



TAINTED LOVE

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Rhythm: Foxtrot **Phase:** VI

RAL Difficulty Rating: Average

Music: "Tainted Love" Casa Musica (Slow Foxtrot 29) on Ballroom Mix 9 featuring Karen Souza
www.casa-musica-shop.de or "Tainted Love" by Karen Souza & Starlight Trio on Amazon {This version will need to be slowed to 29 bpm}

Sequence: Intro, A, B, C, A(MOD), B, C, D, B(MOD)

Time: 3:24 @ 29 bpm

Footwork: Described for man—woman opposite (or as noted)

Timing: SQQ unless otherwise noted

INTRO

1-4 WAIT;; CROSS POINT 2X; QUICK FRONT VINE 3 & RONDE;

- 1-2 [Wait 2 meas] SdXsd, lady 4 ft to R of man, both fcg DLC, L ft free for both, no hnds joined, soft & jazzy arms can be used throughout intro;; Note: both partners have identical solo choreography thru meas 7.
- 3 [Cross pt 2X Q-Q-] Both XLIFR w/soft knee, snap R ft ptg to sd, XRIFL w/soft knee, snap L ft ptg to sd; SdXsd lady 4 ft to R of man DLC
- 4 [Qk frt vin 3 & ronde QQS] Both XLIFR, sd R, XLIBR & ronde R CW,-; SdXsd lady 4 ft to R of man DLC

5-8 BEHIND SDE THRU SWIVEL FLICK; CROSS IN FRONT & SLIDE TO SD; START WHALE TAIL MAN IN 7 LADY CURVE 4 TO FACE;;

- 5 [Beh sd thru swvl flick QQS] Both continuing ronde from previous meas XRIBL, sd L, slight LF trn XRIFL swvlg RF on R flicking L ft bk bent at knee to face DLC,-; SdXsd lady 4 ft to R of man DLC
- 6 [Cross in frt & slide to sd SS] XLIFR relaxing knee,-, extending R leg sd R w/sliding action,-; SdXsd lady 4 ft to R of man DLC
- 7-8 [Start whale tail man in 7 lady curve 4 to fc QQQQ;QQS;(QQQQ;QQQQ;)] Loosely XLIBR, comm RF trn small sd R, fwd & sd L w/L shldr lead, loosely XRIBL; Comm LF trn sd L, cls R to L comp ¼ LF trn, comm RF trn XLIBR drawing R past L fcg DLC,-; (Loosely XLIBR, comm RF trn small sd R, fwd & sd L w/L shldr lead, loosely XRIBL chkg movement fc LOD; Circle walk CCW in 4 L, R, L, R to end fcg DRW & ptnr approx 1 ft apart ready to come to CP in next fig;)

PART A

1-4 FEATHER FINISH DLC; REVERSE FALLAWAY 4 TO BJO; MAN BACK 4 LADY ZIG ZAG 4; WEAVE 4 ENDING;

- 1 [Fthr fnsh DLC] Bk R chkg movement coming together to CP,-, sd & fwd L, fwd R outsd ptnr; (Fwd L chkg movement,-, sd & bk R, bk L;) BJO DLC
- 2 [Rev fallaway 4 BJO QQQQ] Fwd L comm LF trn, sd R, XLIBR, sd R w/slight LF trn leading lady to BJO moving slightly DLC; (Bk R, sd L, XRIBL, sd & fwd L trng LF to BJO;) BJO bkg slightly DLC
- 3 [Man bk 4 lady zig zag 4 QQQQ] Bk L, bk R, bk L, bk R; (Fwd R and within man's frame comm RF trn, cont trn sd L, cont trn XRIBL, trn LF sd L to BJO;) BJO bkg slightly DLC
- 4 [Weave 4 ending QQQQ] Bk L, bk & sd R across lady trng LF, cont trn sd L, fwd R to BJO DLW; (Fwd R, fwd L trng LF, cont trn sd & bk R, bk L;)

5-8 3 STEP; NATURAL WEAVE WITH OUTSIDE CHECK ENDING;; HESITATION CHANGE LOD;

