

# FORREST GUMP

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Music: Parandi Sound CD 223, Daydreaming 6, Bassano Open,  
Track 1, "Forrest Gump", at 28 MPM

Footwork: Opposite, directions for man (lady as noted)  
[suggested syncopations noted]

Phase & Rhythm: Phase V Waltz

Difficulty Level: Above Average

**Sequence: Intro, A, A, Bridge, B, Ending 2007**

## MEASURES

## INTRODUCTION

### 1-4 WAIT 1; ROLL 3; SHADOW FENCE LINE RECOVER FORWARD; OPEN FINISH lady syncopate;

- 1 **[Wait 1 Meas]** Shadow both fc DLW trail feet free pointed sd arms slightly out;
- 2 **[Roll 3]** Brng arms in strt RF roll fwd R, L, sd & fwd R to shdw look DRW;
- 3 **[Shadow Fence ]** Fwd L xbody line DRW in shadow soften knee body erect extend arms out from shldrs, rec R LF body trn, fwd L DLC in shdw;
- 4 **[Opn Fnsh 123 (1&23)]** Fwd R, slight trn LF fwd L, fwd R bjo DLC (fwd R/fwd L trn LF,-, sd & bk R, bk L bjo);

## PART A

### 1-8 OPEN REVERSE; BACK CHASSE to BANJO; CURVED FEATHER CHECK; BACK PASSING CHANGE; HOVER CORTE; BACK WHISK; WEAVE to SEMI;

- 1 **[Opn Rev ]** Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD;
- 2 **[Bk Chasse to Bjo 12&3]** Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to bjo DLW;
- 3 **[Curved Feather Ck]** Fwd R trn RF, fwd & sd L foot trn RF, strng body trn RF sml step fwd R to bjo DLC ckng (bk L, bk R foot trn RF, strng body trn RF sml step bk L in bjo);
- 4 **[Bk Pass Chng]** Bk L in bjo no trn, bk R backing DLC, bk L in bjo bkng DLC;
- 5 **[Hover Corte]** Bk R trn LF, sd & fwd L trn LF hover action to bjo, rec bk R small step in bjo bkng DRW;
- 6 **[Bk Whisk]** Bk L slght body trn LF, sd & bk R slght body trn RF, XLIBR to semi DLC;
- 7-8 **[Weave Semi]** Thru R, fwd L trn LF, bk R to bjo bkng LOD; bk L in bjo, bk R to cp trn LF, sd & fwd L to semi DLW;

### 9-16 OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK; THRU SIDE LOCK; 2 DOUBLE REVERSES;; FORWARD RIGHT LUNGE; ROLL RECOVER SLIP;

- 9 **[Open nat]** Thru R in semi, trn RF sd L, trn RF bk R bjo bkng DLW;
- 10 **[Outside Spin]** Strong trn RF bk & sd L toe in (Lady fwd R in bjo trn RF), fwd R DLW heel to toe spin RF, sd & bk L CP fc ROLD;
- 11 **[Right Turn Lock 1&23]** Trn RF bk R to bjo/lk LIFR (lk RIBL), sd & fwd R toe pnt DLC trn RF, body trn RF sd & fwd L in semi DLC;
- 12 **[Sd Lock]** Thru R, fwd & sd L trn LF, lk RIBL cp DLC (thru L, trn LF sd R, trn LF lk LIFR);
- 13 **[Dble Rev 12&3]** Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLC (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);
- 14 **[Dble Rev 12&3]** Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);
- 15 **[Fwd Right Lunge 12 -]** Fwd L, lwr fwd R DLW slght shape to rght lunge, extnd shape;
- 16 **[Roll Rec Slip -23]** Chng shpe body trn rght opn lady's head, rec bk L rise to high line hold body shape both look LOD, trn LF bk R slip pvt cp DLC & lower;

## Bridge

### 1-2 OPEN TELEMAR; SYNCOPATED VINE;

- 1 **[Open Telemark]** Fwd L trn LF, fwd & sd R trn LF (Lady heel trn & cl L), trn LF sd & fwd L to semi DLW;

- 2 **[Sync Vine 1&23]** Thru R/slight trn RF (LF) sd L, XRIBL (XLIBR), trn LF (RF) sd & fwd L semi DLW;

## PART B

**1-8 NATURAL HOVER FALLAWAY; SYNCOPATED REVERSE TWIRL; OUTSIDE CHANGE; MANEUVER; BACK TIPPLE CHASSE PIVOT; BACK PASSING CHANGE; BOX FINISH; CHANGE of DIRECTION;**

