

MY FOOLISH HEART SPINS AND TURNS

This is dedicated to all those who "endured" our Spins and Turns clinic. We would also like to thank Milo Molitoris and Mary Ann Callahan for letting us use their pressing of "My Foolish Heart".

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RECORD: STAR 132 RHYTHM: Waltz PHASE: VI SPEED: slow for comfort
MUSIC: CD nr. DLD 1004, track 9 "Rainbow Collection", Ross Mitchell
FOOTWORK: Opposite unless indicated [when W's footwork is given, it is in brackets]
SEQUENCE: INTRO, A,B, A,C,

INTRODUCTION

- 1-4 FCG LOD no hnds jnd-wait;; (SIDE) LUNGE APART; M REC, TCH / W SPIN TO PU;**
1-2 Fcg LOD ld ft free no hnds jnd - wait;; sd lunge on L, , ; rec R trng LF to fc DLC, , [W - rec L start LF spin, cont spin R, L for a total of 1 1/2 trns to PU position] end CP/DLC;

PART A

- 1-4 2 LEFT TURNS;; HOVER; MANUV;**
1-2 fwd L, trng LF sd R, cont trn to fc RLOD cl L; bk R, trng LF sd L to fc wall, cl R;
3-4 fwd L, fwd & sd R rising, rec fwd L to SCP; thru R, trng RF sd L, cont trn to fc RLOD cl R;
- 5-8 OPEN IMPETUS; QUICK OPEN REV; BK, CHASSE BJO; MANUV;**
5-6 bk L, trng RF cl R for heel trn cont RF trn [W sd L arnd M], sd & fwd L in SCP/DLC; thru R, fwd L trng LF [W - trng LF bk R]/sd & bk R, bk L to end BJO/RLOD (timing may also be 1, 2, 3/&);
7-8 bk R, sd L trng LF/cl R, sd L to BJO/DLW; thru R, trng RF sd L, cont trn to fc RLOD cl R;
- 9-12 SPIN & DOUBLE TWIST;;; BOX FINISH;**
9-11 bk L pivot RF, fwd R trn, sd L CP/WALL; XRIB, unwind RF, sd & bk L CP/DLW; XRIB, unwind RF, sd & bk L [W - fwd R pivot RF, bk L trn, cl R; fwd L/R arnd man, fwd L trn, cl R; fwd L/R arnd man, fwd L trn, fwd R;] end CP/DLW;
12 bk R, trng LF to fc DLC sd L, cl R;
- 13-16 DOUBLE OPEN TELEMARK;; MANUV; HESITATION CHANGE**
13-14 fwd L, trng LF sd R [W - heel trn], sd & fwd L to SCP/LOD; fwd R/fwd L, trng LF sd & fwd R, sd & fwd L [W - fwd L trn/sd R trn, cl L, sd & fwd R;] end SCP/DLW;
15-16 thru R, trng RF sd L, cont trn to fc RLOD cl R; bk L, trng RF sd R, draw L to R (no weight) end CP/DLC;

PART B

- 1-4 CLOSED TELEMARK; NATURAL TELEMARK; HOVER CROSS ENDING; OPEN TELEMARK;**
1-2 fwd L, trng LF sd R [W - heel trn], sd & fwd L end BJO/DLW; fwd R, trng RF sd L [W - heel trn], sd & fwd R end SCAR/LOD;
3-4 fwd L/rec R, trng body slightly LF sm sd & fwd L, fwd R to contra/BJO; fwd L, trng LF sd R [W-heel trn], sd & fwd L to SCP/DLW;
- 5-8 MANUV; OVERSPIN TURN to a; RIGHT TURNING LOCK; RIPPLE CHASSE;**
5-6 thru R, trng RF sd L, cont trn to fc RLOD cl R; bk L pivot 1/2 RF, fwd R cont trn, sd & bk L to CP/DRW;

7-8 bk R/XLIF, trng RF sd & fwd R, fwd L to SCP/DLW; thru R, with R sway sd L/cl R, lose sway sd L to SCP/DLW;

9-11 MANUV; SPIN TURN; BOX FINISH;

9-11 thru R, trng RF sd L, cont trn to fc RLOD cl R; bk L pivot 1/2 RF, fwd R cont trn, sd & bk L to CP/DLW; bk R, trng LF to fc DLC sd L, cl R;

12-16 TELESPIN (TELERONDE may be done as an option);; BACK, CHASSE BJO; CLOSED WING; DOUBLE REVERSE SPIN;

