

Something Better to Do

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MUSIC: "Something Better to Do" by Olivia Newton John Album "Gold" iTunes download (length 03.15 @ 100%)

FOOTWORK: Opposite, directions for man except where noted (woman's footwork in parentheses)

RHYTHM: FOXTROT PH V **TIMING:** standard SQQ or as noted in left margin **RELEASED:** July 2015 **Version 1.0**

SEQUENCE: INTRO A B INT A B END

INTRO

1-4 SCAR/ DLC with lead feet free WAIT 1 MEASURE;

FRONT VINE 4; FALLAWAY LILT TO BJO/RL0D ; WEAVE 4 ENDING BJO/DLW ;

- 1 {Wait 1 meas} SCAR/DLC with lead feet free Wait ;
- QQQQ 2 {Front vn 4} XLif, sd R, XLib, sd R to SCAR/DLC ;
- QQQQ 3 {Fallaway Lilt to BJO} Fwd L DLC comm LF trn, sd & bk R to Fallaway Pos , bk L rise with left sway, bk R & lwr (W bk R , sd & bk L in Fallaway Pos head to left, bk R rise with right sway trng head to right, fwd L in BJO lwr with head to right) to BJO/RL0D;
- QQQQ 4 {Weave 4 ending} Bk L in BJO, bk R to CP trn LF, sd & fwd L DLW to BJO, fwd R in BJO/DLW;

5-8 FWD , RIGHT LUNGE ; REC SWAY LEFT & RT LUNGE; REC SLOW BK,- to a, BK/LK, BK ; SLOW OUTSIDE SWIVEL to SCP /DLW;

- SS 5 {Fwd & Rt Lunge} Fwd L, -, Sd & fwd R with flexed knee,- (W bk R, -, Sd & bk L, -);
- S-S- 6 {Rec Sway Left & Rt Lunge} Rec & rise on L, swaying left-, Sd & fwd R with flexed knee,- (W rec R rising, swaying right -, sd & bk L, -);
- SQ&Q 7 {Rec Slow Bk to a Bk/Lk Bk} Bk L, -, Bk R/XLif of R, Bk R CBJO;
- S--- 8 {Slow outsd swivel } Bk L in CBJO, -, trng bdy RF lead W to swivel slowly RF, - to SCP/DLW ;

PART A

1-4 IN & OUT RUNS to SCP ; ; FEATHER DLC ; DOUBLE REVERSE DLW ;

- 1-2 { In & Out Runs to SCP } Thru R trng RF, -, fwd & sd L in front of W cont trng, bk R CBJO (W thru L, -, fwd R btwn M feet, fwd L CBJO); Bk L trng RF, -, sd & fwd R btwn W feet, fwd L (W fwd R trng RF, -, fwd & sd L in front of M, trn to SCP fwd R) to SCP;
- 3 {Feather } Thru R, -, slight trn LF fwd L, fwd R (W thru L trn LF, -, sd & bk R, bk L) BJO/DLC;
- SQ- (SQ&Q) 4 { Dbl Rev to Wall Fwd L, -, fwd R trng LF fc RL0D bring L to R no weight, spin on R to fc DLW (W Bk R,-, trn LF on R heel transfer wght to L/fwd & sd R past M on toe trng LF/XLif) CP/DLW;

5-8 HOVER; PROMENADE WEAVE ; ; CHANGE OF DIRECTION DLC ;

- 5 {Hover } Fwd L, -, fwd & sd R rising to ball of ft, rec fwd L to SCP DLC ;
- SQQ 6 {Promenade Weave} Fwd R begin to trn W LF to CP/DLC, -, fwd L begin LF trn, sd & bk R to BJO (W fwd L begin to trn LF to CP, -, sd & bk R cont LF trn to BJO, cont trn fwd L) BJO/DLC;
- QQQQ 7 Cont trn bk L in BJO, bk R cont LF trn, sd & fwd L cont trn, fwd R outside ptr to BJO (W fwd R to BJO, fwd L cont trn, sd & bk R cont trn, bk L) BJO/DLW ;
- SS 8 { Chg of Direction } Fwd L comm LF trn,-, fwd R cont LF trn and draw L to R no wght CP DLC,-;