- 1 **[Hvr Fallaway]** Fwd R in semi, fwd L rise trn 1/4 RF, rec bk R in fallaway bkng DLC;
- 2 **[Rev Twirl 1&23]** Bk L lose hold raise lead hnds, bk R trn lady LF under jnd hnds/cl L, bk R in bjo bkng DLC (bk R lose hold com LF trn, fwd L twrl LF/R, fwd L to bjo);
- 3 **[Outside Change Bjo]** Bk L in bjo, bk R to cp trn LF, sd & fwd L to bjo DLW;
- 4 **[Man]** Fwd R in bjo, trn RF sd & fwd L, trn RF cl R cp RLOD;
- 5 **[Tipple Chasse Pvt 12&3]** Trn RF bk L cp DCR slight shape to right, sd R/cl L trn RF, fwd R DLW pvt RF;
- 6 **[Bk Pass Chng]** Sd & slight fwd L DLW trng body RF to bjo slight lft shape, bk R in bjo, bk L in bjo bkng DLC;
- 7 **[Box Finish]** Bk R bkng DLC blnd cp trn LF, sd & fwd L trn LF, cl R cp DLW;
- 8 **[Chng Dir]** Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R CP DC,-;

**9-16 MINI TELESPIN;; SLOW CONTRA CHECK; RECOVER HI-LINE SLIP; WHISK dlc; QUICK OPEN REVERSE; BACK SIDE LOCK; DOUBLE REVERSE;**

- 9-10 **[Mini Telespin 12&12-]** Fwd L trn LF, sd & fwd R trn LF, pnt L bk & sd fc DRW mod cp; lead lady fwd trans wght to L/spin LF on L, sd R cp DCR, hold (bk R, cl L heel trn on R, sd & fwd R mod cp; fwd L heel lead arnd man spin LF/sd R spin LF, sml stp sd L cp fc DLW, hold);
- 11 **[Slow Contra Ck 1--]** Soften knee body trn LF fwd L X body line, slowly trn body slight LF strong stretch up of body look over lady,- (soften knee bk R X body line but keep R heel off floor head to right, extnd body & trn head well left stretch up right sd of body,-);
- 12 **[Rec Hiline Slip]** Rec R, sd L slight body trn RF rise (both look RLOD), trn LF slip pvt action bk R sft knee cp fc RLOD;
- 13 **[Whisk]** Fwd L RLOD trn LF, sd & fwd R body trn RF, XLIBR blnd to semi DLC;
- 14 **[Quick Open Rev 12&3]** fwd R in semi, slight trn LF fwd L to cp/trn LF sd & bk R to bjo bkng DLC, bk L in bjo bkng DLC;
- 15 **[Bk Sd Lock]** Bk R slight trn LF, sd & fwd L toe points DLC, trn LF lk RIBL (LIFR) cp DLC;
- 16 **[Dble Rev 12&3]** Fwd L trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);

## END

**1-7 CHANGE of DIRECTION; HOVER TELEMAR; SYNCOPATED VINE; lady ROLL man TRANSITION; FENCE RECOVER POINT; SYNCOPATED VINE; CHECK with arms;**

- 1 **[Chng Dir]** Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R CP DC,-;
- 2 **[Hover Telemark]** Fwd L, fwd & sd R trn RF, fwd & sd L to semi LOD;
- 3 **[Sync Vine 1&23]** Fwd R/slight trn RF sd L, XRIBL, trn LF sd & fwd L semi LOD;
- 4 **[Lady Roll Man Trans 1&- - (1&2 -)]** Ck thru R strt lady rollout LF retain lead hnds/cl L, pnt R RLOD lft opn fc DLW mvng LOD,- (fwd L strt LF roll/sd & fwd R trn LF, sd L LOD to lft opn fc DLW mvng LOD, -);
- 5 **[Fence Rec Pnt 1&- - ]** Fwd R xbody line LOD soften knee body erect extend arms out from shldrs./rec R slight LF body trn, pnt R bk RLOD look DLW, -;
- 6 **[Sync Vine 1&23]** Fwd R/slight trn RF sd L, XRIBL, trn LF sd & fwd L fc DLW release hnds;
- 5 **[Ck w/Arms 1--]** Fwd R XIFL LOD body erect extend both arms in arch over head arms soft shpe to right, hold;

**Sequence: Intro, A, A, Bridge, B, End**