

LEARNIN' THE BLUES

Released June 2009

CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3
(506) 455-6538, e-mail: bmross@nbnnet.nb.ca

CD: Capital Records, CD Title "The Capital Years" Track 15 "Learnin' The Blues" by Frank Sinatra or downloaded from internet sites such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:01

RHYTHM: Foxtrot RAL PHASE VI

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-A-B C-BRIDGE-B-C-ENDING

MEAS:

INTRODUCTION

1-4 OP-FCG WALL WAIT 2 MEAS;; TOGETHER TOUCH BFLY; ROLL 3 TO SCP:

- 1-2 Wait in OP-FCG WALL w/ trail ft free;
- 3 {**Together Touch BFLY**} Tog R, -, tch L to BFLY WALL, -;
- 4 {**Roll 3 to SCP**} Fwd L LOD trn LF (W RF), -, bk & sd R cont trn, fwd L to SCP LOD;

5-8 RIPPLE CHASSE; NATURAL TWIST TURN;; RISING LOCK:

- 5 {**Ripple Chasse**} SCP LOD Thru R in CBMP, -, sd & slightly fwd L w/ slight L sd stretch/cont L sd stretch into a R sway as you cl R looking to R holding sway, sd & fwd L loosing sway blending to SCP LOD (W thru L in CBMP, -, sd & slightly fwd R w/ slight R sd stretch/cont R sd stretch into a L sway as you cl L looking to L holding sway, sd & fwd R loosing sway blending to SCP);
- 6-7 {**Natural Twist Turn**} SCP DLW Fwd R trn RF no sway, -, sd & bk L w/ L sd stretch to CP RLOD, XRib no wgt (W fwd L, -, fwd R between M's ft, fwd L in CBMP arnd M); Unwind RF w/ wgt on both feet no sway, -, cont unwind & allow feet to uncross chg wgt to R w/ L sd stretch, bk L to CP DRW (W fwd R arnd M, -, swvl sharply RF & cl L, fwd R to CP);
- 8 {**Rising Lock**} CP DRW Bk R stg LF trn, -, cont trn sd & fwd L, XRib bdy comp trn to CP DLC (W fwd L stg LF trn, -, cont trn sd & bk R, cont trn XLif);

PART A

1-6 DOUBLE REVERSE; CHECKED REVERSE SLIP; CONT HOVER CROSS ~ TURN LEFT & TWISTY VINE 4;;;:

- 1 {**Double Reverse**} CP DLC Fwd L stg to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees to CP LOD (W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif to fc DRC); [the second time this figure starts in BJO LOD]
- 2 {**Checked Reverse Slip**} CP LOD Fwd L no sway, -, fwd R on toe trn LF ck fwd motion w/ R sd stretch, trn RF rec bk L cont trn to CP DLW (W bk R, -, cl L rise to toes trn LF ck bk motion, trn RF slp R fwd to CP cont RF trn);
- 3-6 {**Continuous Hover Cross**} CP DLW Fwd R stg RF trn, -, cont trn sd L w/ L sd stretch, cont trn sd R to fc DLC (W bk L stg RF trn, -, R closes to L heel trn w/ R sd stretch, cont trn sd L to CP); Cont trn w/ R sd stretch fwd L on toe to SCAR DLW, cl R to CP cont R sd stretch, bk L in BJO cont R sd stretch, bk R to CP no sway (W bk R to SCAR, sd L to CP, fwd R to BJO, fwd L to CP); Sd & fwd L w/ L sd ld & L sd stretch, fwd R on toe to BJO DLC (W sd & bk R, bk L to BJO), {**Turn Left & Twisty Vine 4**} BJO DLC fwd L trn LF (W bk R trn LF), -, Sd R, XLib to BJO, sd R, XLif to SCAR LOD (W sd L, XRif, sd L, XRib);

7-9 FEATHER FINISH; TELESPIN TO BJO;;

