

SISTERS

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Sisters- Better Midler Track 8
Foxtrot, Phase VI

INTRO, A, A, B, C, INT, D, B, C, INTER, ENDING Speed: 41

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CD: The Rose Mary Clooney Songbook

Released: 6/15/07 Download: Rhapsody

INTRO

1-4 WAIT 3 BEATS ROLL & LUNGE TWICE;; SWAY LEFT & RIGHT; ROLL & LUNGE;

QQS 1-2 {Wait} Wait 3 pick-up notes in a right lunge position wgt on trailing ft fcng wall lead hnds joined & press twd each other palm to palm {Roll & Lunge Twice} Roll twd LOD fwd & sd L trn LF away from ptr, sd & bk R cont LF trn to fc ptr, lunge sd L with L sd stretch trail hnds joined palm to palm with pressure fc wall,-; Roll twd RLOD fwd & sd R trn RF away from ptr, sd & bk L cont RF trn to fc ptr, lunge sd R with R sd stretch lead hnds joined palm to palm with pressure fc wall,-;
SS 3-4 {Sway L & R} Release hnds recov to the L foot as the upper body sways twd LOD,-, recov to the R foot as the upper body sways twd RLOD,-; {Roll & Lunge} Rejoin lead hnds repeat meas 1 of intro;

5-8 ROLL & LUNGE; SWAY LEFT & RIGHT; ROLL SLOW QUICK QUICK; FEATHER;

QQS 5-6 {Roll & Lunge} Repeat meas 2 of intro; {Sway L & R} Repeat measure 3 of intro;
SS
SQQ 7-8 {Roll slow qk qk} Rejoin lead hnds roll twd LOD fwd & sd L trn LF away from ptr with a slow step,-, sd & bk R cont LF trn to fc ptr, cont trn fwd L blend to ½ OP LOD; {Feather} Fwd R,-, fwd L (W sd & bk R to BJO), fwd R in BJO LOD;

PART A

1-4 HOVER TELEMARCK; OPEN NATURAL; OUTSIDE SPIN PREPARATION; SAME FOOT LUNGE CHG SWAY;

SQQ 1-2 {Hover Telemark} Fwd L,-, diag sd & fwd R rising with body trn 1/8 RF, fwd L to SCP DW; {Open Nat} Start RF upper body trn fwd R,-, sd L across LOD, cont RF upper body trn to lead ptr to step outside bk R BJO fc RLOD (W fwd L,-, fwd R, fwd L);
SQQ 3-4 {Outside Spin Prep} Start RF upper body trn toeing in with R sd lead bring L bk as you chg wgt trn 3/8 RF,-, fwd R in BJO cont RF trn, cont trn RF sd & bk L with strong R sd stretch to fc COH (W fwd R stay well into M's R arm in BJO,-, cl L to R toe pivot 5/8 trn R/ cont trn to step fwd btwn M's feet R, trn to fc ptr &

wall small sd R trn body fc RLOD preparation for same ft lunge);
{Same Ft Lunge Chg Sway} Lower & reach R ft slgt fwd & sd
 to place wgt on the R,-, chg sway to open W's head to RLOD (W
 XRIB of L trn head L to CP,-, chg sway open head to RLOD),-;

**5-8 HOVER CORTE MAN IN 1; LADY ROLL OUT 4 TO FENCE LINE
 MAN IN 2; MAN PASS BY IN 3 LADY RECOV ROLL & HOVER;
 FEATHER FINISH IN 4;**

S- 5-6 **{Hover Corte Man in 1}** Lead a hover corte by trning the body
 (W SQQ) LF to move W twd RLOD sd L,-, cont body trn to cause W to
 -QQ finish the hover corte bringing joined lead hnds over the W's head
 (W QQQQ) to end in a mometary wrap connect trail hnds low as you hold (W
 recov fwd L start LF trn,-, sd & fwd R with hover action lead
 hnds coming up, recov L joined lead hnds over the head & trail
 hnds joined to end in mometary wrap) still fcing COH;
 {Lady Roll Out 4 to Fence Line Man in 2} Hold on the first two
 qks as you roll the lady LOD by pulling on the trail hnds and
 releasing the lead hnds,-, sd R, XLIF of R like a shallow fence
 line (W roll out fwd R start RF trn, bk L cont RF trn to OP fc
 COH, sd R, XLIF of R in fence line checking);