- 5 [3 Step] Fwd L w/heel lead,-, blending to CP fwd R w/heel lead, rising to toe on R fwd L; (Bk R toe lead,-, bk L toe lead, bk R;) CP DLW
- 6-7 [Natr'l weave w/outsd chk end SQQ:QQQQ] Comm RF trn fwd R,-, cont trn fwd L chkg fwd movement, cont trn bk R in BJO; Bk L, slip R bk comm LF trn to CP, sd & fwd L twd DLW, w/RF trn chk fwd R outsd ptrn twd DRW; (Bk L,-, cls R to L {heel trn}, fwd L; Fwd R, slip L fwd to CP, sd & bk R, RF trn chk bk L;) Outsd ptrn pos DRW
- 8 [Hesitation chg LOD SS] Comm RF trn bk L,-, cont trn sd R drawing L to R,-; CP LOD

9-12 REVERSE WAVE;; BACK LEFT RIGHT CHASSE TO CP LOD; RUMBA CROSS FACE DLW;

- 9-10 [Rev wave] Fwd L comm LF trn,-, cont trn sd & bk R bkg LOD, bk L; Bk R,-, bk L, bk R; (Bk R,-, sd & fwd L, fwd R; Fwd L,-, fwd R, fwd L;) CP bkg LOD
- 11 [Back L & R chasse CP fc LOD SQ&Q] Bk L comm RF trn,-, sd R/cls L to R, sd R trng RF to fc LOD; (Fwd R,-, sd L/cls R to L, sd L;) CP LOD
- 12 [Rumba cross fc DLW QQQQ] With scooping action fwd L, lk RIBL comm rising w/RF trn, cont trn fwd & sd L, cont trn sd & fwd R CP DLW; (Bk R, lk LIFR comm rising w/RF trn, cont trn bk & sd R, cont trn sd & bk L;) CP DLW

13-16 3 STEP; CURVED FEATHER CHKG; BACK FEATHER; FEATHER FINISH DLC;

- 13 [3 Step] Repeat Part A meas 5; CP DLW
- 14 [Crvd fthr chkg] Fwd R comm RF trn,-, cont trn fwd L, fwd R outsd ptrn chkg; (Bk L comm RF trn,-, cont trn bk R, cont trn bk L;) BJO DRW
- 15 [Bk fthr] Bk L in BJO w/R sd lead,-, bk R, bk L; (Fwd R,-, fwd L, fwd R;) BJO bkg DLC
- 16 [Fthr fnsh DLC] Trng LF sd & bk R to CP,-, cont trn sd & fwd L, cont trn fwd R BJO; (Fwd L,-, sd & bk R, bk L;) BJO DLC

PART B**1-4 REVERSE TURN 1/2; TUMBLE TURN; BACK & CHASSE TO SCP; OPEN NATURAL;**

- 1 [Rev trn 1/2] Fwd L comm LF trn,-, cont trn sd R; bk L bkg LOD; (Bk R comm LF trn; cont trn cls L to R {heel trn}, fwd R;) CP bkg LOD
- 2 [Tumble trn SQ&Q] Bk R comm LF trn,-, cont trn sd & fwd L/fwd R outsd ptrn w/slight rise bring ptrn to CP, fwd L chkg DRC; (Fwd L comm LF trn,-, cont trn sd & bk R/bk L, bk R;) CP DRC
- 3 [Bk & chasse to SCP SQ&Q] Bk R comm LF trn,-, sd & fwd L/cls R to L, sd & fwd L to SCP; (Fwd L,-, sd & bk R/cls L to R, sd & fwd R;) SCP DLW
- 4 [Opn natrl] Comm RF trn fwd R,-, sd L across LOD, cont slight RF trn bk R leading lady to step outsd ptrn to BJO pos;(Thru L,-, fwd R to CP, fwd L to BJO;) BJO bkg LOD

5-8 IMPETUS TO SCP; IN 4 THRU & TELEMAR TO BJO; CURVED FEATHER CHKG; BIG OUTSIDE SPIN FACE DRW;

