

KNOWING YOU

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Record: CD-Dance & Listen "30 Top Foxtrots" DLD 1094 Track 28 "Ross Mitchell"

Phase: Phase 5+1 [3 x Fallaways]

Released: September 30th 2006

Footwork Opposite unless woman's footwork and/or position is shown in parentheses

Rhythm: Foxtrot

Time at Speed On CD: 2:24

SEQUENCE: Intro AA Int. B C End

INTRODUCTION

1-4 WAIT 2 MEAS;; CHECK & WEAVE;;

1-2 In Closed Position DRW Wait 2 Measures;; [Mans Right & Ladies Left Foot Free]

3-4 Chk Bk R,-, Rec Fwd L, Sd & Bk R; Bk L BJO, Bk R Trng LF, Sd & Fwd L Trng LF, Fwd R BJO DLW;

PART A

1-4 REVERSE TURN;; 3 STEP; START NATURAL HOVER CROSS;

1-2 Fwd L,-, Trn LF Sd R, (W heel turn) Bk L; Bk R,-, Trn LF Sd & Fwd L, Fwd R BJO DLW;

3 Fwd L,-, Fwd R CP, Fwd L;

4 Fwd R,-, Trn RF Sd L, (W heel Trn) Cont Trn Sd & Fwd R SCAR DLC;

5-8 FINISH NATURAL HOVER CROSS; DOUBLE REV. SPIN; HOVER TELEMAR; FEATHER;

5 Fwd L Chkg, Rcvr R, Sd L, Fwd R BJO DLC;

6 Fwd L Comm LF Trn,-, Sd R DLC, Spin LF; (W Bk R Comm LF Trn,-, Cl L To R Heel Trn/Sd & Slightly Bk R Cont LF Trn, XLIF) CP DLC;

7 Fwd L,-, Sd & Fwd R, Trn RF To SCP Fwd L DLC;

8 Fwd R,-, Fwd L, Fwd R DLC/BJO (W Thru L Trn LF Twd Ptr,-, Sd & Bk R to BJO, Bk L);

9-12 REVERSE WAVE;; BACK FEATHER; FEATHER FINISH;

9-10 Fwd L,-, Trn LF Sd R (W Heel Turn), Bk L DLW; Curve LF Bk R,-, Bk L, Bk R;

11 Bk L,-, Bk R with Right Side Lead, Bk L To CBMP Facing RLOD;

12 Bk R,-, Trn LF Sd & Fwd L, Fwd R CBMP DLC;

13-16 3 STEP; NATURAL TURN A 1/2; CLOSED IMPETUS; FEATHER FINISH;

13 Repeat Meas 2 Of Part A;

14 Fwd R Between W's Feet Comm RF Trn,-, Fwd & Around Ptr L (W Heel Turn), Bk LOD In CP;

15 Bk L,-, Trn RF Cls R To L with Heel Trn, Sd & Bk L To CP DLW; (W Fwd R,-, Trn RF Sd L, Brush R To L Fwd R;)

16 Repeat Meas 12 Of Part A;

REPEAT A

INTERLUDE

1-4 DIAMOND TURN;;;;

1-3 Fwd L Trn LF,-, Sd R, XLIFR: Bk R Trn LF,-, Sd L, XRIFL; Fwd L Trn LF,-, Sd R, XLIFR; Bk R Trn LF,-, Sd L, XRIFL;

.....Continued Over.....

