

Dancing Is ... Unforgettable

(Written for the 47th CRDA Gala)

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Rhythm & Phase: Foxtrot, Phase V

Music: "Unforgettable" from the CD, Love Songs (Remaster) by Nat King Cole, Track 2
available for download at www.walmart.com.

Speed: Increase speed by 20% (54 RPM)

Footwork: Directions for M (W opposite, or as noted)

Timing: SQQ, except where noted. Released: June, 2007

Sequence: INTRO, A, B, A, C, D, C, A, End Rephased to Phase V: Sept. 2007

INTRO

1-4 WAIT; ; LUNGE APT & ROLL ACROSS 2; LUNGE APT, M REC/CLS, L ROLL TO CP/LOD:

- 1-2 wait in OP/LOD, both with lead ft free; ;
- 3 lunge sd L, -, fwd R twd WALL comm RF roll behind W, sd L to WALL cont RF roll;
- 4 lunge sd R, -, rec on L, cls R to L to CP/LOD (W roll RF L, -, R, L adjusting to CP/LOD);

PART A

1-4 HOVER; FOXTROT WEAVE TO BJO; ; ½ NATURAL:

- 1 fwd L, -, sd fwd R brush L to R, rec fwd L SCP DLC;
- 2 fwd R DLC, -, fwd L commence LF turn, cont. turn side & back R to DRC;
- 3 back L leading W to step outside to BJO, -, back R cont. LF turn, side & fwd L DLW to BJO;
- 4 fwd R outside ptr twd DLW commence RF turn, -, side L twd Wall across LOD (W heel turn), back R to CP RLOD;

5-8 OPEN IMPETUS; CHAIR & SLIP; DOUBLE REVERSE; DOUBLE REVERSE:

- 5 bk L comm RF heel trn, -, cls R cont trn, fwd L to SCP DLC
(W fwd R between M's feet heel to toe pvt ½ RF, -, sd & fwd L cont trn brush R to L, fwd R);
- 6 thru R relaxing R knee & looking at ptr, -, rec L, bk R trng LF 1/8 to CP/DLC
(W thru L relaxing L knee & looking at ptr, -, rec R, swvl LF on R & stp FWD L outside M's R to CP/DLC);
- 7 fwd L trng LF, -, sd R DLC, cont LF spin tch L to R to CP/DLC
(SQ&Q) (W bk R DLC, -, cl L to R heel trn/sd R LOD, xLif of R);
- 8 fwd L trng LF, -, sd R DLC, cont LF spin tch L to R to CP/DLW
(SQ&Q) (W bk R DLC, -, cl L to R heel trn/sd R LOD, xLif of R);

PART B

1-4 HOVER TO ½ OPEN; OPEN IN & OUT RUNS; ; ½ NATURAL:

- 1 fwd L DLW, -, fwd & sd R rising on ball of foot, rec L to ½ open position LOD w/free arm out to sd
(W bk R, -, bk & sd L trning to semi-closed position and rising on ball of foot, rec R w/free arm out to sd);
- 2 fwd R comm RF trn, -, cont trn sd & bk L, cont trn fwd R in Left ½ open pos fcg LOD w/free arm out to sd
(W fwd L holdng bk as ptr comes acrs, -, fwd R, fwd L to Left ½ open pos fcg LOD w/free arm out to sd);
- 3 fwd L holdng bk as ptr comes acrs, -, fwd R, fwd L to ½ open pos fcg LOD w/free arm out to sd
(W fwd R comm RF trn, -, cont trn sd & bk L, cont trn fwd R to ½ open fcg LOD w/free arm out to sd);
- 4 fwd R comm RF trn, -, fwd & sd L cont trn, bk R to CP/RLOD (W fwd L, -, fwd R, fwd L);

5-8 OVERSPIN TURN TO DIAG/REV; HOVER CORTE; OUTSIDE SWVL (SCP); OUTSIDE SWVL (BJO);

- 1 bk L toe pivoting comm ½ RF trn to LOD, -, fwd R heel to toe cont RF turn to DRW, back on L
(W fwd R between M's feet heel to toe pvt ½ RF, -, bk L cont trn brush R to L, fwd R to CP/DRW);
- 2 bk R trn LF, -, sd L with hover action cont trng LF, rec bk & sd R to BJO DLW;
- S 3 bk L, -, cross R in front of L with no weight, - (W fwd on R, -, swvl RF on ball of R foot ending in SCP/LOD);
- S 4 rec R, -, -, - (W fwd on L, -, swvl LF on ball of L foot ending in BJO/LOD);

Repeat PART A

NOTE: A BACK HOVER is acceptable if the momentum from the above outside swvl forces the couple to take a backward step.

