

EXACTLY LIKE YOU FOXTROT

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Exactly Like You Track 1
Foxtrot, Phase V+2

INTRO, A, A, B, C, INT, B MOD, END Speed: As on CD or slow for comfort

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CD: The Sinatra Project by Michael Feinstein

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INTRO

1-4 WAIT; CROSS ARMS & LUNGE; BEHIND VINE 4; SLOW BEHIND,-, SD HOOK IN FRONT,-;

Wait -S 1-2 {Wait} Wait 1 meas fc ptr & wall lead ft free no hnds; {Cross Arms & Lunge} Cross both arms in front of chest as get ready to push off trailing ft,-, lunge sd L with sway to RLOD,-;

QQQQ 3-4 {Behind Vine 4} XRIB of L, sd L, XRIF of L, sd L; {Behind Sd Hook} XRIB of L,-/ sd L, hook RIF of L,-;

5-8 UNWIND; HOVER; FEATHER; ZIG ZAG 2 & BK LILT 2;

- 5-6 {Unwind} Trn LF to slowly unwind to fc ptr; {Hover} Fwd L,-, sd & fwd R with slgt rise, recov L to SCP DC;

SQQ 7-8 {Feather} Fwd R,-, fwd L, fwd R to BJO DC (W fwd L,-, trn LF to step sd & bk R, bk L in BJO); {Zig Zag Bk Lilt} Fwd L trn LF, sd R to fc DRC (W cl L), with liling action bk L, bk R;

9-12 HESITATION CHG TRANS; MONKEY WALKS 4;; FEATHER TRANS;

SS 9-10 {Hesit Chg Trans} Bk L trn RF,-, sd R start to trn W to skaters, draw L to R in skaters (W fwd R trn RF,-, sd L trn RF ½, small sd R to end in skaters); {Monkey Walks 4} Both bring L ft fwd with small circle action twd COH & step sd & fwd with W's L ft XIF of M's R leg,-, both bring R ft fwd with small circle action twd wall & step sd & fwd with M's R ft XIF of W's L leg,-;

SS 11-12 {Fin Monkey Walks} Both bring L ft fwd with small circle action twd COH & step sd & fwd with W's L ft XIF of M's R leg,-, both bring R ft fwd with small circle action twd wall & step sd & fwd with M's R ft XIF of W's L leg,-; {Feath Trans} Hold as lead W fwd by lifting L arm,-, fwd L, fwd R to BJO pos DC (W fwd L start LF trn,-, sd & bk R, bk L to BJO);

PART A

1-4 OPEN REV; OPEN FIN; 3-STEP; NATURAL WEAVE 3;

SQQ 1-2 {Open Rev} Fwd L start LF trn,-, sd R, bk L to BJO fc RLOD;
SQQ {Open Fin} Bk R start LF trn,-, sd L cont LF trn, fwd R in BJO DW;

SQQ 3-4 {3-Step} Fwd L blend to CP,-, fwd R heel lead, fwd L; {Nat Weave 3} Fwd R start RF trn,-, sd L with L sd stretch under ¼ RF trn, R sd lead bk R DC prepare to lead W to BJO (W bk L

start RF trn,-, R ft cl to L heel trn, fwd L);

5-8 BK LILT 2,-, FIN WEAVE,-;-,-, FWD,-; RT LUNGE ROLL & SLIP; DBL REV;

- QQQQ 5-6 {**Bk Lilt 2 Fin Weave & Fwd**} Bk L, bk R in BJO with slight liltting action, with R sd stretch bk L in CBMP, bk R start LF trn passing thru CP; with L sd stretch sd & fwd L prepare to step outside ptr trn ¼ btwn 5 & 6 body trns less, L sd stretch fwd R in CBMP outside ptr DW (W fwd R in BJO, fwd L start LF trn thru CP; sd R 1/8 trn btwn 5 & 6, R sd stretch bk L 1/8 trn btwn 6 & 7 body trns less), fwd L trn body RF,-;
- SQQ 7-8 {**Rt Lunge Roll & Slip**} Flex L knee move sd & slightly fwd onto R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make body trn RF,-, bk L cont RF body trn, slip bk R under body with LF body trn to fc DC; {**Dbl Rev**} Fwd L start LF trn,-, sd & fwd R arnd W spin on R & draw L to R,- (W bk R start LF trn,-, cl L to R for heel trn/ sd & slgt bk R cont LF trn, XLIF of R end CP);

