

# September Foxtrot

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**Music:** CD - Dance & Listen "30 Top Foxtrots" DLD 1094 Track 21 "Ross Mitchell"

**Phase:** 5+2 [Double Open Telemark & Throwaway Oversway]

**Released:** September 30<sup>th</sup> 2006

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

**Rhythm:** Foxtrot

Time at speed on CD: 2:21

**SEQUENCE: Intro A B A[1-8] CC B A[1-7] End**

## INTRODUCTION

### **1-4 WAIT 2 MEAS;; SLOW OUTSIDE SWIVEL; FEATHER;**

1-2 In BJO Pos DLC Wait 2 Measures;;

3 Bk L Bring R in Frnt Pntg Fwd no Wgt (W Fwd R Swiveling RF to SCP);

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

## 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; CROSS SWIVEL & CHECK; IMPETUS; FEATHER;**

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

6 Fwd L,-, Swvl on L Trng LF Pnt R Twrd DLW, Ck Fwd on R Twrd DRC in CBMP;

7 Bk L,-, Cl R to L [heel trn] Cont Trn, Fwd L to SCP;

8 Repeat Meas 4 of Intro;

### **9-12 TELEMARK TO BJO; NATURAL TURN;; FORWARD & RUN 2;**

9 Fwd L Leading W To CP Trn LF,-, Fwd & Sd R Cont Trn (W Heel Turn), Fwd & Sd L Contra BJO DLW;

10-11 Fwd R Comm RF Trn,-, Sd L, 9W Heel Turn) Bk R; Bk L Strt RF Trn,-, Cont Trn on L Heel Pull R Bk to L

Transferring weight to R, Fwd L;

12 Fwd R,-, Fwd L, Fwd R;

### **13-16 REVERSE TURN A ½; CHECK & WEAVE;; CHANGE OF DIRECTION;**

13 Fwd L,-, Trn LF Sd R, (W Heel Turn) Bk L;

14-15 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;

16 Fwd L,-, Trn LF Sd R, Draw L CP DLC;

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

## PART B

### **1-4 DOUBLE TELEMARK;; CHAIR & SLIP TO CLOSED; REVERSE TURN A ½;**

- 1-2 Fwd L Trng Body LF,-. Sd R Cont Trn, Sd & Fwd L 7/8 Trn; Fwd R With Heel Lead/Fwd L Cont Trn, Sd & Fwd R, Cont Trn Sd & Fwd L to Tight SCP completing Second 7/8 Trn; (W Bk R Start LF Body Trn, Bk L To R for Heel Turn & Chng Weight to L, Strong Fwd R; Fwd L Trng LF to CP/Bk R Start LF Trn, Bk L to R for Toe Spin & Transfer Weight to L; Fwd R);
- 3 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);
- 4 Repeat Meas 13 Of Part A;

### **5-8 HOVER CORTE; SLOW OUTSIDE SWIVEL; PROMENADE WEAVE;;**

- 5 Bk R Start LF Trn,-, Sd & Fwd L With Hovering Action Cont Body Trn, Rec R CBMP;
- 6 Repeat Meas 3 of Intro;
- 7-8 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;

## **PART A "MODIFIED" 1-8 [To.... FEATHER;]**

## PART C

### **1-4 REVERSE FALLAWAY & SLIP; DOUBLE REVERSE SPIN; REVERSE WAVE;;**

- [QQQQ] 1 Fwd L,-, Sd & Bk R Trng LF, Bk L Well Under Body To SCP, Pivoting on L Bk R Slipping LF To CP DLW; (W Bk R,-, Bk L, Bk R Well Under Body To SCP, Pivoting On R Slipping LF Fwd L);
- 2 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 DLW;
- 3-4 Fwd L,-, Trn LF Sd R (W Heel Turn), Bk L DLW; Curve LF Bk R,-, Bk L, Bk R;

### **5-8 CLOSED IMPETUS; FEATHER FINISH; HOVER TELEMARK; CHAIR & SLIP TO CLOSED;**

- 5 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);
- 6 Bk R,-, Trn LF Sd & Fwd L, Fwd R CBMP DLC;
- 7 Fwd L,-, Sd & Fwd R, Trn RF To SCP Fwd L DLW;
- 8 Repeat Meas 3 Of Part B;

## REPEAT C

## **PART B**

### **PART A "MODIFIED" 1-7 [To.... IMPETUS;]**

### **END 1-2 THROUGH TO A THROWAWAY OVERSWAY & HOLD;;**

- 1-2 Through R,-, Sd & Fwd L Relax Left Knee Allow Right To Point Side & Back With Left Side Stretch & Hold,-; [S] (W Through L,-, Sd & Fwd R Trng LF Relax Right Knee Slide Left Foot Back Under Body Past Right Foot To Point Back & Hold),-; [S]