QQQ- 7-8 **{Man Pass by in 3 Lady Recov Roll & Hover}** Like a curve
 (W QQQQ) feath in 3 quick steps pass the lady on the inside of the circle fwd
 QQQQ R start RF trn, releasing joined hnds fwd L trning RF, fwd R join
 lead hnds checking twd DRW (W recov R start LF trn, release
 joined hnds fwd L twd RLOD cont LF trn, fwd & sd R like a
 hover cont LF trn, recov fwd L to fc ptr lead hnds joined);
 {Feather Finish in 4} Bk L, bk R start RF trn, fwd & sd L cont
 trn blending to BJO, fwd R to BJO DW;

REPEAT A

PART B

**1-4 HOVER TELEMARCK; ROLL OUT TRANS TO OPEN; FRONT VINE 7
 WITH CHECK & ARM SWEEP;;**

SQQ 1-2 **{Hover Telemark}** Fwd L,-, diag sd & fwd R rising with body
 SS trn 1/8 RF, fwd L to SCP LOD;**{Roll Out Trans to Open}** Chk
 (W SQQ) thru R,-, recov L, pt R sd to RLOD to LOP fc wall (W thru L start
 LF roll,-, bk R cont LF roll, sd L end LOP fc wall lead hnds
 joined);

QQQQ 3-4 **{Front Vine 7 with Check & Arm Sweep}** XRIF of L, sd L,
 QQS XRIB of L, sd L; XRIF of L, sd L, XRIB of L checking sweep
 trailing hnds down twd body & then up & out to sd as both look
 over L shoulder twd LOD L ft pointed twd DRW,-;

**5-8 SOLO CURVING 3 STEP LADY OVER TRN; FALLAWAY RONDE &
 SLIP LADY WHEEL KICK; EXTENDED WEAVE 8;;**

SQQ 5-6 **{Solo Curving 3 Lady Overtrn}** Both fwd L DRW start LF trn
 SQQ release joined hnds,-, fwd R passing well under the body with R

- (W QQ-) sd stretch cont LF trn, fwd L to end fc ing DC (W fwd L to trn LF end fc ing DRW);
{Fallaway Ronde & Slip Lady Wheel Kick} Sd R LOD fc COH start to come to ½ OP, ronde L leg CCW as come to ½ OP fc wall, XLIB of R rise, slip R bk to CP fc DC (W chk bk R trn LF, step fwd L strongly twd M, kick the R ft fwd past the M swling LF on L ft, bring R down tch R to L end in CP); Note: M's fallaway ronde causes the W to take her second step into him and her kick wheel cause his slip pivot to continue a LF trn
- QQQQ 7-8 **{Extended Weave in 8}** Starting in CP DC fwd L start LF trn, sd R cont LF trn, bk L twd DC in BJO, bk R; bk L, bk R trn LF, sd & fwd L, fwd R to BJO DW;