12-13 fwd L, trng LF sd R, sd & bk L; spin LF on L/cont spin, sd R, bk L [W - bk R, cl L heel trn, fwd R; fwd L/fwd R, trn cl L, fwd R; (*teleronde option: fwd L, trng LF sd R, sd & bk L; spin LF on L, cont trn sd R, bk L [W - bk R, cl L heel trn, fwd R; fwd L ronde trn, cont trn on L, fwd R] end CP/RLOD;*)

14-16 bk R, sd L trng LF/cl R, sd L to BJO/DLW; fwd R, draw R to L trng body LF, tch L [W - bk L, sd R across M, fwd L to Scar] end SCAR/DLC; fwd L, trng LF sd R arnd W/cont LF trn bring L to R (no weight), cont spin LF on R [W - bk R, cl L heel turn / cont trn LF sd & bk R arnd M, cont trn XLIF;] end CP/DLC;

REPEAT PART "A"

PART C

1-4 1 LEFT TURN; HOVER CORTE; BACK WHISK; THRU, CHASSE BJO;

1-2 fwd L, trng LF sd R, cont trn to fc RLOD cl L; bk R, trng LF sd L, cont trn rec bk R to BJO/LOD;

3-4 bk L, trng RF to fc WALL sd R, XLIB; thru R, sd L/cl R, sd L trng to BJO/DLW;

5-9 DOUBLE NATURAL SPIN; CURVED FEATHER (CHECKING); (BACK) TIPPLE CHASSE; RUMBA CROSS; RUMBA CROSS;

5-6 fwd R, trng RF sd & fwd L arnd W/cont RF trn bring R to L (no weight), cont spin RF on L [W - bk L, cl R heel turn/cont trn RF sd & fwd L arnd M, cont trn step **fwd R**] end BJO/DLW; fwd R, trng RF trn fwd L, cont RF trn prep to step outsd ptr fwd R to BJO/DRW checking motion;

7-9 bk L, trng RF sd R/cl L, sd R to CP/LOD; fwd L/XRIB trng RF, bk L pivot RF, fwd R to CP/LOD; repeat measure 8;

10-12 HOVER TELEMAR; SLOW SIDE LOCK; DOUBLE REVERSE SPIN (DLW);

10-12 fwd L, sd & fwd R trng slightly RF, fwd L to SCP/LOD; thru R, trng LF sd & fwd L [W-sd & bk trng LF to CP], XRIB end CP/DLC; fwd L, trng LF sd R arnd W/cont LF trn bring L to R (no weight), cont spin LF on R [W - bk R, cl L heel turn / cont trn LF sd & bk R arnd M, cont trn XLIF;] end CP/DLW;

13-17 WHISK; WING; OPEN TELEMAR; THRU, PROMENADE SWAY; CHANGE OF SWAY;

13-15 fwd L, sd & fwd R, XLIB; thru R, draw L to R [W-PU], LF body trn to DLC tch L to R [W-fwd L] to SCAR/DLC; fwd L, trng LF sd R [W - heel trn], sd & fwd L to SCP/DLW;

16-17 thru R, sd L lower with L sway (R sd stretch),-; slowly chng sway to R (L sd stretch),-,-;

NOTE: We have only written the footwork of these figures. While the spinning and turning figures start with a straight forward or backward step, there is a body turn that is started with this first step that starts the turning action.

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SEQUENCE: INTRO, A,B, A,C

INTRO: OP/LOD (no hands jnd) - wait;; (side) lunge apt;
M rec, tch - W spin to PU;

PART A: 2 LTs;; hover; manuv; open imp; quick open rev;
bk, chasse BJO; manuv; spin & double twist;;; box finish;
double open telemark;; manuv; hesitation change;

PART B: closed telemark; nat'l telemark; hover X end; open telemark;
manuv; overspin trn; to a RF trn lk; ripple chasse; manuv;
spin trn; box finish; telespin;; bk, chasse BJO;
closed wing; double rev spin (DLC);

PART A: 2 LTs;; hover; manuv; open imp; quick open rev;
bk, chasse BJO; manuv; spin & double twist;;; box finish;
double open telemark;; manuv; hesitation change;

PART C: 1 left turn; hover corte; bk whisk; thru, chasse BJO;
double nat'l spin; curved feather check; back, tipple chasse;
rhumba cross - 2x;; hover telemark; slow side lock;
double rev spin; (DLW) whisk; wing; open telemark;
thru, prom sway; change sway;