PART B

- 1-4 TELEMARK TO SEMI; CHAIR & SLIP TO CLOSED; START 3 FALLAWAYS;;**
- 1 Fwd L,-, Trn LF Sd R, (W Heel Turn) Cont Trn Sd & Fwd L SCP DLW;
 - 2 Check Thru R With Lunge Action,-, Rec L, With Slight Body Slip R Behind L Cont Trn DLC (Check Thru L With Lunge Action, Rec R, Swivel LF on R & Step Fwd L Near M's R Foot To CP);
 - 3-4 Fwd L Trng LF,-, Sd R, XLIB To SCP; Bk R Trng LF To CP, Sd & Bk L, Cross R Well Behind L To RSCP; (W Bk Trn,-, Sd, XIB; Trn Fwd,-, Sd & Bk, XIB);
- 5-8 FINISH 3 FALLAWAYS; SLIP/CHASSE TO BJO; NATURAL TURN A ½; HESIT. CHANGE;**
- 5 Fwd L Trng LF,-, Sd R, Cross LIB To SCP; (W Bk Trn,-, Sd, XIB);
 - 6 Trng LF Slip R Past L With Small Bk R Keep L Fwd Cont L Trn 1/4 To CP Fcg Wall,-, Sd L/Cl R, Sd L To CBMP (W Trng LF Slip L To CP, Sd R/Cl L Sd R To CBMP);
 - 7 Fwd R,-, Trn RF To CP Sd L, (W Heel Turn) Bk R CP;
 - 8 Bk L,-, Trn RF Sd R, Draw L To R Tch DLC;

PART C

- 1-4 REVERSE TURN;; HOVER TELEMARK; CURVED FEATHER;**
- 1-2 Fwd L,-, Trn LF Sd R, (W heel turn) Bk L; Bk R,-, Trn LF Sd & Fwd L, Fwd R BJO DLW;
 - 3 Fwd L,-, Sd & Fwd R, Trn RF To SCP Fwd L LOD;
 - 4 Fwd R To CBMP Comm RF Trn, With Left Sd Stretch Cont Trn Sd & Fwd L, Cont Upper Body Trn With Left Sd Stretch Fwd R Outside Part In CBMP DRW Checking Motion;(W Fwd L To CBMP, Staying Well In M's Right Arm With Right Sd Stretch Trn Sd & Bk R, Cont Upper Body Trn With R Stretch Bk L In CBMP);
- 5-8 BACK TURNING WHISK; PROMENADE WEAVE;; CHANGE OF DIRECTION;**
- 5 Bk L Comm RF Trn With Slight R Sd Stretch,-, Sd R Cont Trn, XLIB To Tight SCP;
 - 6-7 Fwd R,-, Fwd L Trng LF DLC, Sd & Bk R To Bjo; Bk L, Bk R Comm LF Trn, Sd L Fwd R To BJO DLW;
 - 8 Fwd L,-, Trn LF Sd R, Draw L CP DLC;
- 9-12 REVERSE WAVE;; OUTSIDE CHANGE TO BJO; START A NATURAL WEAVE;**
- 9-10 Repeat Meas 9-10 Of Part A;;
 - 11 Bk L,-, Bk R Trng LF, Sd & Fwd L To BJO; (W Fwd R, Fwd L Trng LF, Sd & Bk R to BJO)
 - 12 Fwd R Comm RF Trn,-, Sd & Bk L Fcng DRW, (W Heel Turn) Bk R With R Shoulder Lead In CBMP;
- 13-16 FINISH THE NATURAL WEAVE; 3 STEP; NATURAL TURN A ½; HESITATION CHANGE;**
- 13 Bk L,-, Bk R Blend To CP, Sd L LOD, Fwd R Blend To CBMP DLW;
 - 14 Repeat Meas 3 Of Part A;
 - 15 Repeat Meas 7 Of Part B;
 - 16 Repeat Meas 8 Of Part B;

END

- 1-4 DIAMOND TURN ¾;;; ½ A BOX BACK;**
- 1-3 Fwd L,-, Trn LF Sd R, Bk L To Bjo; Bk R,-, Trn LF Sd & Fwd L, Fwd R To Bjo DRW; Fwd L,-, Trn LF Sd R, Bk L To Bjo;
 - 4 Bk R,-, Sd L, Cl R;
- 1-2 HOVER TELEMARK & CHAIR;;**
- 1-2 Fwd L,-, Sd & Fwd R, Trn RF To SCP Fwd L DLW;
 - 3 Thru R With Lunge Action;