SEPTEMBER FOXTROT

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RECORD:	Special Pressing-NC-1O6-1A	RHYTHM:	FOXTROT
FOOTWORK:	Opposite unless otherwise noted.	PHASE:	IV +1
SEQUENCE:	INTRO AA BA CA END	DATE:	9/90

INTRO

1 - 4 **WAIT 2 MEAS;;SWAY L & R; ROLL 4 TO CP/OLW;**

1-2 Wait 2 meas in LOP/WALL 4 feet apt arms to sides;;

3-4 Leading with left elbow sway L, -, with right elbow sway R, -; Roll LOD L, R, L, R to CP/DLW;

A

1- 8 **HOVER; CHAIR & REC; PROM WEAVE;; 3 STP; NAT TRN; CL IMP; FEATHER FIN;**

1-2 (Hover) Fwd L DLW,-, sd R rise allowing L to brush, sd & fwd L DLC/SCP; (Chair & Rec) Ck thru R flex knee with fwd poise (W ck thru L bkwd poise),-, leaving R in place with toe contact to floor rec L both with bkwd poise,-;

3-4 (Prom Weave) Fwd R,-, fwd L trng LF to CP, sd & slightly bk R C/BJO DLC; Bk L retain Pos, bk R trng LF to CP, sd & slightly fwd L, fwd R C/BJO DLW;

5-6 (3-Stp) Fwd L blend to CP,-, fwd R heel to toe, fwd L toe heel but with flexed left knee;
(1/2 Nat Trn) Fwd R trng RF,-, sd L toe {W heel trn) note: M's sd must not overstp W, bk R CP/RLOD;

7-8 (Cl Imp) Bk L comm RF heel trn,-, chg wgt to R cont RF trn, sd & bk L CP/DLW maintain left sd stretch (W fwd R heel toe,-, sd L & square to M trng RF leading his heel trn, brushing R to L fwd R); (Feather Fin) Bk R trn LF,-, sd & fwd L, fwd R C/BJO DLC;

REPEAT A **Meas 1 HOVER TELEMARK SCP;**

B

1 - 8 **TELEMARK SCP; CURVED FEATHER; BK FEATHER; BK 3 STP; HES CHG; BK WHISK; PROM WEAVE;;**

1-2 (Telemark SCP) Fwd L comm LF trn,-, sd R cont trn {W heel trn), sd & slightly fwd L SCP/DLW;
(Curved Feather) Fwd R comm RF trn,-, fwd L DW, svl RF on L fwd R left stretch C/BJO DRW (W fwd L comm slight LF trn,-, sd R, svl LF on R bk L);

3-4 (Bk Feather) Bk L to no stretch,-, bk R comm right stretch, bk L full right stretch C/BJO DRW;
(Bk 3-Stp) Bk R blending to CP no stretch,-, bk L comm left stretch, bk R full left stretch;

5-6 (Hes Chg) Bk L slight trn RF release left sd stretch,-, bk & sd R comm RF trn no rise toe pointed DLC left leg stationary with toe contact to floor full right stretch,-;
(Bk Whisk) flexing right knee maintain right stretch & placing L under body in whisk pos,-, with no chg of wgt chg to left stretch, -;

7-8 (Prom Weave) Fwd R DRC releasing left stretch (W fwd L), -, trng W square fwd L comm LF trn(W sd & bk R), comm right stretch bk R; Rpt meas 4 Part A;

REPEAT A

C

1-8 **REV WAVE; OPEN IMP; OPEN NAT; OUTSIDE CHG SCP; THRU SO BEH; ROLL 3; CHAIR & SLIP;**

1-2 (Rev Wave) Fwd L comm LF trn,-,small sd COH/slightDRC (W bk R comm LF trn,-,cl L to R heel trn), bkR; Bk L comm slight curve,-,bk R cont curve,bk L CP/RLOD; note: maintain CP throughout figure.

3-4 (Open Imp) 8k L,-,cl R to L heel trn,fwd L SCP right sd stretch (W fwd R,-,sd & fwd L leading M to heel trn RF trn brush R to L,fwd R); (Open Nat) Fwd R comm RF trn heel toe,-_ fwd & sd.L toe left shoulder leading,bk R toe heel right sd stretch (W fwd L,-,fwd R,L) C/8JO DRW;

5-6 (Outside Chg Scp) Bk L maintain right stretch,-, bk R comm LF trn,sd & fwd L SCP/OLW (W fwd R,-, fwd L CP, fwd R SCP);
(Thru Sd Beh) Thru R,-,sd L releasing trailing hnds,XRIB releasing lead hods (W XLIB of R);

7-8 (Roll 3) Crossing hnds at chest and extending arms during meas roll LOD L,-, R, L to SCP;
(Chair & Slip) Ck thru R with flexed knee fwd poise (W ck thru L bkwd poise),-, rec L, small bk R toes CP/DLW;

REPEAT A

END

1-5 HOVER; CHAIR & REC; ROLL 3 RLOD; THRU/FLAIR THRU; SD PROM SWAY CHG SWAY;

1-2 (Hover) Rpt meas 1 Part A; (Chair & Rec) Rpt meas 2 Part A but both with bkwd poise; Note: Music slows

3-4 (Roll 3 RLOD) Releasing hnd hold roll RLOD R,-, L, R;
(Thru/Flair,-,Thru,-) Thru RLOD L holding lead hnds/flair R foot around and between ptrs,-, stp thru R to SCP/LOD;

5 (Sd Prom Sway,-,Chg Sway) Sd & fwd L flex left knee leave right leg extended right sd stretch,-, chg to left sd stretch maintaining parallel shoulders by lowering right hip,-;