



## TIME ALONE FOXTROT

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Record: Roper 290 FOXTROT - PHASE IV + 1 [nat hvr x]  
Sequence: Intro - A - B - A (meas 1-8) - C - A (meas 1 - 8) - B (meas 1 - 7) - End  
SUGG SPEED Meas.

### INTRODUCTION

- 1-4 SHAD POS DLW WITH L FOOT FREE FOR BOTH WAIT 1 MEAS; SD LUNGE; ROLL  
RF TO SHAD FC DRW; X CHECK REC/TRN HOLD (W SLIP) CP/DLC;  
1-2 [shad pos DLW L foot free for both] wait 1 ms; Lunge Sd L, -, - ;  
3-4 Roll RF R, -, L, R to fc shad DRW; XLIF of R, -, rec R trn 1/4 LF [W XLIF of R,  
-, rec R trn 1/2 LF, slip L fwd to CP/DLC], - ;

### PART A

- 1-4 DRAG HESITATION; BK HOVER TELE; PROM WEAWE::  
1-2 [drag hest] CP/DLC Fwd L, -, comm LF trn sd R cont trn, draw L to R end fc  
BJO/DLC; [bk hvr tele] comm RF upper body trn bk L, -, sd & fwd R cont trn with  
slight rise, sd & fwd L to SCP/DLC (W comm RF upper body trn fwd R trn RF, -,  
sd & fwd L cont trn with slight rise cont RF trn, sd & fwd R to SCP/DLC);  
3-4 [prom weave] Fwd R, -, fwd L comm LF trn, sd & bk R fc DRW; bk L, bk R trn  
LFsd & fwd L, fwd R outsd prt DLW;
- 5-8 3 STEP; NAT TRN; OUTSD CHG SCP; CHAIR & SLIP DLC;  
5-6 [3 step] Fwd L, -, fwd R, fwd L to CP/LOD; [nat trn] Comm RF trn fwd R, -, sd L  
(W heel trn), con trn bk L;  
7-8 [outsd chg scp} Bk L, -, bk R turning LF, sd & fwd L (W Fwd R, -, fwd L turning  
LF. fwd R) SCP; [chair & slip CP/DLC] Thru R to chair, -, rec L comm LF trn, slip  
R bk cont LF trn [W Thru L to chair, -, rec R, swivel LF on R & step fwd]CP/DLC;
- 9-12 RT CHASSE; BK & BK/LK BK; OP IMP; CHASSE SCP;  
9-10 [Rt chasse] Fwd L comm LF trn, -, cont turn sd R/cl L, sd & bk R [W bk R comm  
LF turn, -, cont trn sd L/cl R, sd & fwd L] BJO/DCR; [ bk & bk/lk bk] Bk L, -, bk  
R/XLIF of R, bk L [W fwd R, -, fwd L/XRIF of L, fwd L]  
11=12 [op imp] comm RF turn bk L. -, cl R to L (heel turn) cont RF turn, sd & fwd L [ W  
comm RF turn fwd R, -, fwd & sd L cont RF turn around ptr, cont RF turn sd &  
fwd R] SCP LOD; [chasse scp] thru R, -, sd L/cl R, sd L SCP;
- 13-16 IN & OUT RUNS:: NAT TRN; HEEL PULL;  
13-14 [in & out runs] Comm RF turn fwd R, -, sd & bk L, bk R [W Fwd L, -, fwd R,  
fwd L] BJO/RL0D; Bk L turning RF, -, cont RF turn sd & fwd R, fwd  
L [W comm RF turn fwd R, -, fwd & sd L continue turn, fwd R ] to SCP;  
15-16 [nat turn] Comm RF turn fwd R, -, sd L, bk R [W fwd L, -, fwd R, fwd L]  
CP/RL0D; [heel pull] Comm RF turn bk L, -, cont RF turn on L pull R heel twd L  
& chg wgt to R (W comm RF turn fwd R, -, cont RF turn sd L, draw R to L), - ;