- 5 [Impetus to SCP] Comm RF trn bk L,-, cls R to L (heel trn) cont trn, complete trn fwd L to SCP; (Comm RF trn fwd R between ptrn feet pivoting,-, cont trn sd & fwd L brushing R to L, complete trn fwd R;) SCP DLC
- 6 [In 4 thru & telemark to BJO QQQQ] Thru R slightly across L P/U lady to CP fcg DLC, fwd L comm LF trn, cont trn sd R, cont trn sd & fwd L to BJO; (Thru L trng LF to CP, bk R comm LF heel trn on R bring L beside R with no wt, cont trn on R heel chg wt to L, bk & sd R to BJO pos;) BJO DLW
- 7 [Crvd fthr chkg] Fwd R in BJO comm RF trn,-, cont trn in BJO fwd L, cont trn fwd R in BJO chkg twd DRW; (Bk L,-, bk R, bk L chkg;) BJO DRW
- 8 [Big outsd spin fc DRW] ;Comm RF trn small bk L placing ball of L to instep of R,-, cont trn fwd R, cont trn sd & bk L blending to CP fc DRW; (Comm RF trn fwd R,-, cls L to R pivoting RF on toes, cont trn fwd R between ptrn's feet in CP;) CP DRW

9-10 BACK & CHASSE TO BJO DLW; RUNNING HOVER TO SCP DLC;

- 9 [Bk & chasse to BJO DLW SQ&Q] Bk R,-, comm LF trn sd L/cls R to L, sd L BJO DLW; (Fwd L,-, sd R/cls L to R, sd R;) BJO DLW
- 10 [Running hvr to SCP DLC Q&SQ] Fwd R outside ptrn/fwd L to CP, fwd & sd R trng RF to SCP DLC w/hvr action,-, fwd L; (Bk L/bk R to CP, trng RF bk & sd L to SCP,-, fwd R;) SCP DLC

PART C**1-4 BIG TOP; 3 STEP; NATURAL PREPARATION; QUICK SAME FOOT LUNGE RECOVER CLOSE;**

- 1 [Big Top] Thru R picking up lady comm LF spin w/thighs locked together lft leg behind R,-, cont spin w/lft leg behind R leg placing lft ft slightly behind R, slip R bk past lft to CP DLW; (Fwd lft picking up & comm LF spin,-, cont spin fwd R around man's lft sd, brush lft to R fwd lft;) CP DLW
- 2 [3 Step] Repeat Part A meas 5; CP DLW
- 3 [Natr Prep SQ -(SQQ)] Fwd R comm RF trn,-, sd & bk lft pivoting RF to fc COH, tch R to lft having allowed lady to trn RF to "V" pos; (Bk lft comm RF trn,-, cls R to lft heel trn, cont trn sd & bk lft to "V" pos;)
- 4 [Qk same foot lunge rec cls (SQQ(SQ-))] Lunge sd & fwd R extending lft leg to sd,-, rec lft trng LF to BJO DRC, cls R to lft; (Bk R trng LF & extending lft leg across body,-, rec lft trng LF, tch R to lft;) BJO DRC

5-8 HEEL PULL CURVED FEATHER CHKG; BACK FEATHER; BACK THREE STEP; IMPETUS TO SCP;

- 5 [Heel pull crvd fthr chkg QQQQ] Comm RF trn bk L, cont trn on heel of L pulling R slightly past L transferring wt to R still in BJO, cont trn fwd L outsd ptrn, fwd R chkg BJO DRW; (Fwd R, fwd L, bk R, bk L;)
- 6 [Bk fthr] Bk L,-, bk R w/R shldr leading, bk L; (Fwd R,-, fwd L, fwd R;) BJO bkg LOD
- 7 [Bk three step] Bk R,-, bk L, bk R; (Fwd L,-, fwd R, fwd L;) CP bkg LOD
- 8 [Impetus to SCP] Comm RF trn bk L,-, cls R to L (heel trn) cont trn, complete trn fwd L to SCP; (Comm RF trn fwd R between ptrn feet pivoting,-, cont trn sd & fwd L brushing R to L, complete trn fwd R;) SCP DLC

