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ROQ 2<sup>nd</sup> Quarter 2009

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| <b>Choreographers:</b>              | <b>Release date:</b> December 2008                                                      |
| <b>Annette &amp; Frank Woodruff</b> | <b>Rhythm &amp; Phase:</b> Foxtrot/Jive V+2 (Coca Rola, Rolling Off The Arm)            |
| Rue du Camp, 87                     | <b>Music:</b> Elegant Dance Vol 2, Hisao Sudo, Track 5 Yoruga Koru.                     |
| 7034 Mons, Belgium                  | <b>Time &amp; Speed:</b> 2:24 at unchanged speed                                        |
| Tel: 00 32 65 73 19 40              | <b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> ) |
| annetteandfrank@gmail.com           | <b>Sequence:</b> Intro – A – B – C – D – E – E - Ending                                 |

**Teaching Tool: Foxtrot Weaves, Coca Rola**

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|              |                              |                                                                                              |
|--------------|------------------------------|----------------------------------------------------------------------------------------------|
| <b>1 - 2</b> | <b>Wait;;</b>                | Fcg LOD & W w/ no hnds jnd wt 2 meas;;                                                       |
| <b>3 - 4</b> | <b>Circle Snap 4 to CP;;</b> | Full LF circ ovr 2 meas w/ snaps btw stps fwd L, -, R, -; L, -, R, - [prepare to assume CP]; |

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|                |                                      |                                                                                                                                                                                                                                                                                                                           |
|----------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 - 2</b>   | <b>Diamond Turn ½;;</b>              | Fwd L to CP DLC, -, trng ¼ LF sd R to BJO, bk L; bk R, -, trng ¼ LF sd L, fwd R to BJO DRW;                                                                                                                                                                                                                               |
| <b>3</b>       | <b>Quick Diamond 4;</b>              | Trng 1/4 LF ovr 4 steps fwd L, sd R, bk L, bk R to CP DLW;                                                                                                                                                                                                                                                                |
| <b>4</b>       | <b>Dip Back &amp; Recover;</b>       | Bk L w/ soft knee, -, rec R, -;                                                                                                                                                                                                                                                                                           |
| <b>5</b>       | <b>Three-Step;</b>                   | Fwd L w/ heel ld, -, fwd R heel to toe, fwd L toe to heel;                                                                                                                                                                                                                                                                |
| <b>6 - 7</b>   | <b>Natural Weave;;</b>               | Fwd R stg trn RF, -, sd L cont trn, w/ R sd ld bk R twd DLC ( <i>W bk L stg to trn RF, -, heel trn on L &amp; cl R, w/ L sd ld fwd L</i> ); bk L to BJO DRW, bk R to CP stg to trn LF, sd & fwd L contg LF trn, fwd R ( <i>W fwd R outsd M, fwd L to CP stg to trn LF, sd &amp; bk R contg LF trn, bk L</i> ) to BJO DLW; |
| <b>8</b>       | <b>Hitch 4;</b>                      | Fwd L, cl R, bk L, cl R;                                                                                                                                                                                                                                                                                                  |
| <b>9</b>       | <b>Hover Telemark;</b>               | Fwd L, -, fwd & sd R w/ slt rise trng ¼ RF, fwd L ( <i>W bk R, -, bk &amp; sd L w/ rise &amp; brushg R to L, fwd R</i> ) to SCP DLW;                                                                                                                                                                                      |
| <b>10 - 11</b> | <b>Hover Cross to Face DRC;;</b>     | Sm fwd R prepg to trn RF, -, strong fwd & sd L arnd W near her ft, sm fwd R ( <i>W sm fwd L, -, fwd R between M's ft trng RF, bk L</i> ) to SCAR DLC; on toe fwd L, rec R trng LF, sd L contg LF trn, fwd R to BJO DRC;                                                                                                   |
| <b>12</b>      | <b>Into a Double Outside Swivel;</b> | Bk L Xg Rif w/ no wgt, -, fwd R ( <i>W fwd R &amp; swvl ½ RF to SCP DRC, -, fwd L &amp; swvl LF ½</i> ) to BJO DRC, -;                                                                                                                                                                                                    |
| <b>13</b>      | <b>Impetus to SCP;</b>               | Com bdy RF trn & bk L, -, cont RF trn on L heel & cl R risg to ball, fwd L ( <i>Wcom bdy RF trn &amp; fwd R w/ heel ld between M's ft &amp; pvt 1/2, -, sd &amp; fwd L contg trn arnd M &amp; brush R to L, fwd R</i> ) to SCP DLC;                                                                                       |
| <b>14 - 15</b> | <b>Promenade Weave to SCP;;</b>      | Fwd R, -, fwd L trng LF to CP DLC, sd & slightly bk R twd LOD ( <i>W fwd L, -, trn LF sd &amp; slightly bk R to CP, cont trn on R until fc LOD then fwd L</i> ); bk L, bk R trn bdy LF, sd & slightly fwd L, fwd R ( <i>W fwd R in BJO, fwd L trng LF to CP, sd &amp; fwd R, fwd L</i> ) to SCP LOD;                      |
| <b>16</b>      | <b>Walk 2 to SIDE-BY-SIDE LOD;</b>   | Fwd L, -, relg hnds fwd R, -;                                                                                                                                                                                                                                                                                             |

