

# Capone

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**MUSIC:** "Capone" BY Ian Lumley - CD "Ballroom Nights 2"- Track # 12 (length 02.22)  
Available as a Single track Download from Casa Musica

**FOOTWORK:** Opposite, unless noted (woman's footwork in parentheses)

**RHYTHM:** **FOXTROT PH V+2** (Three Fallaways, Same Foot Lunge)

**TIMING:** SQQ except where noted [Note: Timing indicates weight changes only]

**SEQUENCE:** Intro A, Interlude, B, Interlude, B(1-13), End **Difficulty Level: Average June 2014 Version 1.1**

## INTRO

### 1-5

#### (CP/DLC) WAIT ; DIAMOND TRN 1/2 ; QUICK DIAMOND 4;

#### CHECK BK & RECOVER;

1 Wait 1 meas in CP/DLC lead ft free;

2 **[Diamond Trn 1/2]** Fwd L comm LF trn, -, sd & bk R, bk L CBJO DRC;

3 Bk R trng LF, -, sd & fwd L, fwd R CBJO DRW;

(QQQQ) 4 **[Qk Diamond 4]** Fwd L trng LF, sd & bk R, bk L, bk R CP LOD;

(S S) 5 **[Check Bk & Rec]** Chk Sd & Bk L,-, Rec R,-;

### 6-9

#### CONTRA CHECK & SLIP to CP/LOD ; NATURAL WEAVE;: CHG OF DIRECTION;

6 **[Contra Chk & Slip]** chk fwd L strong lf body rotation, -, rec bk R, rf trn slip bk L to CP/LOD;

7 **[Natural Weave]** Comm RF trn fwd R, -, cont trn sd L (W heel trn) sd & bk R;

(QQQQ) 8 Bk L, bk R trn LF blend to CP, sd & fwd L, fwd R outsd ptr DLW;

(S S) 9 **[Chg of Dir]** Fwd L blend CP start LF trn, -, cont trn sd & fwd R, draw L to R CP/DLC

## PART A

### 1-4

#### (CP/DLC) TELEMARK BJO; CURVED FEATHER CKG;

#### BACK BOUNCE 4; WEAVE 4 ENDING;

1 **[Telemark BJO]** (CP/DLC) M fwd L,-, fwd and sd R arnd W trng LF, step fwd and sd L to end BJO/ DLW (W bk R comm LF heel trn,-, cont heel trn close L to R, bk and sd R to BJO) ;

2 **[Curved Feather ckg]** Fwd R comm to trn RF,-,sd & fwd L cont RF trn, cont RF trn fwd R ckg outsd W DRW (W fwd L,-,sd & bk R, bk L);

(S&S&) 3 **[Bk Bounce 4];**bk L in bjo rise,-/sml stp R & lwr, bk L in bjo rise,-/sml stp R & lwr BJO/RLOD;

4 **[Weave 4 ending];** Bk L in bjo, bk R to cp trn LF, sd & fwd L DLW to bjo, fwd R in BJO/DLW;

### 5-8

#### (BJO/DLW) WHISK; WING to SCAR; QK FRONT VINE 4 to SCAR;

#### DOUBLE REVERSE to DLW;

5 **[Whisk]** (BJO/DLW) Fwd L, -, sd & fwd R, XLib (W XRib) SCP;

6 **[Wing to Scar]** Fwd R, -, draw L twd R w/LF body trn, tch L to R cont body trn to DLC (W fwd L, -, fwd R arnd M trn LF, fwd L arnd M cont trn to SCAR);

(QQQQ) 7 **[Qk front vine 4 Scar]** XLIF, sd R trng LF, XLIB, sd R trng RF to SCAR (W XRIB, sd L, XRIF, sd L);

(S S) 8 **[Dbi Rev]** Fwd L, -, fwd R trng LF fc RLOD bring L to R no weight, spin on R fc DLW

W(SQ&Q) (W bk R, -, drw L past R take weight & trn lf on L heel, fwd R past M on toe trng LF/XLIF);

