

DANCE, IN THE OLD FASHIONED WAY

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MUSIC: The Old Fashioned Way, The Tony Crane Band, CD "Feel Like Dancing" DLD
1020, CasaMusica single download: <https://casa-musica.com/en/single-tracks/16251-the-old-fashioned-way-slowfox-28.html>
YouTube: <https://www.youtube.com/watch?v=4j4G9N2VFOc>
RHYTHM: foxtrot **TIME @ BPM:** 3:05 @ 28
PHASE (+): VI
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO, A, B, A,B (MOD), INTER, A, END**

MEAS.

INTRODUCTION

1-4 **LOF POS/DLW – WAIT; STEP TOGETHER & CLOSE; SWAY L & R; HOVER SCP/DLC;**
1 LOF position/DLW lead foot free - wait;
2 step tog L bring lady to CP,-, close R foot to L foot,-;
3 step side L & sway L,-, bring weight to R foot & sway R,-;
4 fwd L,-, sd & fwd R, fwd L to SCP/DLC;

MEAS.

PART A

1-8 **PROMENADE WEAVE;; 3-STEP; START A NAT'L HOVER CROSS; CHECK IT TO A CONT HOVER CROSS;; OPEN TELEMAR; OPEN NAT'L;**
1,2 thru R DLC, -, fwd L DLC trng LF, sd & bk R (W thru L,-, sd & slightly bk R trng LF & blending to CP, sd & fwd L) to BJO/RL0D; bk L LOD, bk R trng LF trn blending to CP, sd & fwd L, fwd R (W fwd R, fwd L commence LF trn, cont trn sd & bk R, bk L) to BJO/DLW;
3 fwd L heel lead blending to CP,-, fwd R heel lead rising to ball of foot, fwd L;
4 fwd R,-, comm RF sd L, cont RF trn sd & fwd R (W bk L, -, close R to L for heel turn, sd & bk L) end SCAR/DLC;
5,6 rk fwd L, rec R, fwd L, cl R with R sd stretch lead W to BJO (W rk bk R, rec L, bk R, sd L); bk L, bk R to CP, sd & fwd L with left sd lead, fwd R (W fwd R outsd ptr, fwd L, sd & bk R, bk L) BJO/DLC;
7 fwd L comm LF trn,-, sd R cont trn, sd & fwd L to SCP/DLW (W bk R comm trng LF,-, close L to R for a heel turn, sd & fwd R);
8 fwd R comm trng RF, -, cont trng RF sd & bk L, bk R ptr outside w/ R-shoulder lead (W fwd L, -, slightly trng RF fwd R, fwd L outside ptr w/ L-shoulder lead) end BJO/DRC;
9-16 **OVERTURNED OUTSIDE SPIN; RUDOLF RONDE & SLIP; DOUBLE OPEN TELEMAR;; TRAVELING HOVER CROSS;; REVERSE TURN;;**
9 strong RF trn small bk & sd L toe in,-, fwd R [heel to toe] trn RF, sd & bk L to CP/DRC (W fwd R outside ptr trn RF,-, cl L to R toe spin, fwd R between M's ft);
10 lower as step fwd R strongly between W's ft fcng LOD causing her ronde,-, recov bk L start LF body trn, slip R under body to CP/DC (W sd & bk L, ronde R leg CW, XRIB of L, trning LF slip L fwd into CP);

- 11 SQQ fwd L,-, trng LF sd R (W close L for a heel trn), sd & fwd L to SCP almost LOD;
 12 fwd R in SCP trng W to CP, fwd L trng LF, sd R DLC cont LF turn, sd & fwd L
 QQQQ (W fwd L LOD in SCP trng LF to CP, sd & bk R LOD trng LF, cl L to R cont LF
 turn [toe spin on R then change weight to L], sd & fwd R) to SCP/DLW;
 13,14 thru R,-, fwd & sd L comm RF trn, cont RF trn small sd & slightly fwd R
 (W thru L,-, fwd R trng RF, sd & slightly bk L) end SCAR/DLC;
 fwd L outside partner slight RF rotation, fwd R between W's feet to CP, fwd L with
 L sd leading, fwd R outside partner (W bk R, bk L, bk R, bk L) to BJO/DLC;
 15,16 fwd L comm LF trn, -, sd R cont trn (W cl L to R for heel trn), bk L to CP/RLD;
 bk R cont LF trn, -, sd & fwd L DLW, fwd R to end BJO/DLW;

PART B

- 1-8 3-STEP; FEATHER; LEFT FEATHER;;; BACK LEFT FEATHER;;; FWD & RIGHT LUNGE; SLOW REC & CLOSE; HOVER SCP/DLC;**
 1 fwd L heel lead blending to CP,-, fwd R heel lead rising to ball of foot, fwd L;
 2 fwd R, -, sd & fwd L, fwd R outside ptr end BJO/DLW;
 3-5 [left feather] fwd L blending to CP, -, fwd R slight LF body trn, fwd L to
 SCAR/LOD; fwd R trng LF, bk L BJO/RLD, [timing L feather: SQQQQ]
 [back left feather] bk R blending to CP, -; bk L, bk R slight LF body trn to SCAR,
 bk L trng LF, fwd R BJO/DLW; [timing bk L feather: SQQQQ]
 6 fwd L,-, lower & step sd & fwd R with flexed knee shape to right lunge,-;
 7 rec L,-, cl R to end CP/DLW,-;
 8 fwd L,-, sd & fwd R, fwd L to SCP/DLC;

