

## DANCE AND DREAM

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Phase & Rhythm: VI Foxtrot

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CD: "We Play Requests" by Gunter Noris

CD 0065 from DanceVision track 3 slowed 1% or to suit  
or contact choreographers

Sequence: **ABC AB (1-15) TAG**

### PART A:

- 1-4 (CP/LOD) THREE STEP; OP NATURAL; OUTSIDE SPIN & TWIST DRW; ;**
- SQQ 1 In CP LOD Wait lead in notes Fwd L DLW,-, fwd R, fwd L;  
SQQ 2 Comm upper body RF trn fwd R,-, sd L across LOD (W heel trn), cont trn bk R CBMP;  
SQQ 3-4 Using strong RF rotation small bk L toe turned in,-, fwd R arnd W with heel ld rising to toe  
&QQS cont RF trn, cont RF turn bk & slightly sd L (W fwd R arnd M,-, cl L to R for toe spin, small  
fwd R bet M's ft) to CP/RLOD; Lower slightly & hook Rib of L/unwind RF, cont RF unwind  
rising to R toe, bk & sd L (W fwd L around M comm to unwind M/cont unwind fwd R, fwd L brush  
R to L trng square to M, fwd R),- to CP DRW;
- 5-8 BACK & CHASSE BJO; INTERRUPTED CONT HOVER CROSS; ; ;**
- SQ&Q 5 Bk R to DLC,-, comm LF body trn sd L/ cl R, fwd L to BJO DLW;  
SQQ 6-7 Fwd R,-, fwd L full RF trn, fwd R (W bk L,-, cl R to L trn RF, bk L ) SCAR DLW;  
QQQQ Ck fwd L SCAR outsd ptr lf sd, ck bk R, fwd SCAR outsd ptr lf sd, rt body trn cl R BJO DLW  
(W ck bk R SCAR ptr outsd lf sd, ck fwd L, bk R, rf body trn sd L BJO to fc DRC);  
QQQQ 8 Bk L DRC ptr outsd, bk R CP, lf trn fwd L, fwd R DLC outsd ptr (W fwd R DRC outsd ptr,  
fwd L CP, fwd R LF trn, bk L BJO);
- 9-12 DBL REVERSE SPIN LOD; TELESPIN CP/RLOD\*; ; BK to HINGE;**
- SQQ (SQ&Q) 9 Fwd L comm LF trn,-, fwd & sd R cont LF trn, cont LF trn touch L to R (W Bk R comm. LF  
trn,-, cl L to R heel trn, cont trn sd & slightly bk R/xLif of R) CP LOD;  
SQQ 10 Fwd L comm LF trn [w/ rt sd stretch],-, fwd & sd R cont LF trn, sd & bk L partial wgt keep lf sd  
&QQS twd ptr w/partial wgt comm lf body trn (W bk R comm LF trn,-, bring L to R start heel trn & chg  
wgt to L cont LF trn, fwd R cont trn keeping rt sd into ptr);  
11 Taking full wgt on L /spin LF, sd R cont LF trn, bk L (keeping rt sd into ptr fwd L/ fwd R comm LF  
toe spin, cont toe spin close L, fwd R) to end CP RL0D,-; (W may keep a closed head)  
**NOTE: A TELERONDE may be substituted for the TELESPIN. M dances same footwork, W  
will change her footwork in meas 11 to: (W keep rt sd into M fwd L/lift R leg up straight fwd trng  
LF on L, cont trn on L, fwd R) to end CP RL0D;**
- SS (SQQ) 12 Bk R trng LF to fc WALL,-, sd & fwd L relaxing left knee & veering knee to sway rt to look  
at ptr,- (W fwd L comm. LF trn,-, sd R swvl LF, xib of R keep lf sd twd ptr, relax lf knee  
[head to L w/shlds almost parallel to ptr] with no wgt on R);
- 13-16 RISE & CHANGE TO SAME FT LUNGE LINE; TELESPIN END SCP; NATURAL WEAVE; ;**
- SS 13 M rise on L trng body RF causing W to rec to R,-, cl R & lower to same foot lunge line,-  
(W rec fwd to R rising & trng RF, tch L to R cont RF trn to fac almost LOD, ext L fwd to  
&QQS samefoot lunge line,-);  
14 Hold wgt on R and rec W trng to CP/ fwd L DLC comm. To trn LF, fwd R trng LF, brush  
L to R & fwd L (W rec L trng LF to CP DLC/ bk R cont LF trn, cl L [heel trn] fwd R) to  
to SCP DLW,-;
- SQQ 15-16 Thru R in SCP,-, L fwd & around ptr cont RF trn, sd & bk R; Bk L twd DLC ptr outsd,  
QQQQ blending to CP bk R, sd & fwd L trng LF twd DLW, fwd R outsd ptr in BJO;

