

Foxtrot Laura

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Music: Foxtrot Laura, (Joe Loss and his Orchestra)

(Album: The Essential Collection, Joe Loss and his Orchestra) Download from I' Tunes

Suggested Speed: 45 rpm (As Per Download Time 2min 40 Sec)

FOXTROT Ph IV

PLEASE NOTE DANCE HAS A CLOSED CHANGE TWICE

SEQUENCE: Intro A-B-(A-Mod)-End

INTRO

BFLY DIA LOD and WALL WAIT ;;

APART AND ACKNOWLEDGE ; PICKUP DIA CENTRE ;

PART A

1-2, ONE LEFT TURN ; BACK AND RUN TWO ;

1, {1 Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ;

2, {Bk & Run 2} Bk R, -, bk L, bk R ;

3-4, ONE RIGHT TURN ; BACK FEATHER FINISH DC ;

3, {1 Right Turns} Bk L strtr RF trn, -, cont RF trn sd R, cl L ;

4, {Back Feathe Finish} Bk R,-. Trn LF Sd & Irwd L. Frwd R CBMP Dia Centre:

5-7, TELEMAR SEMI ; MANEVRE ; IMPETUS SEMI ;

5, {Telemark to SCP} Fwd L comm LF trn, -, sd R w/ a strong LF trn, sd & slightly fwd L
(W bk R comm LF trn, -, cl L [heeltrn], sd & slightly fwd R) to SCP DLW ;

6, {Manevre} Begin RF tm fwd R,],cnt nr tm sd L, cl R

(w begin RF tm bk L,-, cnt tm sd R, cl L)end CP/RLOD

7, {Impetus Semi} Bk L comm RF trn, -, cl R to L (heel trn) cont trn, fwd L in tight SCP
(W fwd R btwn M's feet pivoting 1/2 RF, -, sd & fwd L cont trn around M, fwd R to SCP);

8-10, WEAVE SEMI ;; PICK THE LADY UP DC ;

8-9, {Weave 6 Semi} fwd R Idg W in frnt.fwd L to CP trng LF, sd & bk R to BJO;

bk L, sd & bk R to C P trng LF. sd & fwd L to SCP (W trns RF fwd R to SCP);

10, {Pickup DLC} Fwd R [short step], (fwd L stp in frnt of M trn LF) to CP, sd L, cl R to L DC;

11-13, ONE LEFT TURN ; HOVER CORTE ; BACK WHISK ;

11, {1 Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ;

12, {Hover Corte} Bk R comm LF trn,-, sd & fwd L w/hvrng action, rec R BJO LOD;

13, {Bk Whisk} Bk L, -, bk & sd R, XLib (W Fwd R, -, fwd & sd L trng 3/8 RF, XRib) to SCP LOD ;

14-15, THROUGH FACE AND CLOSE ; WHISK ;

14, {Through Face Closed} Thru R, -, sd L trng to fc ptr, cl R to CP Dia Line and Wall;

15, {Whisk} Fwd L, -, sd & fwd R, XLib to SCP LOD;

16-17, PICKUP SCAR ; CROSS HOVER BJO ;

16, {Pickup Scar} Fwd R small stp (W fwd L stping in front of M trng LF to CP)
sd L, cl R to Scar LOD;

17, {Cross Hover BJO} From SCAR DLW fwd L with slight crossing action comm to rise and beginning
¼ LF trn sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO DLC;

18-19, CROSS HOVER SCAR ; CROSS HOVER SEMI ;

18, {Cross Hover Scar} Fwd R with slight crossing action comm to rise and beginning ¼ RF trn,
sd and slightly fwd L cont rise and comp RF trn, diag fwd R to SCAR DLW ;

19, {Cross Hover Semi} From SCAR DLW fwd L with slight crossing action comm to rise and beginning ¼ LF trn,
sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO DLC ;

20-22, PROM WEAVE;; CHG OF DIR DC;

20-21, {Promenade Weave} [SQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick
up action, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO LOD ; [QQQQ] Bk L, bk R
twd DLCtrng LF to CP, sd & fwd L twd DLW, fwd R (W Fwd R outside ptr, fwd L trng LF to CP
sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ;

22, {Change of Direction} Fwd L, Fwd R.comm, LF Trn, Drw L To R To Cp DLC:

23-26, DIAMOND TURNS fin DC;;;;

23-26, {Diamond Turn} Fwd L trng on diag,-,cont LF trn sd R, bk L to BJO;

Bk R,-,cont trn LF sd L,fwd R;Fwd L,-, cont trn LF sd R, bk L;

Bk R,-,cont trn LF sd L, fwd R to CBMP DLC;

27-28, TWO LEFT TURNS LOD;;

27-28, {Two Left Trns} CP/DLC fwd L comm trng LF, cont trng LF sd & fwd R, cont trng LF to fc RLOD cl L end CP/RLOD; Bk R comm trng LF, cont trng LF sd & bk L, cont trng LF to fc DLW cl R end CP/LOD;

29-30, FORWARD AND RUN 2 TWICE to DC;;

29-30, {Forward Run 2 Twice} Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;

31-32, TELEMAR SEMI ; THROUGH FACE AND CLOSE ;

31, {Telemark Semi} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L

(W bk R comm Lf trn, -,cl L to R for heel trn, sd & fwd R) to SCP DLW;

32, {Through Face Close} Thru R, -, sd L, cl R to CP and Wall;

PART B

1-4, LEFT TURNING BOX ;;;

