

FROM MY GUY

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Record: Star 148-A Flip Limbo Rock Phase V Foxtrot Speed 43
Sequence: INTRO, A, A, B, C, INTERLUDE, C ENDING Released: 6/15/02

INTRO

- 1-4 WAIT 2 MEAS;; SIDE, TOUCH, SIDE, TOUCH; DIP BACK., RECOVER.;
1-2 Wait 2 meas in CP fc DW;;
QQQQ 3 Sd L, tch R, sd R, tch L;
SS 4 Dip bk L,-, Recov R,-;

PART A

- 1-4 THREE STEP; FEATHER; HOVER; FEATHER;
SQQ 1 Fwd L,-, fwd R with heel lead, fwd L;
SQQ 2 Fwd R bring L sd fwd,-, fwd L, fwd R in BJO;
SQQ 3 Fwd L blend to CP,-, fwd & sd R rise to ball of ft, recov L SCP DC;
SQQ 4 Fwd R,-, fwd L, fwd R in BJO (W fwd L trn LF twd ptr,-, sd & bk R to BJO , bk L);
5-8 CLOSED TELEMAR; NATURAL WEAVE;; CHANGE OF DIRECTION;
SQQ 5 Fwd L comm LF trn,-, sd R arnd W, fwd & sd L to BJO DW (W bk R comm RF heel trn bring L beside R no wgt,-, cont LF heel trn & chg wgt to L, bk & sd R);
SQQ 6 Fwd R comm RF trn,-, sd L with L sd stretch under ¼ trn btw 1 & 2, R sd lead bk R DC (W bk L comm RF trn,-, R ft close to L for heel trn, L sd lead fwd L to prepare to step in BJO);
QQQQ 7 With R sd stretch bk L , bk R comm. LF trn, with L sd stretch sd & fwd L, L sd stretch fwd R in BJO DW (W fwd R, fwd L comm LF trn, with R sd stretch sd R 1/8 trn btw 5 & 6, bk L 1/8 trn end in BJO);
SS 8 Fwd L DW,-, fwd R with R shoulder lead & trn LF, draw L to R;
9-12 REVERSE TURN;; WHISK; SYNCOPATED WHISK;
SQQ 9 Fwd L comm LF trn,-, sd R cont trn, bk L LOD CP (W bk R comm LF trn,-, cl L to R for heel trn, fwd R to CP);
SQQ 10 Bk R cont LF trn,-, sd & fwd L DW, fwd R to BJO;
SQQ 11 Blend to CP fwd L,-, fwd & sd R comm rise of ball of ft, XLIB of R to SCP DC;
QQQQ 12 Thru R, trn hips twd ptr cl L to R CP, sd R with slight R sd stretch, XLIB of R SCP DC;
13-16 WING; REVERSE TURN TO SCAR CHECK & WEAVE;;;
SQQ 13 Fwd R,-, draw L to R trn body LF, cont LF body trn tch L to R (W fwd L begin to XIF of M,-, fwd R arnd M cont trn LF, fwd L arnd M to end in SCAR) fc DC;

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- SQQ 14 From SCAR fwd L comm LF trn,-, sd R to fc DRC, bk L still in SCAR (W bk R,-, cl L to R for heel trn, fwd R in SCAR);
- SQQ 15 Ck bk R under body in SCAR,-, fwd L comm LF trn, sd R 1/8 trn to L with R sd lead (W ck fwd L,-, bk R comm LF trn, sd L ¼ trn prepare to step to BJO);
- QQQQ 16 With R sd stretch bk L in BJO trn LF 1/8, bk R cont LF trn, sd & fwd L with L sd stretch ¼ trn, fwd R in BJO DW (W fwd R in BJO, fwd L cont LF trn, sd & bk R with R sd stretch 1/8 trn, bk L in BJO);

REPEAT A

PART B

1-4 THREE STEP; HALF NATURAL TURN; CLOSED IMPETUS; FEATHER FINISH;

- SQQ 1 Fwd L,-, fwd R with heel lead, fwd L;
- SQQ 2 Comm RF upper body trn fwd R,-, sd L across LOD, bk R (W comm RF upper body trn bk L,-, cl R to L heel trn, fwd L) fc RLOD CP;
- SQQ 3 Comm RF upper body trn bk L,-, cl R to L heel trn, sd & bk L to CP DW (W fwd R btw M's ft pivot ½ RF,-, sd & fwd L cont trn arnd M brush R to L, fwd R btw M's feet to CP);
- SQQ 4 Bk R trn LF,-, sd & fwd L, fwd R in BJO fc DC;

5-8 REVERSE FALLAWAY CHECKED; NATURAL HOVER CROSS;; CHANGE OF DIRECTION;