- 7 {**Feather Finish**} SCAR LOD Bk R trn LF, -, sd & fwd L, fwd R outsd W XRif at thighs to contra BJO DLC (W fwd L trn LF, -, sd & bk R, bk L XLib at thighs);
- 8-9 {**Telespin to BJO**} CP DLC Fwd L trn LF w/ R sd stretch, -, fwd & sd R cont trn, sd & bk L w/ partial wgt keep L sd twd W to SCP LOD (W bk R trn LF, -, bring L to R stg heel trn & gradually chg wgt to L cont trn, fwd R cont trn); Spin LF no sway taking full wgt to L/cont spin, sd R cont trn, sd & fwd L to BJO DLW, - (W keep R sd in twd M fwd L/fwd R, cont trn toe spin & cl L to CP, sd & bk R to BJO, -);

PART A (cont.)**10-12 NATURAL WEAVE;; HOVER TO SCP:**

- 10-11 {**Natural Weave**} BJO DLW Fwd R stg trn RF, -, sd L w/ L sd stretch, w/ R sd ld bk R to DLC (W bk L stg to trn R, -, cl R to L heel trn w/ R sd stretch, w/ L sd ld fwd L); Bk L in CBMP to BJO DRW, bk R to CP stg trn LF, sd & fwd L w/ L sd stretch, fwd R in CBMP to BJO DLW (W fwd R in CBMP outsd M, fwd L to CP stg trn LF, sd & bk R w/ R sd stretch, bk L in CBMP);
- 12 {**Hover**} BJO DLW Fwd L, -, fwd & sd R rise to ball of ft, rec L to tight SCP DLC (W bk R, -, bk & sd L trn to SCP & rise to ball of ft, rec R);

13-16 QUICK OPEN REVERSE; REVERSE CORTE; BACK WHISK; FEATHER:

- 13 {**Quick Open Reverse**} SCP DLC Fwd R, -, fwd L stg to trn LF/trn LF sd & bk R, w/ R sd stretch bk L to BJO RLOD (W fwd L stg trn LF, -, cont trn sd & bk R to CP/cont trn sd & fwd L, w/ L sd stretch fwd R to BJO);
- 14 {**Reverse Corte**} BJO RLOD Bk R trn LF no sway, -, cont trn on R w/ L sd stretch, cont trn tch L to R to BJO DLW (W fwd L, -, fwd R trn LF, cl L);
- 15 {**Back Whisk**} BJI DLW Bk L, -, bk & sd R, XLib to SCP LOD (W fwd R, -, fwd & sd L, XRib to SCP);
- 16 {**Feather**} SCP LOD Fwd R, -, fwd L, fwd R in contra BJO LOD (W thru L trn LF twd M, -, sd & bk R to contra BJO, bk L);

PART B**1-5 REVERSE WAVE;; SPIN & DOUBLE TWIST FC DLW;;**

- 1-2 {**Reverse Wave**} BJO LOD Fwd L trn LF, -, sd R cont trn, bk L to fc DRC (W bk R trn LF, -, cl L to R heel trn, fwd R); Bk R, -, bk L, bk R curving LF to CP RLOD (W fwd L, -, fwd R, fwd L curving to fc LOD); [the second time the reverse wave starts in CP DLC]
- 3-5 {**Spin & Double Twist fc DLW**} CP RLOD Bk L pvt RF w/ L sd stretch, -, fwd R heel to ball cont trn w/ L sd stretch, sd L to DLW (W fwd R between M's feet pvt RF, -, bk L trn RF, cl R to fc DLC); XRib with partial wgt/unwind RF change wgt to R, unwind cont RF trn, cont trn sd L to CP DRW (W fwd L/fwd R arnd M, fwd L trn RF, fwd R between M's feet), -; XRib with partial wgt/unwind RF change wgt to R, unwind cont RF trn, cont trn rise & stp sd & bk L to CP DLW (W fwd L/fwd R arnd M, fwd L trn RF, fwd R between M's feet), -;

6-8 HINGE; BACK HOVER TELEMAR; 1/2 NATURAL;