PART A (MOD)**1-16 FEATHER; REPEAT MEAS 2-16 OF PART A;;; ;;;; ;;;; ;;;;**

- 1 [Fthr] From SCP thru R,-, fwd L, fwd R to BJO; (Thru L trng LF,-, sd & bk R, bk L;) BJO DLC;
- 2-16 Repeat meas 2-16 of Part A;;; ;;;; ;;;; ;;;;

REPEAT PART B
REPEAT PART C

PART D**1-4 FEATHER; 3 FALLAWAYS ALL QKS & QK FEATHER FINISH TO BJO DLW;;;**

- 1 [Fthr] From SCP thru R,-, fwd L, fwd R to BJO; (Thru L trng LF,-, sd & bk R, bk L;) BJO DLC;
- 2-3-4 [3 fallaways all qks & qk fthr fnsh to BJO DLW QQQQ QQQQ QQQQ] Comm LF trn blending to CP fwd L, cont trn sd R, XLIBR to fallaway pos, trng LF bk R bringing ptrn to CP bkg LOD; Trn LF sd L {fcg wall}, trn LF lk RIBL {fcg DLW}, trn LF fwd L {fcg DLC}, trn LF fwd & sd R still in CP bkg LOD; Comm LF trn bk L, {feather finish} cont trn bk R, sd & fwd L, thru R outsd ptrn to BJO DLW; (Comm LF trn bk R, sd L, XRIBL to fallaway pos, fwd L CP; Sd R, LIFR, bk R, sd L; Fwd R, fwd L, sd R, bk L BJO;) BJO DLW

5-8 3 STEP; ½ NATURAL; BACK CURVE 3 TO RIGHT CHKG; FEATHER;

- 5 [3 Step] Repeat Part A meas 5; CP DLW
 6 [1/2 Natrl] Comm RF trn fwd R,-, sd L across LOD, bk R; (Comm RF trn bk L,-, cls R to L {heel trn} cont trn, fwd L;)
 7 [Bk crv 3 to rt chkg] Comm CW trn bk L,-, cont trn bk R, cont trn bk L chkg to fc DLC; (CW trn Fwd R,-, fwd L, fwd R chkg;) CP DLC
 8 [Fthr] Repeat Part A(MOD) meas 1;

PART B (MOD)**1-8 REVERSE TURN 1/2; TUMBLE TURN; BACK & CHASSE TO SCP; OPEN NATURAL; IMPETUS TO SCP; IN 4 THRU & TELEMAR TO BJO; CURVED FEATHER CHKG; BIG OUTSIDE SPIN FACE DRW;**

- 1-8 [Repeat Part B meas 1-8;;;; ;;;;]

9-12 FEATHER FINISH; SLOW CHANGE OF DIRECTION; SLOW WITH THE MUSIC CONTRA CHECK RECOVER STEP BACK; BACK TO THROWAWAY OVERSWAY & EXTEND;

- 9 [Fthr fnsh DLW] Bk R,-, sd & fwd L, fwd R BJO; (Fwd L,-, sd & bk R, bk L;) BJO DLW
 10 [Slo chg direct SS] Fwd L,-, comm LF trn fwd R to fc DLC drawing L twd R,-; (Bk R,-, bk L,-;) CP DLC
 11 [C'Chk rec step bk] The music slows and becomes interpretive. Comm LF upper body trn flexing knees w/R sd lead fwd L,-, rec bk R, bk L CP; (Comm LF upper body trn flexing knees w/L sd lead bk R,-, rec L, fwd R;) CP DLC
 12 [Bk to throwaway oversway & extend SS] Music continues slow. Bk R,-, comm LF trn bk & sd L twd RLOD relaxing L knee ptg R sd & bk,-; (Fwd L,-, fwd & sd R relaxing R knee sliding L foot back under body past R foot,-;) extend the shape while music ends