

THE HUMAN THING TO DO

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Music: CD: The Best of Slowfox Music, Casa Musica CM-CD304, Track #3
or contact Choreographer

Released: July, 2005 **Speed:** slow for comfort **Rhythm:** Slow Foxtrot **Phase:** V

Footwork: Opposite or as noted **Timing:** SQQ except as noted

Sequence: **INTRO-A-A(mod)-B-A-C-C-B-A(mod)-END**

INTRO

1-4 WAIT; SIDE HOVER SEMI; CHAIR & SLIP; DOUBLE REVERSE SPIN;

- 1 SCP FC LOD trailing foot free for both wait 1 measures;
- 2 (**Sd Hov SCP**)sd R,-, rise on R with hovering action, fwd L LOD in SCP;
- 3 (**Chair & Slip**)Thru R relaxing R knee & looking at partner,-, recov L, bk R trng LF 1/8 to CP DLC (W Thru L relaxing L knee & looking at partner,-, recov R, swvl LF on R & stp FWD L outside M's R to CP DLC);
- 4 (**Double Rev**)Fwd L trng LF,-, sd R DLC, cont LF spin tch L to R to CP DLW (W bk R DLC,-, cl L to R heel trn/ sd R LOD, XLIF of R [SQ&Q]);

PART A

1-5 REVERSE TURN;; 3-STEP; NATURAL HOVER CROSS;;

- 1 (**Rev Trn**) Fwd L start LF trn,-, trng LF sd R, trng LF bk L LOD; (W bk R start LF trn,-, cl L to R heel trn, fwd R);
- 2 Bk R cont LF trn,-, trng LF sd & sltly fwd L, fwd R in BJO;
- 3 (**3-step**) Fwd L,-, fwd R, fwd L;
- 4-5 (**Nat Hov Cross**) (**SQQ;QQQQ;**)fwd R strtg RF trn,-,trng RF sd L, cont RF trn sd R; cont RF trn fwd L in SCAR small step, rec bk on R, trng 1/8 LF sd L, fwd R DLC in BJO; (W bk L strtg RF trn,-, trng RF on L pull R to L (heel trn), trng RF sd L DLW; trng RF bk R on SCAR, rec fwd on L, trng 1/8 LF sd R, bk L in BJO;)

6-8 OPEN TELEMARK; OPEN NATURAL; HESITATION CHANGE DLC;

- 6 (**Open Telemark**) fwd L starting LF trn,-, cont LF trn sd R, cont LF trn sd & fwd L DLW in SCP; (W bk R starting LF trn,-, cl L to R cont LF trn (Heel trn), cont LF trn sd & fwd R DLW in SCP;)
- 7 (**Open Natural**) fwd R in SCP starting RF trn,-, cont RF trn sd L in CP, cont RF trn bk R LOD; (W fwd L DLW,-, trn RF fwd R to CP, fwd L outside M in BJO;)
- 8 (**Hesitation Change**) Bk L begin to pull R heel bk,-, pull R heel past L trng RF step sd & fwd R LOD, draw L to right without taking weight to CP DLC; (W Fwd R,-, trn RF sd & bk L LOD, draw R to L without taking weight;

PART A(MOD)

1-6 REVERSE TURN;; 3-STEP; NATURAL HOVER CROSS;; OPEN TELEMARK;

- 1-6 Repeat actions Part A Meas. 1-6;;;;;

7-8 OPEN NATURAL OVERTURNED; HESITATION CHANGE LOD;

- 7 (**Open Natural**) fwd R in SCP starting RF trn,-, cont RF trn sd L in CP, cont RF trn bk R DLW; (W fwd L DLW,-, trn RF fwd R to CP, fwd L outside M in BJO;)
- 8 (**Hesitation Change**) Bk L begin to pull R heel bk,-, pull R heel past L trng RF step sd & fwd R LOD, draw L to right without taking weight to CP LOD; (W Fwd R,-, trn RF sd & bk L LOD, draw R to L without taking weight;

PART B**1-4 REVERSE WAVE TO A CHECK & WEAWE;;; HOVER TELEMAR;**

- 1 (Reverse Wave) Fwd L trng LF,-, sd R trng LF, bk L to CP DRC; (W bk R trn LF,-, cl L to R (heel trn), fwd R;)
- 2-3 (Check & Weave) (SQQ;QQQQ;) Bk R checking on toe in CBMP,-, strtg LF trn fwd L, sd R; bk L in BJO, bk R to CP strtg to trn LF, trn LF sd & fwd L, fwd R DLW in BJO;
- 4 (Hover Telemark) Fwd L blend to CP,-, fwd and slightly sd R rising & turning to SCP, fwd L in SCP DLW;

