

OLD FASHIONED FOXTROT

Pg 1 of 2

Choreographers: Gil & Judy Martin, 1910 Sunnyside Ave., Highland Park, IL 60035-2161
Record: Special Pressing Flip of: AMERICAN BLUE TANGO (847) 831-5413
Phase: 3 + 2 +1 Unphased gilwmartin@aol.com
Rhythm: Foxtrot Speed: 45 RPM
Ph 4 figures: Diamond Turn, Weave To Semiclosed Woman's footwork opposite
Unphased Figure: Arm to Arm
Sequence: INTRO - A B - A(1-8 Modified) - C - D - END Released June 2001
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INTRO

1-4 LOP FCG DLW (W FC DRC) WAIT; ; STP TOG CP TCH; BX FIN FC LOD;

1-2 M fc ptr DLW LOP wait 2 meas; ;
SS 3 {STP TOG CP TCH} Fwd L CP, -, tch R beside L CP DLW, -;
SQ 4 {BX FIN FC LOD} Commence LF trn bk R, -, cont LF trn sd L, cl R CP LOD;

PART A

1-4 FWD RN 2; MANUV, SD, CL; IMP SCP; PU, SD, CL;

SQ 1 {FWD RN 2} Fwd L, -, fwd R, fwd L;
SQ 2 {MANUV SD CL} Comm RF trn fwd R, -, cont RF trn sd L, cl R CP RLOD
(W: Comm RF trn bk L, -, cont RF trn sd R, cl L CP LOD);
SQ 3 {IMP SCP} Comm RF trn Bk L, -, cont RF trn on L heel cl R, fwd L DLC SCP
(W: Comm RF trn fwd R, -, cont RF trn sd & fwd L, brush R to L fwd R SCP DLC);
SQ 4 {PU SD CL} Fwd R commence LF trn, -, cont LF trn sd L, cl R CP DLC
(W: Fwd L comm LF trn, -, cont LF trn sd R, cl L CP DRW);

5-8 2 LF TRNS; ; HVR SCP; CHR, REC TO FC WALL, STP SD;

SQ SQ 5-6 {2 LF TRNS} Comm LF trn fwd L, -, cont LF trn sd R, cl L fc RLOD; Comm LF trn
bk R, -, cont LF trn bk & sd L, cl R CP WALL;
SQ 7 {HVR SCP} Fwd L, -, sd R ckg, rec L SCP LOD;
SQ 8 {CHR REC TO FC WALL STP SD} Fwd R lowering ckg, -, rec L comm RF Trn
(W: LF trn), cont RF trn sm sd R CP WALL;

9-12 CL HVR [Alt. cues: FWD HVR CP WALL]; BX FIN FC LOD; PROG BX TO FC WALL; ;

SQ 9 {CL HVR} Fwd L, -, fwd & sd R rising up onto R ft ckg fwd motion, rec bk L CP WALL;
SQ 10 {BX FIN FC LOD} Bk R comm LF trn, -, cont LF trn sd L, cl R CP LOD;
SQ SQ 11-12 {PROG BX TO FC WALL} Fwd L, -, sd R, cl L; Fwd R comm RF trn, -, cont RF trn sd L,
cl R CP WALL;

13-16 TWST VN 3 BJO; MANUV, SD, CL; SPN TRN; BX FIN;

SQ 13 {TWST VN 3 BJO} Sd L, -, XRib, sd L BJO DLW (W: Sd R, -, XLif, sd R BJO DRC);
SQ 14 {MANUV SD CL} Fwd R comm RF trn, -, cont RF trn sd L, cl R CP RLOD
(W: Bk L comm RF trn, -, cont RF trn sd R, cl L CP LOD);
SQ 15 {SPN TRN} Bk L piv RF fc LOD, -, fwd R rising up onto R ckg, rec bk onto L;
SQ 16 {BX FIN} Bk R, -, bk & sd L, cl R CP LOD;

PART B

1-4 DIA TRNS; ; ;

SQ SQ 1-4 {DIA TRNS} Comm LF trn fwd L, -, cont LF trn sd & bk R BJO, bk L BJO fc DRC;
SQ SQ Comm LF trn bk R, -, cont LF trn sd L, fwd R fc DRW; Comm LF trn fwd L, -, cont LF trn
sd R, bk L fc DLW; Comm LF trn bk R, -, cont LF trn sd L, fwd R BJO DLC;

5-8 FWD, RN 2; FWD, FC WALL, SD, CL; VN 3 SCP; PU, SD, CL;

SQ 5 {FWD RN 2} Fwd L trng to fc LOD, -, fwd R blending to CP, fwd L CP LOD;
SQ 6 {FWD FC WALL SD CL} Fwd R comm RF trn, -, cont RF trn sd L, cl R CP WALL;
SQ 7 {VN 3 SCP} Sd L, -, XRib, sd L SCP LOD;
SQ 8 {PU SD CL} See Part A Measure 4;