PART C

- 1-4 TRNING HOVER TO BJO; FEATHER; REV FALLAWAY TO BJO; BK TO REVERSE CHECK & SWITCH TO ALTERNATE HOLD;**
- SQQ 1-2 **{Trning Hover to BJO}** Fwd L start LF trn,-, fwd & sd R with hover action trn LF to fc DC, fwd L in BJO (W has the option to open head on second step even though in BJO if M stretches R sd); **{Feather}** Fwd R,-, fwd L, fwd R staying in BJO DC;
- QQQQ 3-4 **{Rev Fallaway to BJO}** Fwd L start LF trn, sd R cont LF trn, bk L in fallaway pos, bk R in BJO fc RLOD (W bk R, sd & bk L, bk R trn LF, fwd L in BJO); **{Bk to Rev Check & Switch}** Bk L with contra body action R sd bk,-, bk & sd R with contra body action L sd bk come to alternate hold putting W's R hnd on top of your L shoulder other hnd out to sd, switch bk L trning RF (W fwd R in contra body,-, fwd L checking put R hnd onto of his shoulder L arm out to sd head strongly to L, switch fwd R trning RF head to the R but well away from M);
- 5-8 CURVE FEATHER; HEEL PULL CURVE FEATHER; IMPETUS TO SEMI; INSIDE UNDERARM TRN TRANS TO SHADOW;**
- SQQ 5-6 **{Curve Feather}** Fwd R start RF trn,-, fwd L cont RF trn, fwd R to end DRW (W bk L start RF trn,-, bk R cont RF trn, bk L); **{Heel Pull Curve Feath}** Bk L small step cont RF trn, pull the R heel past the L as you trn RF to place R next to L now fc ing DC, fwd L cont trn RF, fwd R to BJO DRW (W fwd R in BJO start RF trn start to open head to R, sd L arnd the M to fc RLOD head well to R, bk R cont RF trn start head trn to L, bk L in BJO head well to L);
- SQQ 7-8 **{Impetus to Semi}** Start RF trn bk L,-, cl R to L heel trn, fwd L to SCP DC (W fwd R in BJO,-, sd L arnd the M brush R to L start to come back to SCP with the arms, step fwd R in SCP); **{Inside Underarm Trans to Shadow}** Fwd R,-, trning the W under the join lead hnds LF chasse fwd & sd L/ cl R, fwd & sd L end in shadow pos L hnds joined DC (W L start LF trn,-, sd R

cont LF trn, sd & fwd L in shadow pos DC) both heads to R;

9-12 SHADOW FEATHER; SHADOW TELEMAR; ADVANCED SHADOW GRAPEVINES;

- SQQ 9-10 {**Shadow Feather**} Both fwd R both heads L,-, fwd L, fwd R DC
SQQ W swings R arm CW down IF & up by ear; {**Shadow Telemark**}
Both fwd L but sweep the lady in front to start trning early with
upper body trn LF,-, sd R trning LF allow W's wgt to complete
the trn (W bring R arm down & out to sd), fwd & sd L still in
shadow but M to the L of W both fc wall;
- QQQQ 11-12 {**Adv Shadow Grapevines**} Thru R, small step sd L as W chgs sd
QQQQ in front put L arm on her waist & drop contact with R arm, XRIB
of L, sd L chg sd behind W bk to her L sd put R arm arnd her
waist & drop contact with L arm; XRIF of L, small step sd L as
W chgs sd in front put L arm on her waist & drop contact with R
arm, XRIB of L, sd L chg sd behind W bk to her L sd put R arm
arnd her waist & drop contact with L arm (W Thru R, strong sd
step L to go to M's L sd look twd M and RLOD, XRIB of L,
small step sd L as M chgs sd behind W end on his R sd look twd
ptr & LOD; XRIF of L, strong sd step L to go to M's L sd look
twd M and RLOD, XRIB of L, small step sd L as M chgs sd
behind W end on his R sd look twd ptr & LOD);

13-16 LADY ROLL TRANS TO HALF OPEN; FEATHER; HOVER TELEMAR; OPEN NATURAL;

- SQ&Q 13-14 {**Lady Roll Trans to Half OP**} Thru R pull R arm bk slightly to
(W SQQ) release W for her free roll,-, chasse fwd & sd L/ cl R, fwd & sd L
SQQ to ½ OP (W fwd R start RF trn,-, sd L cont RF trn bring R hnd up
over his head, fwd & sd R to ½ OP); {**Feath**} Fwd R,-, fwd L,
fwd R to BJO DW (W fwd L,-, trn to step sd & bk R, bk L);
- SQQ 15-16 {**Hover Telemark**} Fwd L,-, diag sd & fwd R rising with body
SQQ trn 1/8 RF, fwd L to SCP DW; {**Open Nat**} Start RF upper body
trn fwd R,-, sd L across LOD, cont slgt RF upper body trn to lead
ptr to step outside bk R in BJO fc RLOD (W fwd L,-, fwd R, fwd
L release L arm out to sd head well to L);