- SQQ 5 Fwd L trn LF,-, sd R, XLIB of R fc DRW in SCP (W bk R trn LF,-, sd L, XRIB of L);
- SQQ 6 Fwd R DRW comm RF trn,-, sd L with L sd stretch trn RF ¼, cont RF trn sd R ½ trn to end SCAR fc DRW (W fwd L comm RF trn,-, fwd R to CP, cont RF trn sd & bk L);
- QQQQ 7 In SCAR cross check fwd L, recov R, sd & fwd L, fwd R to BJO DW;
- SS 8 Fwd L DW,-, fwd R with R shoulder lead & trn LF, draw L to R;

PART C

1-4 REVERSE WAVE;; OPEN IMEPTUS; WHIPLASH;

- SQQ 1 Fwd L comm LF body trn ¼,-, sd R, bk L fc DRC (W bk R comm LF body trn,-, cl L to R heel trn, fwd R in CP);
- SQQ 2 Bk R,-, bk L curve LF, bk R cont curve to fc RLOD;
- SQQ 3 Comm RF upper body trn bk L,-, cl R to L heel trn, fwd L in SCP DC (W comm RF upper body trn fwd R pivot ½ RF,-, sd & fwd L cont trn arnd M brush R to L, fwd R);
- SS 4 Thru R,-, trn body RF pt fwd L in BJO (W thru L,-, swivel on L to fc ptr pt R bk),-;

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- 5-8 BACK WHISK; PROMENADE WEAVE;; CURVING THREE STEP;
SQQ 5 Bk L,-, bk & sd R, XLIB of R in SCP fc DC (W fwd R,-, fwd & sd L, XRIB of L);
SQQ 6 Fwd R,-, fwd L trn LF to CP, sd & bk R to BJO DC (W fwd L,-, sd & bk R to CP, cont trn on R until fc LOD fwd L DC);
QQQQ7 Bk L DC, bk R trn body LF & trn W to CP, sd & fwd L, fwd R in BJO DW (W fwd R in BJO, fwd L to CP, sd & bk R, bk L in BJO);
SQQ 8 Fwd L comm LF trn,-, fwd R passing well under body with R sd stretch cont LF trn, cont R sd stretch banking into the curve fwd L well under the body (W bk R,-, bk L, bk R) end fcng DRC;
- 9-12 REVERSE WAVE ENDING; BACK FEATHER; BACK THREE STEP; HESITATION CHANGE;
SQQ 9 Bk R,-, bk L curve LF, bk R cont curve to fc RLOD;
SQQ 10 Bk L,-, bk R with R shoulder lead, bk L in BJO;
SQQ 11 Bk R,-, bk L with L shoulder lead, bk R in CP;
SS 12 Comm RF upper body trn bk L,-, sd R cont trn, draw L to R fc DC;
- 13-16 OPEN REVERSE TURN; OPEN FINISH; HOVER; PICK-UP LOCK;
SQQ 13 Fwd L trn LF ¼,-, cont trn sd R, bk L in BJO;
SQQ 14 Bk R trn LF ¼,-, cont trn sd & fwd L, fwd R in BJO fc DW;
SQQ 15 Fwd L blend to CP,-, fwd & sd R rise to ball of ft, recov L SCP DC;
SQQ 16 Thru R,-, sd & fwd L to CP, XRIB of L trn slightly LF (W XLIF of R);

INTERLUDE

- 1-4 REVERSE TURN;; HOVER TELEMARK; CHAIR & SLIP;
SQQ 1 Fwd L comm LF trn,-, sd R cont trn, bk L LOD CP (W bk R comm LF trn,-, cl L to R for heel trn, fwd R to CP);
SQQ 2 Bk R cont LF trn,-, sd & fwd L DW, fwd R to BJO;
SQQ 3 Fwd L,-, diag sd & fwd R rising slightly with 1/8 body trn RF, fwd L in SCP (W bk R,-, sd & bk L trning to SCP, fwd R) end DW;
SQQ 4 Chk thru R with lunge action,-, recov L no rise, with slight LF body trn slip R behind L cont trn to end fc DC (W chk thru L,-, recov R, swivel LF on R & step fwd L outside M's ft to CP);

REPEAT C

ENDING

- 1-4 OPEN REVERSE TURN; OPEN FINISH; HOVER; PICK-UP LOCK;
1-4 Repeat meas 13-16 of part C;;;;
5-8 OPEN REVERSE TURN; OPEN FINISH; HOVER; PICK-UP LOCK;
5-8 Repeat meas 13-16 of part C;;;;
9+ FORWARD TO RIGHT LUNGE EXTEND; CHANGE SWAY.
QS- 9 Fwd L trn RF, lunge R on diag to DC extend with W's head well to L,,;
On the last beat of music chg sway W's head sharply to the R,