PART A

- 1-8 PROMENADE WEAVE;; 3-STEP; START A NAT'L HOVER CROSS;
 CHECK IT TO A CONT HOVER CROSS;; OPEN TELEMARK; OPEN NAT'L;
 9-16 OVERTURNED OUTSIDE SPIN; RUDOLF RONDE & SLIP; DOUBLE
 TELEMARK;; TRAVELING HOVER CROSS;; REVERSE TURN;;
 1-16 REPEAT ALL OF PART A;;;;;;;;;;;;;**

PART B (MOD)

- 1-8 3-STEP; FEATHER; LEFT FEATHER;;; BACK LEFT FEATHER;;; FWD & RIGHT LUNGE; SLOW REC & CLOSE; HOVER IN 4 TO ESCORT;**
 1-7 REPEAT PART B, MEAS 1-7
 8 fwd L, sd & fwd R, fwd L, thru R to Escort position/LOD;

INTER

- 1-8 ESCORT POS/LOD STEP, BRUSH 4X;; (drop hands) VINE APART 3 & BRUSH; VINE TOGETHER 3 & BRUSH; SOLO ROLL 3 TO FC RLOD; STEP BK & POINT 2X; SOLO ROLL 3 TO CP/WALL; HOVER SCP/DLC;**
 1,2 in Escort position/LOD step fwd L, brush R ft slightly across L ft [no weight], step
 fwd R, brush L ft slightly across R ft [no weight]; repeat;
 3,4 no hands step side L, behind R, side L, brush R ft slightly across L ft [no weight];
 side R, behind L, side R, brush R ft slightly across L ft [no weight];
 5 fwd L trng LF (W trn RF), -, cont LF trn sd & bk R, bk L fc RLOD;
 6 step back R, point L fwd [just keep the L ft pointed fwd], step back L, point R fwd
 [just keep the R ft pointed fwd];
 7 bk R trng LF (W trn RF), -, sd L fc ptr, cl R to L blending to CP/WALL;
 8 fwd L,-, sd & fwd R, fwd L to SCP/DLC;

PART A

- 1-8 **PROMENADE WEAVE;; 3-STEP; START A NAT'L HOVER CROSS;
CHECK IT TO A CONT HOVER CROSS;; OPEN TELEMARK; OPEN NAT'L;
9-16 **OVERTURNED OUTSIDE SPIN; RUDOLF RONDE & SLIP; DOUBLE
TELEMARK;; TRAVELING HOVER CROSS;; REVERSE TURN;
1-16 REPEAT ALL OF PART A,,,,,,,,,,,,,,,,;****

END

- 1-8 **HOVER TELEMARK; NAT'L HOVER CROSS TO A;; DBL TOP SPIN DLC;;
REV TURN;; FWD, R LUNGE (hold till music fades);**
- 1 fwd L, -, sd & fwd R comm trng RF, cont trng RF on R sd & fwd L leading W trn
RF to SCP/DLW;
- 2,3 fwd R,-, sd L trng RF, cont RF trn step sd & fwd R (W fwd L, -, fwd R trn RF, sd &
bk L) to end SCAR/DLC; fwd L checking outside partner, rec R comm slight LF
trn, sd & fwd L, fwd R to BJO/DLC starting a LF spin;
- 4,5 bk L, cont LF trn bk R, cont LF trn sd & fwd L, fwd R starting a LF spin;
bk L, cont LF trn bk R, cont LF trn sd & fwd L, fwd R to BJO/DLC;
- 6,7 fwd L comm LF trn, -, sd R cont trn (W cl L to R for heel trn), bk L to CP/RLD;
bk R cont LF trn, -, sd & fwd L DLW, fwd R to end BJO/DLW;
- 8 fwd L,-, lower & step sd & fwd R with flexed knee shape to right lunge till music
fades;

DANCE, IN THE OLD FASHIONED WAY

INTRO: LOF/DLW – wait; step tog to CP & sway R; sway L & R; hover SCP/DLC;

PART A: promenade weave;; 3-step; start a nat'l hover cross; check it to a cont hover cross;;
open telemark; open nat'l; overturned outside spin; rudolf ronde & slip; double open
telemark;; traveling hover cross;; reverse turn;;

PART B: 3-step; feather; left feather;;, back left feather;;, fwd & right lunge;
slow rec & close; hover SCP/DLC;

PART A: promenade weave;; 3-step; start a nat'l hover cross; check it to a cont hover cross;;
open telemark; open nat'l; overturned outside spin; rudolf ronde & slip; double open
telemark;; traveling hover cross;; reverse turn;;

PART B: (mod) 3-step; feather; left feather;;, back left feather;;, fwd & right lunge;
slow rec & close; hover in 4 to Escort/LOD;

INTER: Escort/LOD step, brush 4x;; vine apart 3 & brush; vine together 3 & brush;
solo roll 3 to fc RLOD; step bk & point 2x; solo roll 3 to CP/WALL; hover SCP/DLC;

PART A: promenade weave;; 3-step; start a nat'l hover cross; check it to a cont hover cross;;
open telemark; open nat'l; overturned outside spin; rudolf ronde & slip; double open
telemark;; traveling hover cross;; reverse turn;;

END: hover telemark; nat'l hover cross;; to a double top spin DLC;; rev turn;;
fwd & R lunge (hold till music fades);