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|              |                           |                                                                                                                                                                                                                             |
|--------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 - 2</b> | <b>Slow Coca Rola 4;;</b> | Swvl sltly RF on R & XLif, -, swvl sltly LF on L & stp bk R, -; swvl sltly RF on R & stp sd L, -, swvl sltly LF on L & XRif; [styling: lift free ft quickly and place it down with deliberate care counting &1, &2, &3 ...] |
| <b>3 - 4</b> | <b>Cross Walk 4;;</b>     | Still w/ no hnds jnd XLif, -, XRif, -; XLif, -, XRif, -; [same deliberate style as Coca Rola]                                                                                                                               |

|       |                          |                                                                               |
|-------|--------------------------|-------------------------------------------------------------------------------|
| 5 - 6 | Slow Coca Rola 4;;       | Rpt meas 1-2 Part B;;                                                         |
| 7 - 8 | Cross Walk 3 & Pick Up;; | Jng insd hnds XLif, -, XRif, -, XLif, -, sm fwd R ldg W to fold to CP LOD, -; |

**PART C - Foxtrot**

|       |                        |                                                                                                                                                                     |
|-------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 - 2 | Diamond Turn ½;;       | Rpt meas 1-5 Part A;;;;;                                                                                                                                            |
| 3     | Quick Diamond 4;       |                                                                                                                                                                     |
| 4     | Dip Back & Recover;    |                                                                                                                                                                     |
| 5     | Three-Step;            |                                                                                                                                                                     |
| 6 - 7 | Natural Weave to SCP;; | Rpt meas 6 Part A; bk L to BJO DRW, bk R stg to trn LF, sd & fwd L contg LF trn, fwd R ( <i>W fwd R outsd M, fwd L trng LF, sd &amp; fwd R, fwd L</i> ) to SCP LOD; |
| 8     | Walk & Face;           | Fwd L, -, trng RF fwd R to loose CP WALL, -;                                                                                                                        |

**PART D - Jive**

|       |                            |                                                                                                                                                                                                                                                                                                                                                                                |
|-------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1     | Chasse L & R;              | Sd L/cl R, sd L; sd R/cl L, sd R;                                                                                                                                                                                                                                                                                                                                              |
| 2 - 4 | Change R to L ~            | Rk bk L to SCP LOD, rec R, sd L/cl R, sd L trn 1/4 LF; sd & fwd R/cl L, sd R ( <i>W rk bk R to SCP, rec L, sd R/cl L, fwd R trn 3/4 RF undr ld hnds; sd &amp; slightly bk L/cl R, sd &amp; bk L</i> ) to LOP- FCG LOD,                                                                                                                                                         |
|       | American Spin to HNDSHK;;; | Rk apt L, rec R; sd L/cl R, sd L, sd R/cl L, sd R ( <i>W rk apt R, rec L; sd R/cl L, sd R &amp; spin full RF trn on R ft, sd L/cl R, sd L</i> ) to R HNDSHK LOD;                                                                                                                                                                                                               |
| 5 - 6 | Rolling Off the Arm;;      | Rk apt L, rec R, sm fwd L/cl R, fwd L trn 1/4 RF & ldg W to turn left to end in the crook of M's R arm both fcg WALL; Wheel fwd R, fwd L comp 1/2 RF wheel, sm fwd R/cl L, fwd R trng 1/4 RF ( <i>W rk apt R, rec L, fwd R/cl L, fwd R trn 1/4 LF into crook of M's arm; wheel bk L, bk R comp 1/2 RF wheel, rollg out of M's arm sip L/R, L trng 3/4 RF</i> ) to LOP-FCG LOD; |
| 7 - 8 | Link and Whip Turn;;       | Rk apt L, rec R, chasse fwd L/R, L trng RF to CP WALL; contg RF trn XRib ( <i>W sd L</i> ), sd L ( <i>W fwd R btw M's ft</i> ), chasse sd & bk R/L, R to CP LOD;                                                                                                                                                                                                               |