### 9-12

#### (CP/DLW) THREE STEP; NATURAL TRN 1/2; CLOSED IMPETUS;

#### FEATHER FINISH DLC;

9 **[Threestep]** Fwd L towards DW, -, fwd R btwn partner's feet *slight rt sd lead* heel lead & then rising to toe, fwd L;

10 **[Nat trn 1/2]** Fwd R rising comm RF trn, -, sd & arnd partner L (W: heel turn), Bk R in CP/RLOD ;

11 **[Closed Impetus]** Bk L comm RF trn, -, cl R to L heel trn then rise to toes of R, sd & bk L (W: Fwd R btwn partner's feet comm RF trn, -, sd & arnd partner L rising & brush R to L, cont RF trn sd & fwd R btwn partner's feet);

12 **[Feather finish]** Bk R, -, sd & fwd L trng LF, fwd R CBJO/DLC (W fwd L, -, trng LF sd & bk R, bk L);

### 13-16

#### (BJO/DLC) REVERSE TRN 1/2; BK & CHASSE TO SCP;

#### RUNNING OPEN NATURAL; RISING LOCK;

13 **[Rev trn 1/2]** Fwd L comm LF body trn,-, sd R cont trn, bk L CP fcg RLOD (W Bk R comm. LF trn,-, cont trn cl L to R {heel trn}, fwd R to CP) ;

(S Q&Q) 14 **[Bk & Chasse SCP]** Bk R trng LF, -, Sd L/CI R, Sd L in SCP;

(S Q&Q) 15 **[Running Op Nat]** thru R comm to trn RF, -, sd & bk L with slight lf sd stretch *3/8 rt face trn between steps 1 & 2 / bk R with rt sd lead prep to lead W outsd partner in CBMP, with slight rt sd stretch completing 1/8 trn* Bk L in BJO (W thru L comm upper body RF trn, -, *staying well into man's right arm* Fwd R/ Fwd L prep to step outsd partner, Fwd R in BJO) ;

16 **[Rising Lk]** Bk R comm LF trn, -,sd & fwd L, cross R in bk of L as body completes trn to DLW ;

**INTERLUDE**

- 1-4** **(CP/DLW) FWD, -, RIGHT LUNGE, - ; Slow ROLL, -, RECOVER, SLIP to CP/LOD; SIDE PROMENADE SWAY & CHG SWAY; SLOW RISE,- ,& CLOSE to CP/LOD;**  
 (S S) 1 **[Slow Fwd & Right Lunge]** Slow fwd L, -, Sd & fwd R with flexed knee,- (W bk R, -, Sd & bk L on flexed knee,-);  
 (-- QQ) 2 **[Slow Roll, Rec, Slip]** slow rolling RF,, to rec bk L rising, with LF upper body trn slip R bk beh L cont trn to bring W to CP with her L outside his R ( W rec R, fwd L ) to CP/LOD;  
 (S -- ) 3 **[ Prom Sway & Change Sway]** Sd & slight fwd L to DLC stretching body upward to look over jnd ld hnds, -, relax knee to lower and chg sway to R sway over next 2 beats of meas heads move to DRW throughout sway chg -,-;  
 (- -S) 4 **[Slow Rise & Close]** Slow Rise on L to trn head and body to CP,- , CI R to L, - ;

**PART B**

- 1-4** **(CP/LOD) THREE FALLAWAYS to a SLIP & CHASSE SCP/DLW;;; FEATHER to DLC;**  
 (QQQQ) 1 **[Three Fallaways]** Fwd L start LF trng, fwd R trng LF fc COH, bk L well under body SCP/ RLOD, bk R slip W to CP cont LF trng (W Bk R trng LF, Sd L, Bk R well under body to SCP, Fwd L trng LF);  
 (QQQQ) 2 **[continue three fallaways]** Sd & fwd L, XRIB well under body RSCP, fwd L CP LOD, cont LF trng fwd R trng to fc COH (W trng LF Sd & bk R, Bk L well under body to RSCP, Bk R trng LF, Bk & sd L ) ;  
 (QQQ&Q) 3 **[finish three fallaways, to a ]** Bk L to SCP fc RLOD (W Bk R well under body to SCP), **[SLIP & CHASSE SCP]** bk R slip W to CP trng LF DRW, sd L / cl R , sd L to SCP/DLW  
 (S QQ) 4 **[Feather to BJO/DLW]** Thru R, -, fwd L leading W trn LF, fwd R outside ptr w/ L-shoulder lead (W thru L, -, comm trng LF sd R, cont trng LF bk L ) end BJO M fcg DLC;;

