

# 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 Telemar**} 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 WEAWE;; 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