9-12 REVERSE WAVE (CP/RL0D) ; ; TIPPLE CHASSE to LOD ; CURVING THREESTEP ;

- SQQ 9 {Rev Wave} Fwd L, -, fwd R trng LF fc DRC, bk L CP/DRC (W bk R, -, cl L to R lf heel trn, fwdR);
- SQQ 10 Bk R slight trn LF, -, bk L, bk R (W fwd L, -, fwd R, fwd L) to CP/RL0D;
- SQ&Q 11 {Tipple Chasse} Bk L trng RF, -, sd R slight L side stretch/ cl L, sd and slightly fwd R to LOD (W fwd R trng RF, -, sml sd step L/ cl R to L, sd and slightly bk L) to CP/LOD;
- 12 {Curving Threestep} Fwd L DLC curve LF, -, fwd R with R sd stretch cont LF curve, fwd L rotate body LF cross thighs strongly to CP/ DRC;

13-16 BK CURVING THREESTEP DLW ; HOVER TELEMAR ; THRU to LEFT WHISK ; UNWIND 4 to CP/DLC ;

- 13 {Bk Curving Threestep} Bk R LOD curve LF, -, bk L cont LF trn, bk R rotate bdy LF strongly to CP/DLW) ;
- 14 {Hover Telemark} Fwd L,-, fwd & slightly sd R btwn W's ft rising & trng RF, cont RF trn sd & fwd L to SCP/DLW;
- 15 {Thru to Left Whisk} Thru R, -, sd & fwd L comm LF body trn, xRib of L cont bdy trn RSCP (W thru L, -, sd & slightly fwd R comm LF body trn, XLib of R cont bdy trn & look L) RSCP/DRC;
- (QQQQ) 16 {Unwind 4 DLC} On heel of front ft and toe of bk foot unwind RF to CP/DLC chg weight to R foot (W fwd R moving CW unwind M, fwd L, fwd R, fwd L) to CP/DLC ;

PART B

1-4 TELEMARK SCP ; NATURAL HOVER CROSS overtrnd DRC ; ; to a TOPSPIN DLW ;

- 1 { **Telemark SCP** } Fwd L, -, trng LF sd & fwd R fc RLOD, cont trng sd & fwd L SCP (W bk R comm LF trn, -, cl L to R (heel trn) cont trn LF, sd & fwd R) SCP/DLW ;
- sqq 2 { **Natural Hover Cross** } Fwd R comm RF trn, -, sd & bk L cont RF trn, sd & fwd R complete RF trn SCAR (W fwd L, -, fwd R starting RF trn, cont trn sd & bk L) to SCAR /LOD;
- qqqq 3 Fwd L ckg outsd ptrn SCAR, rec R, sd & fwd L start LF trn, cont LF trn fwd R to BJO/DRC (W Bk R, rec L, sm sd R, bk L) to BJO/DRC ;
- &qqq 4 { **Topspin** } Spin 1/8 LF on R ft/bk L LOD, bk R cont LF trn, cont LF trn sd & fwd L, fwd R BJO (W spin LF on L ft/ fwd R outsd ptr, fwd L trn LF, sd and bk R, bk L) to BJO/DLW;

5-8 THREE STEP ; OPEN NATURAL ; IMPETUS SCP ; FEATHER DLC ;

- 5 { **Three step** } Fwd L heel lead blending to CP, -, fwd R heel lead rising to toe, fwd L CP DLW;
- 6 { **Op Natural** } Fwd R comm RF trn, -, sd L across LOD (W heel trn), cont RF trn bk R CBJO/DRC;
- 7 { **Impetus SCP** } Comm RF trn bk L in bjo, -, trn RF on L heel cl R, cont body trn RF sd & fwd L to SCP (trn RF fwd R, -, sd & fwd L trn RF brush R to L, sd & fwd R) SCP/DLC ;
- 8 { **Feather** } Thru R, -, slight trn LF fwd L, fwd R BJO (thru L trn LF,-, sd & bk R, bk L) BJO/DLC;