1-4, {Left Turning Box} Fwd L trng 1/4 LF to CP LOD,-,sd R, cl L; bk R trng LF 1/4 to CP COH,-,sd L, cl R; Fwd L trng 1/4 LF to CP RLOD,-,sd R, cl L; bk R trng LF 1/4 to CP WALL,-,sd L, cl R;

5, HOVER TELEMAR ; WITH A FEATHER DC;

5, {Hover Telemark} Fwd L DW, -, sd & fwd R with R sd stretch rise and turn W to SCP, fwd L DW;

6, {Feather DC} Fwd R,-. fwd L, fwd R to contra BJO (W thru L turn LF,-, sd & bk R, bk L) fcg DC;

7-9, DIAMOND TURNS HALF ;; QUICK DIAMOND 4 ;

7-8, {Diamond Trn 1/2} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to BJO RDW ;

9, {Qk Diam 4} [QQQQ]Fwd L stg to trn LF, sd R contg LF trn, bk L compg 1/4 LF trn to BJO DLW, bk R to CP LOD ;

10, DIP REV AND RECOVER ;

10, {Dip Bk & Rec} [SS] Bk L w/ flexed knee, -, rec R to CP LOD;

11-12, FORWARD AND RUN TWO TWICE to DC;;

11-12, {Forward Run 2 Twice} Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to DC;

13-14, TO DC CLOSED CHANGE TWICE ;;

13-14, {Closed Change Twice} Fwd L Fwd R Cl L to R ; Fwd R Fwd L Cl R to L ;

15-18 DIAMOND TURNS fin DC ;;;

15-18, {Diamond Trn} CP/DLC fwd L comm trng LF, cont trng LF sd R, XLIB ptr outside end BJO/DRC; Bk R comm trng LF, cont trng LF sd L, XRIF outside ptr end BJO/DRW; Fwd L comm trng LF, cont trng LF sd R, XLIB ptr outside end BJO/DLW; Bk R comm trng LF, cont trng LF sd L, XRIF outside ptr end BJO/DLC;

PART A-Mod

1-2, ONE LEFT TURN ; BACK AND RUN TWO ;

1, {1 Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ;

2, {Bk & Run 2} Bk R, -, bk L, bk R ;

3-4, ONE RIGHT TURN ; BACK FEATHER FINISH DC ;

3, {1 Right Turns} Bk L strt RF trn, -, cont RF trn sd R, cl L ;

4, {Back Feathe Finish} Bk R,-. Trn LF Sd & Irwd L. Frwd R CBMP Dia Centre:

5-7, TELEMAR SEMI ; MANUEVER ; IMPETUS SEMI ;

5, {Telemark to SCP} Fwd L comm LF trn, -, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, -, cl L [heeltrn], sd & slightly fwd R) to SCP DLW ;

6, {Maneuvre} Begin RF tm fwd R,],cnt nr tm sd L, cl R

(w begin RF tm bk L,-, cnt tm sd R, cl L)end CP/RLOD

7, {Impetus Semi} Bk L comm RF trn, -, cl R to L (heel trn) cont trn, fwd L in tight SCP (W fwd R btwn M's feet pivoting 1/2 RF, -, sd & fwd L cont trn around M, fwd R to SCP);

8-9, WEAVE SEMI ;; PICK THE LADY UP DC;

8-9, {Weave 6 Semi} fwd R Idg W in frnt.fwd L to CP trng LF, sd & bk R to BJO; bk L, sd & bk R to C P trng LF. sd & fwd L to SCP (W trns RF fwd R to SCP);

10, {Pickup DLC} Fwd R [short step], (fwd L stp in frnt of M trn LF) to CP, sd L, cl R to L DC;

11-13, ONE LEFT TURN ; HOVER CORTE ; BACK WHISK ;

11, {1 Left Turn} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ;

12, {Hover Corte} Bk R comm LF trn,-, sd & fwd L w/hvrng action, rec R BJO LOD;

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14-15, THROUGH FACE AND CLOSE ; WHISK ;

14, {Through Face Closed} Thru R, -, sd L trng to fc ptr, cl R to CP Dia Line and Wall;

15, {Whisk} Fwd L, -, sd & fwd R, XLib to SCP LOD;

16-17, PICKUP SCAR ; CROSS HOVER BJO ;

16, {Pickup Scar} Fwd R small stp (W fwd L stping in front of M trng LF to CP) sd L, cl R to Scar LOD;

17, {Cross Hover BJO} From SCAR DLW fwd L with slight crossing action comm to rise and beginning ¼ LF trn sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO DLC;

18-19, CROSS HOVER SCAR ; CROSS HOVER SEMI ;

18, {Cross Hover Scar} Fwd R with slight crossing action comm to rise and beginning $\frac{1}{4}$ RF trn, sd and slightly fwd L cont rise and comp RF trn, diag fwd R to SCAR DLW ;

19, {Cross Hover Semi} From SCAR DLW fwd L with slight crossing action comm to rise and beginning $\frac{1}{4}$ LF trn, sd and slightly fwd R cont rise and comp LF trn, diag fwd L to BJO DLC ;

20, THROUGH FACE AND TOUCH ;

20, {Through Face and Touch} Thru R, -, sd L trng to fc ptr, Tch R ;

END

21-22, PROMENADE SWAY ; CHANGE OF SWAY ;

21, {Promenade Sway/ Chg Sway } Thru R,- ,sd & fwd L to SCP relax L knee look over lead hnds leaving R leg extended;

22, {Change of Sway} slowly rotate LF w/ L side stretch chging lady's head DRC;