### PART B

- 1-4 HOVER; OK CURVING THREE; REV WAVE ENDING; TIPPLE CHASSE;**
- SQQ 1 Fwd L,-, fwd & sd R rising to ball of ft, fwd L DLC SCP;  
SQ&Q 2 Thru R DLC,-, fwd L trng LF/fwd R passing well undr the bdy w/rt sd stretch cont LF trn,  
with rt sd stretch banking into the curve fwd L well under the body to end fcg DRC;  
SQQ 3 Bk R,-, bk L, bk R curving LF to fc RL0D;  
SQ&Q 4 Comm upper body trn to rt bk L trng RF,-, sd R w/slight lf sd stretch/cl L sd & slightly fwd R  
to fc LOD;
- 5-8 TRAVELING CONTRA CHECK; RUNNING OPEN NAT; RISING LK; DBL REV SPIN;**
- SQQ 5 Fwd L w/CBM with upper body trn to the left,-, cl R rising to toes, fwd L to SCP;  
SQ&Q 6 Thru R comm to trn RF,-, sd & bk L w/slight lf sd stretch cont trn/bk R LOD, bk L rt sd  
stretch (W thru L,-, fwd R bet M's ft CP/ fwd L, fwd R outsd ptr head rt) bkg DLC;

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- SQQ 7 Bk R to CP trng LF,-,small sd L cont trn, lk RIB of left (W lk Lif of right) to CP DLC;  
SQ&Q 8 REPEAT MEAS 9 OF PART A
- 9-12 BOUNCE REV FALWY 4 to BJO; BACK HOVER TELE; VIENNESE X; REV IMP DRC:**
- S&S& 9 Fwd L DLC comm to trn left,-/sd & bk R to fc DRC, bk L,-/bk R to CBJO fcg DRC  
[bounce up slightly on the & counts];
- SQQ 10 Comm RF upper bdy trn bk L,-, sd & fwd R cont turn rising slightly w/bdy trn to rt, sd  
& fwd L small stp on toe to SCP;
- SQQ& 11 Thru R DLC,-, trng W to mod CP fwd L comm LF trn, sd & fwd R acrs ptr cont LF trn/lk  
Lif of R rt sd stretch to fc RLOD (W thru L,-, fwd & sd R hd to rt, sd & bk L cont LF trn/cl R);
- SQQ 12 Bk R comm LF trn,-, cl L to R w/left sd stretch heel trn rising on ball of L toe, cont LF trn  
w/ left sd stretch on ball of left ft & bk R fc DRC to CP (W fwd L outsd M comm LF trn,-, w/rt sd  
stretch sd R rising on ball of rt toe bring L ft bk to brush by R ft, cont LF trn w/rt sd stretch on  
ball of the R ft sd & fwd L to fc DLW);
- 13-16 IMPETUS SCP; THRU RIPPLE CHASSE; BIG TOP; CHG OF DIRECTION:**
- SQQ 13 Bk L bring R to L comm RF heel trn,-, chg wgt to R cont trn, fwd L (W comm RF upper bdy  
trn fwd R bet M's ft pvtg \_ RF,-, sd & fwd L cont trn arnd M brush R to L, fwd R) SCP DLC;
- SQ&Q 14 Thru R,-, stretch lf sd to look briefly twd W (W's head to L) sd & fwd L/cl R to L, correct  
sway sd & fwd L to end SCP DLC;
- SQQ (QSQ) 15 Fwd R comm LF spin,-, cont LF spin xLib of R [w/rt sd stretch], cont spin slip R a small  
stp bk past left [no sway] to fc DLW (W fwd L comm LF spin, fwd & sd R arnd M's lf sd, cont  
brush L to R on toes while allowing M to cont LF trn, small fwd L);
- SS 16 Fwd L DLW,-, fwd R DLW rt shld leading & trn LF, draw L to R & brush to fc DLC,-;