REPEAT A

PART B

1-4 OPEN REV; REV TWIRL TRANS TO SKATERS; DIAMOND TRN;;

- SQQ 1-2 {**Open Rev**} Fwd L start LF trn,-, sd R, bk L to BJO fc RLOD;
SQQ {**Rev Twirl Trans to Skaters**} Bk R start LF trn,-, sd L cont LF trn raise lead hnds to start rev twirl, fwd R in skaters DW (W fwd L start LF trn,-, sd & bk R start LF twirl under lead hnds/ cl L cont twirl, fwd R end in skaters same ft work);
- SQQ 3-4 {**Diamond Trn**} Fwd L trn LF,-, sd R, bk L in skaters DC; bk R trn LF,-, sd L, fwd R in skaters fc DRC;

5-8 CONT DIAMOND TRN CHECKING;; OPEN WHALETAIL;;

- SQQ 5-6 {**Cont Diamond Trn Checking**} Fwd L trn LF,-, sd R, bk L in skaters DRW; bk R trn LF,-, sd L, fwd R checking DW;
- QQQQ 7-8 {**Whaletail**} Same ft work XLIB of R body starts to trn RF, small step sd R complete ¼ RF body trn, fwd L with L shoulder lead, XRIB of L; sd L start LF body trn, cl R complete ¼ LF body trn, XLIB of R start RF body trn, sd R complete ¼ RF body trn;

9-12 LADY ROLL SD BY SD; FRONT VINE 4; CONTINUOUS CROSS CHECKS IN 7;;

- SQQ 9-10 {**Lady Roll Out Sd by Sd**} Rk 3 sd L start the lady's roll across,-, recov R, sd L fcng wall in LOP (W sd & fwd L start LF roll,-, sd R cont roll, sd L to LOP); {**Front Vine 4**} XRIF of L, sd L, XRIB of L, sd L;
- QQQQ 11-12 {**Cont Cross Checks in 7**} Sending the leg in front of body XRIF of L causing a stretch in L sd of body, recov L, sd R, sending the leg in front of the body XLIF of R causing a stretch in R sd of body; recov R, sd L, XRIF of body,-;

13-16 & FRONT LIMP UNWIND FC WALL; SD BY SD HOVER; MAN ROLL ACROSS; LADY RUN 4 TO SHADOW;

- &S- 13-14 **{& Front Limp Unwind}** On the & ct sd L with a lilt/ XRIF of L
 SQQ like a front limp and solo unwind LF to end LOP fc wall; **{Sd by Sd Hover}** Fwd L,-, sd R with rising action, recov L trn slgtly twd LOD;
- QQQQ 15-16 **{Man Roll Across}** Preparing to chg sds fwd R, fwd L start LF
 QQQQ trn, sd R cont LF trn, sd L end in OP fc wall W on W's L sd (W chk thru on the R, recov L, rk sd R, recov L to OP); **{Lady Run 4 to Shadow}** Chk thru on R, recov L, rk sd R, recov L keeping R sd bk to allow W to run up beside you in skaters pos (W run fwd 4 R, L, R, L to end skaters DW);

PART C**1-4 3 STEP KICKS & VINE 2;; 3 STEP KICKS & VINE 2;;**

- S-S- 1-2 **{3 Step Kicks & Vine 2}** Both fwd R, kick L across R, fwd L,
 S-QQ kick R across L; fwd R, kick L across R, vine twd COH sd L, XRIB of L;
- S-S- 3-4 **{3 Step Kicks & Vine 2}** Both fwd L, kick R across L, fwd R,
 S-QQ kick L across R; fwd L, kick R across L, vine twd wall sd R, XLIB of R;

5-8 MONKEY WALK 4;; 2 SHADOW RIGHT TURNS;;

- SS 5-6 **{Monkey Walk 4}** In skaters pos both bring R ft fwd with small
 SS circle action twd wall & step sd & fwd with M's R ft XIF of W's L leg,-, both bring L ft fwd with small circle action twd COH & step sd & fwd with W's L ft XIF of M's R leg,-; bring R ft fwd with small circle action twd wall & step sd & fwd with M's R ft XIF of W's L leg,-, both bring L ft fwd with small circle action twd COH & step sd & fwd with W's L ft XIF of M's R leg,-;
- SQQ 7-8 **{2 Shadow Rt Trns}** Strong fwd R start RF trn,-, sd L M stronger
 SQQ step to stay to L sd of W, bk R fc RLOD; bk L cont LF trn,-, sd R smaller step than W to keep W on R sd, fwd L DC;