PART C

1-4 HOVER; OPEN NATURAL; OUTSIDE SWVL (SCP REV); OUTSIDE SWVL (BJO);

- 1 fwd L, -, sd fwd R brush L to R, rec fwd L SCP DLC;
- 2 fwd R trng RF, -, sd & bk L, bk R to BJO/DRC (W bk L trng RF, -, cls R to L heel turn, fwd L to BJO/DRC);
- S 3 bk L, -, cross R in front of L with no weight, - (W fwd on R, -, swvl RF on ball of R foot ending in SCP/RLOD);
- S 4 rec R, -, -, - (W fwd on L, -, swvl LF on ball of L foot ending in BJO/RLOD);

5-8 HES CHG; REV TURN ½ TO CHECK & WEAVE; ; ;

- 1 bk L comm RF trn, -, sd R cont RF trn to DLC, draw L to R;
- 2 fwd L start LF trn, -, side R cont turn, bk L to CP/RLOD (bk R start LF trn, -, cls L to R heel turn, fwd R);
- 3 slip R foot bk under body with a slight contra check action, -, fwd L start LF trn, sd R 1/8 of a LF trn
with R sd lead;
- QQQQ 4 bk L cont LF trn 1/8, bk R to momentary CP cont LF trn, sd & fwd L with L sd stretch trn ¼ LF body trns less,
fwd R in BJO/DLW;

PART D

1-4 REV TURN; ; TURN L & R CHASSE (BJO); BK BK/LK BK;

- 1 fwd L trng LF, -, sd R twd COH (W heel turn), bk L to CP RLOD;
- 2 bk R trng LF, -, sd L twd LOD, fwd R to BJO DLW;
- SQ&Q 3 fwd L trng LF to CP COH, -, sd R/cls L to R, sd & bk R trng LF to BJO DRC;
- SQ&Q 4 bk L, -, bk R/lk LIF, bk R;

5-8 OPEN IMPETUS; FEATHER; TURN L & R CHASSE (BJO); BACK & CHASSE (BJO/DLW);

- 5 bk L comm RF heel trn, -, cls R cont trn, fwd L to SCP DLC
(W fwd R between M's feet heel to toe pvt ½ RF, -, sd & fwd L cont trn brush R to L, fwd R);
- 6 fwd R, -, fwd L, xRif to BJO DLC (W fwd L comm LF trn, -, cont trn sd & bk R, xLif);
- SQ&Q 7 fwd L trng LF to CP/COH, -, sd R/cls L to R, sd & bk R trng LF to BJO DRC;
- SQ&Q 8 bk L trng RF to CP/COH, -, sd R/cls L to R, sd & sd & fwd R trng RF to BJO/DLW;

Repeat PART C

Repeat PART A

END

1-4 HOVER TO ½ OPEN; OPEN IN & OUT RUNS; ; ½ NATURAL;

- 1 fwd L DLW, -, fwd & sd R rising on ball of foot, rec L to ½ open position LOD w/free arm out to sd
(W bk R, -, bk & sd L trning to semi-closed position and rising on ball of foot, rec R w/free arm out to sd);
- 2 fwd R comm RF trn, -, cont trn sd & bk L, cont trn fwd R in Left ½ open pos fcg LOD w/free arm out to sd
(W fwd L holdng bk as ptr comes acrs, -, fwd R, fwd L to Left ½ open pos fcg LOD w/free arm out to sd);
- 3 fwd L holdng bk as ptr comes acrs, -, fwd R, fwd L to ½ open pos fcg LOD w/free arm out to sd
(W fwd R comm RF trn, -, cont trn sd & bk L, cont trn fwd R to ½ open fcg LOD w/free arm out to sd);
- 4 fwd R comm RF trn, -, fwd & sd L cont trn, bk R to CP/RLOD (W fwd L, -, fwd R, fwd L);

5-9 HES CHG; OPEN TELEMARK; ½ NATURAL; SLOW PIVOT 4 (CP/RLOD); ;

- 5 bk L comm RF trn, -, sd R cont RF trn to DLC, draw L to R;
 - 6 fwd L trng LF, -, cont LF trn sd R, sd & fwd L to SCP/DLW;
 - 7 fwd R comm RF trn, -, fwd & sd L cont trn, bk R to CP/RLOD (W fwd L, -, fwd R, fwd L);
- SS 8 bk L trning RF ½, -, cont trn fwd R between W's feet trning ½, -;
- SS 9 cont trn bk L trning ½, -, cont trn fwd R between W's feet trning ½ to CP/RLOD, -;

10-12 PIVOT WITH HOVER BRUSH INTO PROMENADE SWAY; SLOW CHANGE OF SWAY; ;

- 10 bk L pivot ½ RF, -, fwd R between W's feet cont RF trn rise & stretch R sd, sd & fwd L stretch body upward
to look over joined lead hands in SCP/LOD;
- 11-12 over the next 2 measures relax L knee slightly keeping R leg extended, with slight LF trn stretch L sd of body
swiveling W's R ft to CP, look toward & over W cont to sway (W's head well to L) now in CP/DLW;