### PART B

- 1-4 DIAMOND TURN:::  
1-2 [dia turn] Fwd L DLC comm LF turn, -, sd R, XLIB of R; bk R turn LF, -, sd  
L, XRIF of L end BJO/DRW;

3-4 [cont dia turn] repeat meas 1 & 2 part B end BJO/DLC;;

- 5-8 CL TELE; FWD & FWD/LK FWD; FWD (W DEVELOPE); OUTSD SWVL P/U;  
5-6 {cl tele] Fwd L comm LF turn, -, sd R cont turn, cont turn sd & fwd L [W bk R comm LF turn, -, cl L to R (heel turn) cont turn, sd & bk R ] BJO/DLW ;  
[fwd lk] Fwd R, -, fwd L/XRIB of L, fwd L {W bk L, -, bk R/XLIF of R, bk R};  
7-8 [develope]Fwd R outsd ptr, slight body rise (W bk L, -, raise R along outsd of L leg point toe down, extend & kick R up & out); [outsd swvl] Bk L leave R fwd comm slight RF body turn, cont slight RF body turn (W fwd R outsd ptr comm RF swivel, -. cont RF swivel to SCP fwd L picking up to CP/RLOD) fwd R blend to CP/DLC, - ;

### PART C

- 1-4 REV WAVE;; BK FEATHER; FEATHER FINISH DLW;  
1-2 [rev wave] Fwd L, -, comm slight LF trn sd R, bk L; bk R, -, bk L, bk R cont slight LF trn to fc RLOD;  
3-4 [bk fea] Bk L, -, bk R to BJO with R shoulder lead, bk L ; [fea fin] Bk R, -, comm LF turn sd & fwd L, cont trn fwd R outsd ptr DLW;  
5-8 OP TELE; X PIVOT SCAR; X HVR SCP; CHAIR REC FC;  
5-6 [op tele] Fwd L comm LF trn, -, cont LF trn sd R (L heel trn), sd & fwd L twd DW SCP;[x pvt scar] Comm RF turn fwd R, -, sd L cont RF turn, fwd R (W Comm RF trn fwd L, -, fwd R between ptr's feet pivot RF, bk L) to SCAR DLC;  
7-8 [x hvr scp] XLIF of R (W XRIB) , -, sd R with slight rise & slight LF trn, rec on L to SCP/DLC; [chair rec fc] Thru R relax R knee, -, rec bk L comm slight RF trn, sd R to CP/WALL;  
9-12 WHISK; WING; OP TELE; CHASSE SCP;  
9-10 [whisk] Fwd L, -, sd & fwd R comm slight rise, XLIB of R;[ wing] Fwd R with upper body turn LF, -, draw L to R (W fwd L, -, R, L arnd M) , - ;  
11-12 [op tele] repeat meas 5 part C; [chasse SCP] Thru R, -, sd L/cl R, sd & fwd L SCP;  
13-16 NAT HOVER X;; REV TURN;;  
13-14 [nat hvr x] Comm RF trn fwd R, -, fwd & sd L cont RF trn, cont RF trn fwd & sd R SCAR (W comm RF trn fwd L, -, fwd R cont RF turn, sd & bk L SCAR); ck fwd L, rec R, sd & fwd L slight LF body trn to BJO, fwd R BJO/DLC (W bk R in SCAR, rec L, sd & bk R, bk L in BJO);

### INTERLUDE

- 1-4 REPEAT MEAS 9 – 12 PART A  
5-8 REPEAT MEAS 13-16 PART A

### PART D

1-8 JIVE

REPEAT INTERLUDE  
REPEAT B

### END NEED 4 MEAS NOT 2

- 1-2 OUTSIDE SWIVEL THRU TO PROM SWAY & CHG SWAY;;  
1 [outsd swvl] Bk L leave R extended fwd comm slight RF body turn, cont slight RF body turn, -, thru R (W fwd R outsd ptr comm RF swivel, -. cont RF swivel to SCP thru L) , - ; [prom sway & chg] Sd & fwd L with R sd stretch, -, slow lower & chg stretch to L (W Sd & fwd R with L sd stretch slow lower & chg stretch to R), - ;