9-12 FEATHER TRANS (LADY IN 4); REV WAVE CHECK & WEAVE;;

- SQQ 9-10 **{Feath Trans}** Fwd R,-, fwd L, fwd R to BJO DC (W fwd R, fwd
 (W QQQQ) L trn LF, sd & bk R, bk L to BJO); **{Rev Wave 3}** Fwd L start LF
 SQQ body trn,-, sd R fc DRC, bk L (W bk R start LF trn,-, cl L to R heel trn, fwd R in CP);
- SQQ 11-12 **{Chk & Weave}** Slip R foot bk under body with slgt contra
 QQQQ check action,-, fwd L start LF trn, sd R 1/8 of a LF trn with R sd lead; bk L in CBMP cont LF trn 1/8, bk R to momentary CP cont LF trn, sd & fwd L with L sd stretch trn ¼ LF body trns less, fwd R in CBMP DW;

13-16 HOVER TELEMAR; OPEN NATURAL; BK SHIMMY WALKS; IMPETUS TO SEMI;

SQQ	13-14	{Hover Telemark} Fwd L,-, diag sd & fwd R rising with body
SQQ		trn 1/8 RF, fwd L to SCP DW; {Open Nat} Start RF upper body
		trn fwd R,-, sd L across LOD, cont RF upper body trn to lead ptr
		to step outside bk R BJO fc RLOD (W fwd L,-, fwd R, fwd L);
QQQQ	15-16	{Bk Shimmy Walks} In BJO fc ing RLOD bring lead hnds down
SQQ		to waist level do 4 contra bk walks bk L with R sd bk, bk R with
		L sd bk, bk L with R sd bk, bk R with L sd bk the join lead arms
		will feel like they are swinging with the contra body walks but
		don't move past hips (W fwd R with L sd fwd bring head in to
		look at M L, fwd L with R sd fwd, fwd R with L sd fwd, fwd L R
		sd fwd); {Imp to Semi} Start RF trn bk L,-, cl R to L heel trn,
		fwd L to SCP DC (W begin to cl head fwd R in BJO,-, sd L arnd
		the M brush R to lead arms up to SCP, step fwd R in SCP);

INTERLUDE**1-2 FEATHER; DBL REV;**

SQQ	1-2	{Feath} Fwd R,-, fwd L, fwd R to BJO DC (W fwd L start LF
SS		trn,-, sd & bk R, bk L); {Dbl Rev} Fwd L start LF trn,-, sd & fwd
(W SQ&Q)		R arnd W spin on R & draw L to R,- (W bk R start LF trn,-, cl L
		to R for heel trn/ sd & slgt bk R cont LF trn, XLIF of R end CP);

B MOD**REPEAT MEAS 1-15 OF PART B****16 FRONT VINE 4;**

QQQQ	16	{Front Vine 4} XRIF of L, sd L, XRIB of L, sd L;
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ENDING**1-4 (SWITCHING GRAPE VINE) LADY ACROSS; FRONT VINE 4; MAN ACROSS; FRONT VINE 4;**

QQQQ	1-2	{Switching Grape Vine Lady Across} Chk thru on R, recov L,
QQQQ		rk sd R, recov L (W preparing to chg sds fwd R, fwd L start LF
		trn, sd R cont LF trn, sd L end in LOP fc wall W on M's L sd);
		{Front Vine 4} XRIF of L, sd L, XRIB of L, sd L;
QQQQ	3-4	{Man Roll Across} Preparing to chg sds fwd R, fwd L start LF
QQQQ		trn, sd R cont LF trn, sd L end in OP fc wall W on W's L sd (W
		chk thru on the R, recov L, rk sd R, recov L to OP); {Front Vine
		4} XRIF of L, sd L, XRIB of L, sd L;
5-6		<u>CONTINUOUS CROSS CHECKS WITH LUNGE & ARMS;:</u>
QQQQ	5-6	{Cont Cross Chks Lunge & Arm} In OP sending the leg in front
QQS		of body XRIF of L causing a stretch in L sd of body, recov L, sd
		R, sending the leg in front of the body XLIF of R causing a
		stretch in R sd of body; recov R, sd L bring free arms IF of body,
		lunge thru like a chair with bk poise swing L arm CW down out
		& up (W swing the R arm CW down out & up);-