- 6 {**Hinge**} CP DLW Bk R stg to trn LF, -, sd & slightly fwd L to fc DLC stg L sd stretch cont L sd stretch swvl 1/8 LF ld W to XLib keep L sd twd W, relax L knee & veer R knee to sway R to look at W (W Fwd L stg to trn LF, -, sd R to fc DRW stg R sd stretch cont R sd stretch swvl LF, XLib keep L sd twd M relax L knee [head to L w/ shldr almost parallel to M] w/ no wgt on R);
- 7 {**Back Hover Telemark**} Stg RF upper bdy ld W to rec, -, sd & fwd R cont trn rise slightly [hvr], sd & fwd L sm stp on toes to SCP LOD (W stg RF upper bdy trn rec fwd R between M's ft trn RF, -, sd & fwd L cont trn rise slightly [hvr], sd & fwd R on toes to SCP);
- 8 {**1/2 Natural**} SCP DLW Stg RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, bk R to CP RLOD (W fwd L in SCP, -, fwd R to CP, fwd L);

PART C**1-4 RUNNING SPIN; BACK BACK LOCK BACK; OUTSIDE SPIN; RIGHT TURNING LOCK;**

- 1 {**Running Spin**} CP RLOD BK L pvt 1/2 RF, -, fwd R w/ L sd stretch cont trn/sd L, bk R w/ R sd stretch to BJO RLOD (W fwd R pvt 1/2 RF, -, bk L cont trn/sd R, fwd L to BJO);
- 2 {**Back Back Lock Back**} BJO RLOD Bk L, -, bk R/lk Lif (W lk Rib), bk R;
- 3 {**Outside Spin**} BJO RLOD In CBMP prepare to ld W outsd ptr stg bdy trn to R toe in w/ R sd ld bk L sm stp trn 3/8 RF trn, -, fwd R in CBMP heel to toe cont RF trn, cont RF trn sd & bk L to CP RLOD (W stg bdy trn to R w/ L sd ld stay well into M's R arm fwd R in CBMP outsd M heel toe, -, cl L on toe 5/8 RF trn between 1 & 2, cont RF trn fwd R between M's ft);
- 4 {**Right Turning Lock to SCP**} CP RLOD Bk R w/ R shldr ld stg RF trn/lk Lif, cont trn sd & fwd R between W feet to LOD, sd & fwd L to SCP DLC (W fwd L w/ L shldr ld stg RF trn/lk Rib, cont trn fwd & sd L, fwd R), -;

PART C (cont.)**5-8 PROMENADE WEAVE;; THREE STEP; DOUBLE NATURAL;**

- 5-6 {**Promenade Weave**} SCP DLC Fwd R, -, fwd L trn LF to CP, sd & slightly bk R to CBMP DLC (W fwd L, -, trn LF sd & slightly bk R to CP, cont trn on R until fc LOD then fwd L DLC); Bk L DLC still in CBMP, bk R trn bdy LF & trn W to CP, sd & slightly fwd L, fwd R to BJO DLW (W fwd R to CBMP, fwd L DLC trn LF to CP, sd & slightly bk R, bk L to BJO);
- 7 {**Three Step**} BJO DLW Fwd L heel ld, -, fwd R heel ld, fwd L on toes to CP DLW (W bk R, -, bk L, bk R);
- 8 {**Double Natural**} CP DLW Fwd R trn bdy to R, -, fwd & sd L cont RF trn on L w/ spinning action, tch R to L to BJO DLC (W bk L trn bdy to R, -, cl R to L for heel trn cont RF trn on ball of R, sd & fwd L arnd M/fwd R outsd M to BJO);

9-12 CLOSED WING; DOUBLE TELEMAR;; CURVED FEATHER;

- 9 {**Closed Wing**} BJO DLC Fwd R, -, draw L to R w/ LF upper bdy trn, tch L to SCAR DLC (W bk L, -, sd R acrs M, fwd L);
- 10-11 {**Double Telemark**} SCAR DLC Fwd L trn bdy LF no sway, -, sd R cont trn w/ R sd stretch, sd & fwd L to SCP LOD (W bk R stg LF bdy trn, -, bk L to R for heel trn & chg wgt to L, strong stp fwd R to SCP); fwd R with heel ld stg LF trn/fwd L cont trn no sway, sd & fwd R w/ R sd stretch, cont trn sd & fwd L to SCP DLW (W fwd L trn LF to CP/bk R stg LF trn, bk L to R for toe spin & chg wgt to L, fwd R to SCP);
- 12 {**Curved Feather**} SCP DLW Fwd R in CBMP stg RF trn, -, w/ L sd stretch cont RF trn sd & fwd L, cont upper bdy RF trn w/ L sd stretch fwd R outsd W to BJO DRW (W fwd L stg LF trn, -, w/ R sd stretch sd & bk R cont trn, bk L in BJO);

