

MICHELLE

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MUSIC: Michelle, *20 Jahre Karl Schmidt Big Band*, Karl Schmidt Big Band, time 3:07
 available as download from Amazon, etc.

RHYTHM: Foxtrot, Ph V+1+1 (ronde & slip & interrupted continuous hov cross) average difficulty

FOOTWORK: Opposite, directions for man (W in parentheses) Slow 6-7%, or as desired for comfort

SEQUENCE: INTRO A B A (7-12) INTER C INTER A B A (7-12) INTER ENDING

INTRODUCTION

1-4 CP DLC WAIT;; TELEMARK SCP; CHASSE SCP; FEATHER DLW;
 1 {wait} CP DLC Wait sync pickup notes and one meas,;
 2 {tele SCP} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm LF trn, -, cl L to R for heel trn, sd & fwd R);
 3 {chasse SCP} Thru R, -, sd L/cl/R, fwd L to SCP;
 4 {feath} Thru R, -, fwd L, fwd R to BJO DLW (W thru L starting LF trn, -, cont trng sd & bk R, bk L);

PART A

1-4 3 STEP; NATURAL HOVER CROSS OVERTURNED TO;; TOP SPIN;
 1 {3 stp} Fwd L blending to CP, -, fwd R, fwd L;
 2 {start nat hov x} Fwd R DLW starting RF trn, -, trng RF sd L, cont RF trn sd R to SCAR (W bk L comm RF trn, -, fwd R cont trn, bk L);
 QQQQ 3 {fin nat hov x overtrnd} Ck fwd L in SCAR w/ R sd stretch, rec bk on R w/ slight LF trn, cont LF trn sd & fwd L, cont LF trn fwd R on toe to BJO DRC checking & spinning 1/8 LF (W bk R, rec L comm slight LF trn, cont LF trn sd & bk R, bk L on toe checking & spinning LF);
 QQQQ 4 {top spin} Bk L, bk R trng 1/8 LF, sd & fwd L, fwd R to BJO DLW;
5-8 HOVER SCP; FEATH; TELEMARK SCP; CURVED FEATH CHECKING;
 5 {hov SCP} Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
 6 {feath} Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L, -, sd R trng LF, bk L to BJO);
 7 {tele SCP} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R);
 8 {curv feath ckg} Fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn ckg fwd R in BJO (W fwd L, -, sd & bk R, bk L);

9-12 OUTSIDE CHANGE BJO; 1/2 NATURAL; CLOSED IMPETUS; FEATHER FINISH;
 9 {outside chg bjo} Bk L, -, bk R trg LF to CP, cont LF sd & fwd L to BJO (W fwd R, -, fwd L trng LF, sd & bk R to BJO);
 10 {1/2 Nat} Fwd R comm RF turn, -,sd & bk L cont turn, bk R to CP RLOD (W bk L trng RF, -, cont trng RF on L heel cl R, fwd L);
 11 {cl imp} Bk L trng RF, -, cont trn cl R, bk and sd L to CP DLW (W fwd R trng RF, -, cont trng RF sd & fwd L around M, fwd R);
 12 {feath fin} Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R to BJO DLC (W fwd L comm LF trn, -, sd & bk R, bk L);

PART B

1-4 REVERSE TURN;; HOVER TELEMARK; START INTERRUPTED CONTINUOUS HOVER CROSS;
 1 {rev trn} Fwd L to CP comm LF trn, -, sd R cont trn, bk L (W bk R comm Lf trn, -, cl L to R for heel trn, fwd R CP);
 2 {fin rev turn} Bk R trng LF, -, sd & fwd L, fwd R to BJO DLW (W fwd L trng LF, -, sd & bk R, bk L);
 3 {hov tele} Fwd L to CP, -, sd & fwd R trng RF leading W to trn RF, fwd L to SCP (W bk R, -, sd & bk L trng RF, sd & fwd R to SCP);
 4 {start int contin hov x} Thru R trng RF, - sd & fwd L around W cont trng RF, cont trng RF sd R to SCAR DLC (W Thru L, -, fwd R btwn M's ft trng RF, cont trng R sd & bk L);

5-6 FINISH INTERRUPTED CONTINUOUS HOVER CROSS;;
 QQQQ 5-6 {finish int cont hov x} XLIF ckg outside ptr, rec R, XLIF, trn RF to fc LOD cl R (W XRIB ckg, rec L, XRIB, trng RF sd L); Bk L w/ R sh leading ptr outside, bk R trng LF, cont trng LF sd & fwd L w/ L sh lead, fwd R BJO DLC (W fwd R outside ptr, fwd L trng LF, cont trng LF sd & bk R, Bk L);