**PART E - Foxtrot**

|       |                                 |                                                                                                                                                                                                                                                            |
|-------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 - 3 | Reverse Wave Check and Weave;;; | Fwd L trn LF, -, sd R cont trn, bk L to fc DRC ( <i>W bk R trn LF, -, heel trn on R &amp; cl L, fwd R</i> ); bk R w/ soft knee ckg, -, rec L stg LF trn, sd R w/ R sd ld ; bk L to BJO DRW, bk R to CP trng LF, sd & fwd L contg LF trn, fwd R to BJO DLW; |
| 4     | Change of Direction;            | Fwd L, -, fwd R w/ R sd ld & trn LF, draw L & brush to CP DLC;                                                                                                                                                                                             |
| 5     | Telemark to SCP;                | Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L ( <i>W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel &amp; chg wgt to L, sd &amp; sltly fwd R</i> ) to SCP DLW;                                                          |
| 6     | Natural Turn 1/2;               | Thru R stg RF trn, -, contg RF trn sd L, bk R to CP RLOD;                                                                                                                                                                                                  |
| 7     | Closed Impetus;                 | Comg RF upper bdy trn bk L, -, heel trn on L & close R, sd & bk L ( <i>W comg RF upper bdy trn fwd R btw M's ft, -, sd &amp; fwd L contg RF trn arnd M, brush R to L &amp; fwd R btw M's ft</i> ) to CP DLW;                                               |
| 8     | Feather Finish;                 | Bk R stg LF trn, -, trng LF sd L, fwd R to BJO DLC;                                                                                                                                                                                                        |

**ENDING – Foxtrot/Jive**

|       |                                   |                                                                                                                                                                                                               |
|-------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 - 2 | Reverse Turn;;                    | Fwd L stg LF trn, - sd R contg trn, bk L compg 3/8 LF trn ( <i>W bk R stg LF trn, cont trn on R heel &amp; cl L, fwd R between M's ft</i> ) to CP RLOD; bk R trng LF, -, sd L contg LF trn, fwd R to BJO DLW; |
| 3     | Hover Telemark;                   | Rpt meas 9 Part A;                                                                                                                                                                                            |
| 4     | Thru & Run 2 to SIDE-BY-SIDE LOD; | Thru R, -, relg hnds fwd L, fwd R to SIDE-BY-SIDE LOD;                                                                                                                                                        |
| 5 - 6 | Slow Coca Rola 4;;                | Swvl sltly RF on R & XLif, -, swvl sltly LF on L & stp bk R, -; swvl sltly RF on R & stp sd L, -, swvl sltly LF on L & XRif, -;                                                                               |
| 7     | Forward Hook & Unwind to Face;    | Fwd L, XRif ( <i>W XLif</i> ), w/ wgt on heel of R ft and toe of L ft unwind LF, cont unwindg to fc as wgt Xfr to trl ft;                                                                                     |
| 8     | Apart Point;                      | Jng trl hnds apt L, -, pt R twd ptr, -;                                                                                                                                                                       |

THE STALKER – WOODRUFF – FT/JV V+2 – 2:24 – HISAO SUDO

INTRO (4 meas)

Fcg ptr & LOD no hands wait 2 ;; Circle Snap 4 to CP ;;

PART A (FT) (16 meas)

Diamond Turn ½ ;; Qk Diamond 4 ; Dip Bk & Rec ;

Three Step ; Natural Weave ;; Hitch 4 ;

Hover Telemark ; Hover Cross to fc DRC into a Double Outside

Swivel ;; Impetus to SCP ; Promenade Weave to SCP ;;

Walk 2 to SD-BY-SD LOD ;

PART B (JV) (8 meas)

Slow **Coca Rola** 4 ;; Cross Walk 4 ;;

Slow **Coca Rola** 4 ;; Cross Walk 3 & Pick Up ;;

PART C (FT) (8 meas)

Diamond Turn ½ ;; Qk Diamond 4 ; Dip Bk & Rec ;

Three Step ; Natural Weave to SCP ; Walk & Face ;

PART D (JV) (8 meas)

Chasse L & R ; Change R to L ~ American Spin to HND SHK ;;

**Rolling Off The Arm** ;; Link & Whip Turn ;;

PART E (FT) (8 meas)

Rev Wave Check & Weave ;; Change of Direction ;

Telemark to SCP ; ½ Natural Turn ; Closed Impetus ; Feather Finish ;

PART E (FT) (8 meas)

Rev Wave Check & Weave ;; Change of Direction ;

Telemark to SCP ; ½ Natural Turn ; Closed Impetus ; Feather Finish ;

ENDING (FTJV) (8 meas)

Reverse Turn ;; Hover Telemark ; Thru & Run 2 to SD-BY-SD ;

Slow **Coca Rola** 4 ;; Fwd Hook & Unwind to Fc ; Apt Pt ;