9-12 REV WAVE 1/2 ; to a CHECK & WEAVE ; ; FORWARD to OVERSWAY;

- 9 { **Rev Wave 1/2** } Fwd L leading W to CP comm LF trn, -, sd R cont LF trn, bk L (W bk R trng LF, -, cl L heel trn, fwd R) to CP/DRC;
- sqq 10 { **Check & Weave** } Slip R bk under body w/slight contra chk action, -, fwd L comm LF trn, sd & slightly bk R slight LF trn w/R sd lead (W slp L fwd w/slight contra chk action, -, bk R comm LF trn, sd L w/L sd lead) to BJO/DLW;
- qqqq 11 Bk L, bk R comm LF trn, sd & fwd L, fwd R outsd partner BJO (W fwd R outsd partner, fwd L comm LF trn, sd R, sd & bk L) BJO/DLW;
- s-- 12 { **Fwd to Oversway** } Sd & fwd L DLW,-, sftn L knee shpe to rt to oversway line, -CP/DRW;

13-16 REV TWIRL TO SCAR/DRC ; FWD SWIVEL THE LADY TO DEVELOPE ; NATURAL WEAVE BJO/DLW ; ;

- 13 { **Rev Twirl to SCAR** } Rec R prepare to lead lady to rev twirl,-,fwd L, fwd R SCAR (W rec fwd L prepare to LF twirl under lead arm,-, fwd R twirl LF, sd & bk L) to SCAR/DRC;
- s-- 14 { **Fwd Swivel Ldy to Developpe** } Sml chk fwd L, -, swivl LF on L leaving R ft extended,- (W bk R undr bdy,-, swivl LF to developpe L ft outsd of ptrnr, bring L ft dwn to R no wght-)BJO/DLW;
- sqq 15 { **Natural Weave** } Comm RF trn fwd R,-, sd L, bk R DLC (W comm RF trn bk L,-, cl R to L heel trn, fwd L);
- qqqq 16 Bk L, bk R comm LF trn, sd & fwd L, fwd R outsd partner BJO (W fwd R outsd ptrnr, fwd L comm LF trn, sd R, sd & bk L) BJO/DLW;

INTERLUDE

1-4 FWD , RIGHT LUNGE ; REC SWAY LEFT & RT LUNGE; REC BK to a BK/LK, BK ; SLOW OUTSIDE SWIVEL to SCP /DLW;

1-4 Repeat measures 5-8 of INTRODUCTION;;;

REPEAT PART A & PART B

ENDING

1-4 WHISK ; THRU VINE 4 SCP ; QUICK OPEN REVERSE; FEATHER FINISH DLW;

- 1 { **Whisk** } Fwd L to CP/WALL, -, sd & fwd R, XLib (W XRib) SCP ;
- qqqq 2 { **Thru Vine 4** } Thru R, sd L, xRib, sd L to SCP/LOD ;
- qqqq 3 { **Quick Op Rev** } Thru R in SCP body trn LF, fwd L trn LF to cp (lady pkup), trn LF sd & bk R to bjo LOD, bk L in BJO/DRW;
- 4 { **Feather Finish** } Bk R to cp trn LF,-, sd & fwd L slight LF trn, fwd R to BJO/DLW;

5-9 FWD , RIGHT LUNGE ; REC SWAY LEFT & RT LUNGE; RUNNING FEATHER FINISH DLC; TELEMARK SCP; THRU TO PROMENADE SWAY /CHANGE SWAY;

- 5-6 repeat meas 5-6 of INTRO ; ;
- qqqq 7 { **Running feather finish** } Bk L, bk R to cp trn LF, sd & fwd L slight LF trn, fwd R to BJO/DLC;
- 8 { **Telemark SCP** } Repeat meas 1 Part B;
- s s& 9 { **Thru to Promenade Sway/ Chg Sway** } Thru R,-,sd & fwd L to SCP relax L knee look over lead hnds leaving R leg extended slowly rotate LF w/ L side stretch chging lady's head DRC;