7-10 REVERSE TURN 1/2; CHECK AND WEAWE;; CHANGE OF DIRECTION;
 7 {rev trn 1/2} Fwd L to CP comm LF trn, -, sd R cont trn, sd & bk L (W bk R comm LF trn, -, cl L to R for heel trn, fwd R CP);
 8 {ck & weave} Ck bk R w/ slight contra ck action, -, rec fwd L comm LF trn, cont trng sd & bk R to BJO;
 QQQQ 9 Bk L in BJO, bk R twd DLC trng LF, cont trn sd & fwd L, fwd R to BJO DLW;
 10 {chg of dir} Fwd L, -, fwd R trng LF, draw L to R CP DLC;

REPEAT A (7-12)**INTERLUDE****1-4 OPEN REVERSE TURN; OUTSIDE CHECK; BACK FEATHER; FEATHER FINISH;**

- 1 {Op rev} Fwd L trn LF ¼, -, cont trn sd R, bk L in BJO;
- 2 {Outside Ck} Bk R trng slightly LF, -, cont trn sd & fwd L, fwd R to BJO DRW;
- 3 {Bk feath Bk L, -, bk R to BJO w/ R sh lead, bk L};
- 4 {Feath Fin} Bk R trn ¼ LF to WALL, -, sd & fwd L LOD, fwd R to BJO DLW;

PART C**1-4 3 STEP; RIGHT LUNGE RECOVER SLIP; REVERSE TURN ½; BACK CHASSE SCP;**

- 1 {3 stp} Fwd L blend to CP, -, fwd R, fwd L;
- 2 {R lunge rec slip} Sd & fwd R on soft knee look R, -, rec L, slip bk R to DLC (W sd & bk L looking L, -, rec R, sm fwd L to CP);
- 3 {rev trn 1/2} Fwd L to CP comm LF trn, -, sd R cont trn, sd & bk L (W bk R comm Lf trn, -, cl L to R for heel trn, fwd R CP);

SQ&Q 4 {bk chasse SCP} Bk R trng LF, -, cont trng sd R/cl L, cont trng thru R to SCP;**5-8 THRU TO OVERSWAY; FALLAWAY RONDE SLIP; TURN LEFT CHASSE BJO; BK TIPPLE CHASSE SCAR;**

- SS 5 {thru to oversway} Thru R, -, sd L lowering and stretching L sd, -;
- 6 {fallaway ronde slip} Rec R trng upper body RF to trn W to SCP as L ft rondes, -, bk L in SCP, bk R slipping W to CP DLC;

SQ&Q 7 {trn L chasse BJO} Fwd L trng LF, -, bk & sd R/L, R cont trng to BJO feg DRC;**SQ&Q 8 {bk tipple chasse SCAR} Comm upper body trn to R Bk L trng R, -, sd & R/cl L. sd & slightly fwd R to SCAR DLW (W Fwd R trng RF, -, cont trng sm sd L/cl R, sd & slightly bk L);****9-14 HOVER CROSS ENDING; CLOSED TELEMAR; NATURAL WEAVE;; HOVER; FEATHER;**

- QQQQ 9 {hov cross ending} Fwd L w/ R sd stetch, rec bk on R, trng 1/8 LF sd L, fwd R to BJO DLC (W bk R, rec L, trng 1/8 RF sd R, bk L);
- 10 {cl tele} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to BJO DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & BK R);
- SQQ 11-12 {nat weave} Fwd R comm RF trn, -, sd L w/L sd stretch, bk R w/ R sh lead to BJO: Bk L, bk R comm LF trn, sd & fwd L DLW, fwd R to BJO DLW;
- QQQQ 13 {hov SCP} Fwd L, -, sd & fwd R rising, rec L to SCP DLC;
- 14 {feath} Fwd R DLC, -, fwd L, fwd R to BJO (W fwd L, -, sd R trng LF, bk);

REPEAT INTERLUDE**REPEAT A****REPEAT B****REPEAT A (7-12)****REPEAT INTERLUDE****ENDING****1-5 3 STEP; RIGHT LUNGE RECOVER SLIP; TELEMAR SCP; CHASSE SCP; THRU TO HINGE;**

- 1 {3 stp} Fwd L blend to CP, -, fwd R, fwd L;
- 2 {R lunge rec slip} Sd & fwd R on soft knee look R, -, rec L, slip bk R to DLC (W sd & bk L looking L, -, rec R, sm fwd L to CP);
- 3 {tele SCP} Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L to SCP DLW (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R);
- SQ&Q 4 {chasse SCP} Thru R, -, sd L/cl/R, fwd L to SCP;
- 5 {thru to hinge} Thru R, -, sd L lowering R ft extended RLOD, lead W to take extra stp (W thru L, -, sd R to CP, bk L to hinge line looking RLOD);