5-8 CURVED FEATHER CHECK; BACK & CHASSE LOOSE SCAR; CHECK & DEVELOPE; FEATHER FINISH;

- 5 (Curved Feather Check) Fwd R start RF trn,-, fwd L cont RF trn prep step to BJO, fwd R in BJO fcng DRW checking on last step; (W – fwd L strtg LF trn,-, sd & bk R cont trn, bk L in BJO checking on last step;)
- 6 (Back & Chasse to Loose SCAR) (SQ&Q)Bk L trng RF to face COH,-, sd R LOD/cl L to R, sd & fwd R trng RF to SCAR LOD releasing hold to a loose SCAR;
- 7 (Check & Develope) Fwd L outside partner checking,-, hold, hold;(W bk R,-, bring L to R raising L to knee, extend L twd RLOD straightening leg and keeping toe pointed down bring L down without weight;)
- 8 (Feather Finish) bk R begin to turn LF& blend CP,-, sd & fwd L DLC, fwd R outside partner to BJO DLC;

PART C**1-5 MINI TELESPIN;; CONTRA CHECK & SWITCH; NATURAL WEAWE;;**

- 1-2 (Mini Telespin) (SQQ&QQS) Fwd L DLC trng LF,-, sd R twd DLC cont LF turn, sd & bk L LOD in momentary SCAR; begin LF spin on L, sd R DLC to Cp DRC, Tch L to R,-; (W- bk R DLC trng LF,-, cl L to R heel turn, sd & fwd R LOD in momentary SCAR/fwd L LOD trng LF; fwd & sd R DLC, trng LF small sd L to CP, Tch R to L,-;)
- 3 (Contra Check & Switch) Check fwd L in CBMP slightly flexing knees with strong R side lead,-, rec R commence RF trn leaving L in place, Cont RF trn to LOD rec L R leg extended between W's legs; (W- Check bk R in CBMP slightly flexing knees with strong L side lead,-, rec L commence RF trn leaving R in place, cont RF trn to face RLOD rec R with L extended back;)
- 4-5 (Natural Weave) (SQQ;QQQQ;) Fwd R strtg RF trn,-, cont RF trn sd L, bk R; bk L in BJO, bk R to CP strtg to turn LF, trn LF sd & fwd L, fwd R DLW in BJO;
- 6-8 **TURN LEFT & CHASSE; OPEN IMPETUS; FEATHER;**
- 6 (Turn Left & Chasse) (SQ&Q) Fwd L trng LF to CP COH,-, sd R/cl L to R, sd & bk R trng LF to BJO DRC;
- 7 (Open Impetus) Bk L strtg RF trn,-, cl R to L heel trn, trn RF sd & fwd L in SCP DLC; (W Fwd R strtg RF trn,-, cont RF trn sd L, cont RF trn brush R to L then sd & fwd R to SCP;)
- 8 (Feather) Fwd R,-, fwd L with L shoulder lead, fwd R in BJO DLC; (W - Fwd L,-, trng LF sd & bk R, trng LF bk L in BJO;)

END**1-4 REVERSE WAVE;; BACK FEATHER; HOVER CORTE;**

- 1-2 (Reverse Wave) Fwd L trng LF,-, sd R trng LF, bk L to CP DRC; bk R crving LF to face RLOD,-, bk L, bk R; (W bk R trn LF,-, cl L to R (heel trn), fwd R; fwd L crving LF,-, fwd R, fwd L;)
- 3 (Back Feather) Bk L with R shoulder lead,-, bk R, bk L
- 4 (Hover Corte) Bk R trn LF,-, sd L with hover action cont trng LF, rec bk & sd R to BJO DLW;
- 5-6 **REVERSE INSIDE UNDERARM TURN; LUNGE APART;**
- 5 (Reverse Inside Underarm Turn) Bk L DCR beginning RF trn and raising lead hands to lead W underarm,-, fwd & sd R DWR cont. RF trn leading W to trn LF, cont trn cl L to face DLC in LOP; (W Fwd R under joined lead hands,-, fwd L trng ½ LF to face DLC, cl R to L;)
- 6 (Lunge Apart) Sd R relaxing R knee and pointing straight L leg toward partner looking DLC,-,-,-; (W Sd L relaxing L knee and pointing straight R leg toward partner looking DLW,-,-,-;)