel turn*), bk L CP; bk R, -, sd L trng DLW, fwd R to BJO DLW;
7 Fwd L blnd CP, -, sd fwd R rising, rec L to SCP DLC;
8 Thru R soft knee, -, rec L, slip R undr body trng LF CP (*W thru L, -, rec R, swvl LF on R fwd L btwn M's ft*);

9-12 OP TELEMURK; IN/OUT RUNS;-; PU;

- 9 Fwd L trng LF, -, sd fwd R arnd W turn LF, fwd L to SCP DLW (*W bk R trng LF, -, cls L hl turn, fwd R*);
10 SCP DLW fwd R turn RF, -, sd bk L twd Wall to momentary CP RLOD, bk R rt sd lead CBJO (*W fwd L, -, fwd R btwn M's ft, fwd L*);
11 Bk L trng RF, -, sd fwd R btwn W's feet rise cont turn, fwd L to SCP DLC (*W fwd R trng RF, -, sd fwd L cont trng, fwd R to SCP*);
12 Thru R, -, sd L trng LF pick up W CP LOD, cls R fce DLC;

13-16 DRAG HEST; BK, BK/LK, BK; BK HVR TELEMURK; FEATHER;

- 13 SS Fwd L trng LF, -, fwd sd R to fce DRC strong R sd stretch, - BJO DRC;
14 SQ&Q Strong rt side lead bk L, -, bk R/LK LIF, bk R;
15 Bk L trng RF, -, cont trng sd and fwd R btwn W's feet, fwd L to SCP DLC;
16 Thru R, -, fwd L twd COH, fwd R (*W thru L, -, fwd R trng LF, bk L to BJO*);

PART B

1-4 DIAM TURN;-;-;-;

- 1-2 Fwd L trng LF, -, sd bk R to BJO DRC, bk L; bk R, -, sd fwd L trng ¼ LF, fwd R to BJO DRW;
3-4 Fwd L, -, sd bk R trng ¼ LF to BJO DLW; bk R, -, sd fwd L trng ¼ LF, fwd R to BJO DLC;

5-8 CLSD TELMRK; NAT WEAVE;-; HVR SCP;

- 5 Fwd L trng LF, -, sd fwd R arnd W trng LF, fwd L to BJO DLW (*W bk R trng LF, -, cls L heel turn, bk R*);
6 Fwd R trng RF, -, sd L twd Wall (*W heel turn*), bk R to BJO fcg DRW;
7 QQQQ Bk L, bk R momentary CP trng LF, sd fwd L twd DLW, fwd R BJO DLW;
8 Fwd L blnd CP, -, sd fwd R rising, rec L to SCP DLC;

9-12 THRU PROM SWAY TO OVERSWAY;-; REC OUTSD SWVL; SCP CHASSE;

- 9 SS Thru R look LOD, -, sd fwd L twd LOD rising, soften L knee with R pointed twd RLOD both look LOD;
10 ---- Slow rotate upper body LF turn head to look twd W (*W turn head to look well left*) staying low in knee keep trailing feet extend twd DRW, -, -;
11 SS Rec bk R BJO no rise, -, bk L rt shldr lead R pointed twd LOD, - (*W rec L, -, fwd R swivel RF on R, -*);
12 SQ&Q Fwd R (*W thru L*), -, sd L/cls R, sd L to SCP DLC;

13-16 SLOW SIDE LOCK; DBL REV SPIN WALL; HOVER SCP DLC; FEATHER DLC;

- 13 Thru R, -, sd L trng LF pick up W CP, XRIB cont trng to fce DLC;
14 SS(SQ&Q) Blend to CP fwd L trng LF, -, sd fwd R cont spin LF, - (*W bk R draw L to R, -, turn LF on R heel transfer weight to L/fwd R turn LF, cont turn XLIFR*) CP WALL;
15 Fwd L blnd CP, -, sd fwd R rising, rec L to SCP DLC;
16 Thru R, -, fwd L twd COH, fwd R (*W thru L, -, fwd R trng LF, bk L to BJO*);

INTER

1-2 REVERSE TURN;-;

1-2 Repeat meas. 5-6 of Part A;;

END

1-4 REVERSE TURN;-; WHISK; LEFT WHISK;

1-2 Repeat meas. 5-6 of Part A;;

3-4 Fwd L, -, sd R, XLIB to SCP; thru R, -, sd L, XRIB to RSCP;

5-6 LADY SYNC UNWIND in 5 CP DLW; RT LUNGE;

5 S(SQ&Q&) M rotate RF transfer weight to L, -, -, - (*W fwd RF arnd M R, -, L/R, L/R*) to CP DLW;

6 S Lower on L fwd R with right sd lead lowering look at ptrn (*W keep head well to left*), -, slight LF rotation relaxing right arm to allow W to extend, -;

QUICK CUES

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1-4 CUDDLE POS LOD LEAD FT FREE WAIT 1; SLW RK 4;-; DIP BK REC CP;

PART A

1-4 3 STEP; HALF NATURAL; CLOSED IMPETUS; FEATHER FINISH DLC;

5-8 REV TURN;-; HOVER; CHAIR REC SLIP;

9-12 OP TELMRK; IN/OUT RUNS;-; PU;

13-16 DRAG HEST; BK, BK/LK, BK; BK HVR TELMRK; FEATHER;

PART B

1-4 DIAM TURN;-;-;-;

5-8 CLSD TELMRK; NAT WEAVE;-; HVR SCP;

9-12 THRU PROM SWAY TO OVERSWAY;-; REC OUTSD SWVL; SCP CHASSE;

13-16 SLOW SD LK; DBL REV SPIN WALL; HOVER SCP DLC; FEATHER DLC;

INTER

1-2 REVERSE TURN;-;

END

1-4 REVERSE TURN;-; WHISK; LEFT WHISK;

5-6 LADY SYNC UNWIND in 5 CP DLW; RT LUNGE;