13-16 OUTSIDE SWIVEL & LILT PIVOT; BACK CHASSE TO BJO; LINK TO PROMENADE; CHAIR & SLIP;

- 13 {**Outside Swivel**} BJO DRW Bk L, XRif no wgt (W fwd R, swvl RF on ball of R to end in SCP), {**Lilt Pivot**} SCP DRW fwd R w/ liltng action bdy trn LF PU W, -/fwd L lowering & pvt LF to CP WALL (W fwd L w/ liltng action bdy trn LF to CP, -/bk R lowering & pvt LF);
- 14 {**Back Chasse to BJO**} CP WALL Bk R trn LF (W fwd L trn LF), -, sd L/cl R, sd L to BJO DLW;
- 15 {**Link to Promenade**} BJO DLW Fwd R, -, tch L to R, fwd L to SCP LOD (W bk L trn RF, -, tch R to L, fwd R to SCP);
- 16 {**Chair & Slip**} SCP LOD Lun thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn to CP DLC (W lun thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP);

BRIDGE**1-2 REVERSE FALLAWAY SLIP; CHANGE OF DIRECTION;**

- 1 {**Reverse Fallaway Slip**} CP DLC Fwd L stg trn LF, sd & bk R, L bk in CBMP to SCP DRW, trn LF bk R COH & pvt to CP DLW (W bk R trn bdy LF, bk L, bk R in CBMP stg LF trn, fwd L cont LF trn to fc RLOD); [Option: the timing SQ&Q or SQQ& may be used]
- 2 {**Change of Direction**} CP DLW Fwd L, -, fwd R w/ R shldr ld & trn LF, draw L to R & brush to CP DLC (W bk L, -, bk R w/ L shldr ld & trn LF, draw R to L & brush);

ENDING**1-2 REVERSE PIVOT 2; THROWAWAY OVERSWAY;**

- 1 {**Reverse Pivot 2**} CP DLC Fwd L pvt LF on ball of L to fc RLOD, -, bk R cont pvt to fc WALL, - (W bk R pvt LF on ball of R to fc LOD, -, fwd L cont pvt to fc COH, -);
- 2 {**Throwaway Oversway**} CP WALL sd & fwd L relax L knee & allow R to pt sd & bk while keeping R sd in twd W & looking at her w/ L sd stretch (W sd & fwd R trn LF while relaxing R knee & sliding L bk undr bdy past R to pt bk looking well to L & keeping L sd in twd M), -, -, -;

AA BCI BC

WAIT
TOGETHER TOUCH BFLY
RIPPLE CHASSE
END DRW

WAIT
ROLL 3 TO SCP
NATURAL TWIST TURN
RISING LOCK

A DOUBLE REVERSE
CONTINUOUS HOVER CROSS

FEATHER FINISH
.....

QUICK OPEN REVERSE
BACK WHISK

CHECKED REVERSE SLIP

<TURN LEFT & TWISTY VINE 4
TELESPIN TO BJO
.....
NATURAL WEAVE
HOVER TO SCP
REVERSE CORTE
FEATHER

B REVERSE WAVE
SPIN & DOUBLE TWIST
END DLW
BACK HOVER TELEMAR

HINGE
1/2 NATURAL

C RUNNING SPIN
OUTSIDE SPIN
PROMENADE WEAVE
THREE STEP
.....
CLOSED WING

OUTSIDE SWIVEL LILT PIVOT
LINK TO PROMENADE

BACK BACK LOCK BACK
RIGHT TURNING LOCK

DOUBLE NATURAL
.....
DOUBLE TELEMAR
CURVED FEATHER
BACK CHASSE BJO
CHAIR & SLIP

I REVERSE FALLAWAY SLIP
END REVERSE PIVOT 2

CHANGE OF DIRECTION
THROWAWAY OVERSWAY