- 5-8** **(BJO/DLC) REVERSE WAVE;; TIPPLE CHASSE to CP/LOD; THREESTEP;**  
 5 **[Rev Wave]** Fwd L, -, fwd R trng LF fc DRC, bk L (W bk R, - draw L heel past R trng LF cl L, fwd R);  
 6 Bk R slight trn LF, -, bk L, bk R (W fwd L, -, fwd R, fwd L);  
 (S Q&Q) 7 **[Tipple Chasse]** comm RF upper body trn Bk L trng RF, -, Sd R with slight lf sd stretch trng 1/4 RF between steps 1 & 2 / CI L, Sd & slightly fwd R 1/8 RF trn between steps 3 & 4 ;  
 8 **[Threestep]** Fwd L , fwd R between partner's feet heel lead & then rising to toe, fwd L;

- 9-12** **(CP/LOD) NATURAL HOVER CROSS;; OP REVERSE TRN; HOVER CORTE;**  
 9 **[Nat Hover Cross]** Fwd R trn RF, -, fwd L cont trng RF, fwd R LOD (W bk L, -,draw R to L trn RF on R heel, bk L);  
 (QQQQ) 10 Ck L in SCAR, rec R, sd & fwd L, fwd R CBJO /DLC (W ck bk R, rec L, sd & bk R , bk L);  
 11 **[Op Rev Trn]** BJO M fcg DLC fwd L comm trng LF, -, cont trng LF sd & bk R, bk L ptr outside (W bk R comm trng LF, -, cont trng LF sd & fwd L, fwd R outside ptr) BJO/RLOD;  
 12 **[Hover Corte]** Bk R comm trng LF, -, sd & fwd L rising cont body trn LF, rec R (W fwd L trng LF, -, sd & fwd R rising, trng LF on R rec L) end BJO M fcg DLW;

- 13-16** **(BJO/DLW) slow OUTSIDE SWIVEL & PK-UP \*DLC (\*Note last time thru to CP/LOD); REVERSE WAVE 1/2 to a; CHECK & WEAWE ;;**  
 (S S) 13 **[Outside Swivel & Pk-Up]** Bk L in CBJO no rise,- allow W to swivel RF to SCP facing LOD, thru R picking up to CP/ DLC, - ;  
 14 **[ Rev Wave 1/2 ]** Fwd L leading W to CP commence LF trn, -, sd R cont LF trn, bk L fcg DRC (W bk R trng LF, -, cl L heel trn, fwd R);  
 15 **[Chk & Weave]** Slip R bk under body w/slight contra check action, -, fwd L commence LF trn, sd & slightly bk R slight LF trn w/R sd lead (W slp L fwd w/slight contra ck action, -, bk R commence LF trn, sd L w/L sd lead);  
 (QQQQ) 16 Bk L to BJO cont slight LF trn, bk R to CP cont LF trn, sd & fwd L w/L sd stretch, fwd R ( W fwd R in BJO, fwd L to CP cont LF trn, sd & bk R w/R sd stretch, bk L ) to BJO/DLW;

**INTERLUDE Starting from (BJO/DLW) Repeat Interlude**

**REPEAT PART B(1-13\*) with Meas 13\* Pk-up to CP/LOD**

**ENDING**

- 1-3** **(CP/LOD) THREE STEP ; NATURAL PREPARATION; SAME FOOT LUNGE, -- ;**  
 1 **[Threestep]** Fwd L , fwd R between partner's feet heel lead & then rising to toe, fwd L;  
 2 **[Nat Prep]** fwd R start RF trn, lead W for heel trn RF, sd L cont turn, tch R(W bk L, heel trn, cl R, cont trn sd& bk L keeping head left); CP/COH  
 (Q----) 3 **[Same Ft Lunge]** lowering fwd&sd R o/s W's L side(W xRib) to samefoot lunge W's head to left, -, -, -;