**PART C**

- 1-4 DIAM TURN CKING; ; OUTSD SWVL TWICE; HEEL PULL 2 ZIG ZAG 2:**
- SQQ 1-2 Fwd L comm. LF trn,-, cont trn sd R, bk L in CBJO fcg DRC; Bk R trng LF,-, sd L, fwd R SQQ  
to fac DRW checking;
- SS 3 In BJO bk L w/RF body trn leading W to swvl, xRif of L w/no wgt,-, fwd R leading W to  
swvl LF bk to BJO (W fwd R outsd ptr, swvl RF on R to SCP, fwd L, swvl LF on L);-
- QQQQ 4 Bk L ptr outsd, rt heel pull cl R SCAR/LOD, fwd L outsd ptr lf sd, LF trn small bk R (W fwd R  
ptr, RF trn small bk L SCAR, bk R outsd left sd, LF trn heel pull cl L to R) BJO;
- 5-8 IMPETUS SCP; FEATHER; REVERSE FALWY 4 BJO; WEAVE ENDING:**
- SQQ 5 REPEAT MEAS 13 OF PART B;
- SQQ 6 Thru R,-, fwd L, fwd R (W thru L comm LF trn twd ptr,-, sd & bk R to , bk L) to BJO DLC;
- QQQQ 7 Fwd L comm LF trn, sd R, xLib, bk R (W bk R, sd L, xRib trng LF, fwd L) to BJO RLOD;
- QQQQ 8 Bk L, comm LF trn bk R, sd L, fwd R outsd ptr (W fwd R, fwd L comm LF trn, sd R, bk L)  
to BJO DLW;
- 9-12 HOVER; FEATHER; REV FALWY 4 BJO; WEAVE ENDING:**
- SQQ 9 Fwd L,-, fwd & sd R rising to ball of ft, fwd L DLC SCP;
- SQQ 10 Thru R,-, fwd L, fwd R to BJO DLC (W thru L comm. LF trn twd ptr,-,sd & bk R to, bk L);
- QQQQ2x 11-12 REPEAT MEAS 7& 8 of PART C;
- 13-16 CHANGE DIRECTION; TELEMARK BJO; NATURAL WEAVE; ;**
- SS 13 REPEAT MEAS 16 PART B;
- SQQ 14 Fwd L, fwd & sd R arnd W trng LF, fwd & sd L (W bk R,-,cl L heel trn trng LF, bk R) BJO; SQQ
- 15-16 Fwd R comm RF trn,-, cont trn sd L (W heel trn), sd & bk R DLC rt sd lding bking DLC; Bk  
L in CBJO, bk R to CP comm to trn LF, trn LF sd & fwd L, fwd R DLW/CBJO;
- QQQQ

REPEAT A:  
REPEAT B (1-15)

**TAG**

- 1-2 REV WAVE 3; BK TO THROWAWAY OVERSWAY:**
- SQQ 1 Fwd L comm. LF bdy trn,-, sd R cont trn, bk L to fc DRC;
- SS 2 Bk R trng LF,-, sd & fwd L cont trn relax L knee allow R to pt sd & bk look at W keep rt sd  
twd W (W slide L bk past R under bdy look well to left & keep left sd twd M);-