INTERLUDE

1 SHIMMY WALKS;

- QQQQ 1 {**Shimmy Walks**} In BJO fcng RLOD bring lead hnds down to
waist level do 4 contra bk walks bk L with R sd bk, bk R with L
sd bk, bk L with R sd bk, bk R with L sd bk the join lead arms
will feel like they are swinging with the contra body walks (W
fwd R with L sd fwd bring head in to fc M L arm down by sd,
fwd L with R sd fwd, fwd R with L sd fwd, fwd L R sd fwd);

PART D**1-4 IMPETUS SEMI; FEATHER; OPEN REV; OPEN FIN;**

SQQ 1-2 {**Impetus Semi**} Repeat meas 7 part C; {**Feather**} Fwd R,-, fwd L, fwd R to BJO DC (W fwd L,-, sd & bk R, bk L);
 SQQ 3-4 {**Open Rev with Open Fin**} Fwd L start LF trn,-, sd R cont LF trn, bk L in BJO fc RLOD; bk R start LF trn,-, sd L cont LF trn, fwd R to BJO DW;

5-8 3-STEP; NATURAL HOVER CROSS CHECKED TO TOPSIN;;;

SQQ 5 {**3-Step**} Fwd L to CP,-, fwd R heel lead R sd lead, fwd L;
 SQQ 6-8 {**Nat Hover Cross Checked to Topsin**} Fwd R start RF trn,-, sd L with L sd stretch trn ¼ RF btwn 1 and 2, cont RF trn sd R ½ between 2 and 3 body trns less fcng DLC; with R sd stretch fwd L in SCAR on toe, recov R with slight L sd lead, sd & fwd L trn LF, with L sd stretch fwd R in BJO DRC spin 1/8 LF on R foot (W bk L,-, cl R for heel trn, cont RF trn sd & bk L; bk R in SCAR, recov L, sd & bk R, bk L spin 1/8 LF in BJO); After spin with L ft extended bk step bk L, bk R trn 1/8 LF, fwd L, fwd R in BJO DW;

REPEAT B REPEAT C REPEAT INT**ENDING****1-4 IMPETUS SEMI; ROLL OUT TRANS TO OPEN; SWITCHING GRAPVINES;;**

SQQ 1-2 {**Imp Semi**} Repeat meas 1 part D; {**Roll Out Trans to Open**}
 SS Repeat meas 2 part B;
 (W SQQ)
 QQQQ 3-4 {**Switching Grapevines**} XRIF of L, sd L, XRIB of L, sd L; Preparing to chg sds fwd R, fwd L start LF trn, sd R cont LF trn, sd L end in OP fc wall W on W's L sd (W chk thru on the R, recov L, rk sd R, recov L to OP);

5-8 SWITCHING GRAPEVINES;; VINE 4; CHECK RECOV LUNGE SD;

QQQQ 5-6 {**Switching Grapevines**} XRIF of L, sd L, XRIB of L, sd L; Chk thru on the R, recov L, small rk sd R almost a close, recov L to LOP fc wall (W preparing to chg sds fwd R, fwd L start LF trn, sd R cont LF trn, sd L end in LOP fc wall W on M's L sd);
 QQQQ 7-8 {**Vine 4**} XRIF of L, sd L, XRIB of L, sd L; {**Chk Recov Lunge Sd**} Both chk thru R, recov L, lunge to RLOD sd R both with a R sd stretch & trn twd DRW L arm fwd R arm sd; Note: Same pos as M's starting pos of the dance but now both fc wall on R ft

9-12 ROLL & LUNGE TWICE;; SWAY LEFT & RIGHT; ROLL & TAP;

QQSQQS 9-10 {**Roll & Lunge Twice**} Repeat meas 1 & 2 of intro in LOP::
 SS 11-12 {**Sway L & R**} Repeat meas 3 of intro in LOP {**Roll 3 & Tap**}
 S&QQ Both roll twd LOD fwd & sd L start LF trn,-/ bk R cont LF trn, sd L both fc wall, tap R behind L with R arm fwd L arm sd;

