

Am I Blue

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Record: Am I Blue (Flip of Last Night) REXL Records
Sequence: Introduction Dance Dance (1 - 30) Ending
Phase: 6
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Speed: 43

Introduction

1 - 8 Wait in LOP facing LOD; Side, -, Cross Check, - ; Recover, -, Side to BFLY SCAR facing DW, - ; Cross Hover to BFLY SEMI facing DW; Open Natural to BFLY BJO; Zigzag; Closed Impetus to BFLY SCAR; Feather Finish blending to CP;

- 1 [Wait] In Left Open Position facing LOD with lead hands joined and L foot free for both wait one measures;
- 2 [Cross Check: S S] Step side L, -, cross check R (W: swing L arm in a clockwise circle to an extended position), - ;
- 3 [Recover to Butterfly Transition (SS)] Recover L, -, side R foot pointing DW blending to BFLY SCAR, - ;
[W: (S Q Q) Recover L, -, turning RF step L to face partner, side and slightly back R to BFLY SCAR;]
- 4 [Cross Hover: S Q Q] Forward L toward DW, -, side and forward R between partner's feet, side and forward L turning to BFLY SEMI facing DW;
- 5 [Open Natural: S Q Q] Thru R, -, turning RF across partner side and back L, continue RF turn back R blending to BFLY BJO backing LOD;
- 6 [Zigzag: Q Q Q Q] Back L in BFLY BJO, moving toward LOD side R turning to BFLY SCAR, forward L in BFLY SCAR, moving toward LOD side and slightly back R turning to BFLY BJO;
- 7 [Closed Impetus: S Q Q] Standard figure, commence in BFLY BJO. End in BFLY SCAR M backing DCR.
- 8 [Feather Finish: S Q Q] Standard figure, commence BFLY SCAR. Blend to CP facing DC.

DANCE

1 - 8 Reverse Turn; Feather Finish; Three Step; Continuous Natural Hover Cross with Breaks and Weave Ending; ; ; Double Reverse Spin; Change Of Direction;

- 1 - 3 Standard Figures. Commence in CP facing DC. End in CP facing DW.
- 4 - 6 [Continuous Hover Cross: SQQ; QQQQ; QQQQ;] Forward R rising commence RF turn, -, forward and around partner [W: heel turn], continue RF turn so that body faces DC but stepping side R with foot pointing almost to DW; Forward L small step high on toes in Sidecar, recover back R, forward L on toes in Sidecar turning body RF, close R to left continue RF body turn to face DW; Back L toward DCR in Contra Banjo, back R blending briefly to CP, side and slightly forward L toward DC, forward R in Contra Banjo to end in CP facing DC;
[W: Back L rising, -, close R to L heel turn RF to face LOD, continue RF turn then step side and slightly back L preparing to step back in Sidecar; Back R high on toes in Sidecar, recover L, back R still in Sidecar, allow L to brush past R then step side L around partner preparing to step forward in Contra Banjo; Forward R in Contra Banjo toes, forward L blending briefly to CP toes, side and slightly back R, back L in Contra Banjo ending in CP backing DC;]
- 7 - 8 Standard Figures. Commence in CP facing DC. End in CP facing DC.

9 - 16 Forward, Right Chasse; Back Lilt, -, Weave to Outside Check; -, -, Back, -; Side Chasse, -, Finish the Back Three Step; Open Impetus; Feather Ending; Open Telemark; Feather Ending;

- 9 Standard Figure. Commence in CP facing DC. End preparing to step back in CBJO down LOD. Timing: S Q & Q.
- 10 - 12 [Lilt and Weave to Outside Check, Back, Side Chasse Three Step: Q Q Q Q; Q Q S; Q & Q Q Q] Back L in Contra Banjo, rising over L step back R still moving LOD and lower on R having lilted, back L in Contra Banjo, back R blending briefly to CP backing LOD, side and slightly forward L toward DWR, forward R in Contra Banjo curing RF to face RLOD and checking, back L to LOD in Contra Banjo, -; Blending to CP side and slightly back R toward DC toes and with a slight Leftward sway [W: may open her head] / close L to R lowering, back R toward LOD and correcting any sway [W: closed head], swinging L side back step back L toward LOD in CP rising [W: forward R heel to toe between partners feet], back R toward LOD to complete a back Three Step action;
- 13 - 16 Standard Figures. Commence in CP backing LOD. End in CP facing DW.

17 - 24 Reverse Wave to Sidecar Check; -, -, Rock, Recover; Lilt to Banjo, -, Back Lilt, - ; Weave Ending; Three Step; Natural Preparation; Samefoot Lunge and Change Sway; Recover, Woman Swivel Point (Man Closes):

- 17 - 18 [Reverse Wave to Sidecar Check: S Q Q; S Q Q;] Forward L rising commence LF turn, -, forward and around partner R continue LF turn [W: heel turn], back L staying high on toes and still in CP; Continue LF body turn and adjusting to Sidecar facing DCR step back R toes and lowering to check, -, rock forward L, recover still in Sidecar R;
- 19 - 20 [Lilt to Banjo, Lilt and Weave Ending: Q Q Q Q; Q Q Q Q;] Forward L still in Sidecar rising to hover slightly, turning LF to Contra Banjo backing DC back and slightly side R, back L in Contra Banjo rising to hover slightly, back and slightly side R still in Banjo; Back L in Contra Banjo, blending briefly to CP back R toward DC, side and slightly forward L pointing toward DW, forward R in Contra Banjo;
- 21 - 23 Standard Figures. Commence in CP facing DW. End in Samefoot Lunge Man facing COH with strong sway to L.
- 24 [Change Sway, Swivel Point: S Q Q] Recover side to L, slowly change sway to R, -, close R to L to end in CP but preparing to step back in Contra Banjo;
- [W: Recover strongly forward on L swiveling LF and pointing R behind toward DCR leaving head to R, relax free R leg, change sway with partner, turn head to L preparing to step forward outside partner;]

25 - 32 Back, Tipple Chasse Pivot; Heel Pull and Curved Feather Check; Back, Tipple Chasse Pivot; Heel Pull and Curved Feather Check; Outside Swivel, -, Lilt Pivot; Back Three Step; Closed Impetus; Feather Finish:

- 25 Standard Figure. Commence in CBJO backing LOD. End in CP backing LOD. Timing: S Q & Q.
- 26 [Heel Pull, Curved Feather Check: Q Q Q Q] Back L commence strong RF turn, pull R foot toward then past L foot to step side R facing nearly LOD and correcting sway, swinging L side strongly forward step forward L with a strong turn to the R toward WALL, continue RF turn to step forward R outside partner to end in Contra Banjo facing DWR;
- 27 - 28 Repeat measures 25 and 26 blending the continuous RF turn from the previous measure.
- 29 [Outside Swivel and Lilt Pivot: S Q Q] Blending the RF turn from the previous measure step back L in Contra Banjo leaving the R forward and lead partner to swivel RF to SCP facing RLOD, -, thru R rising strongly, forward and slightly side L then lower to end in CP backing LOD;
- [W: Forward R outside partner in Contra Banjo strong step, when balanced swivel RF to SCP facing RLOD, thru L rising but leave R foot and leg trailing and allow body to close up to partner (head may stay R), place the R back and slightly side then lower to end in CP facing LOD (head may still be to right);]
- 30 - 32 Standard Figures. Commence in CP backing DC. (If open, W closes head on Three Step) End in CP facing DC.

Ending

1 - Zigzag; Closed Impetus; Feather Finish; Reverse Wave to Sidecar Check; -, -, Rock, Recover; Lilt to Banjo, -, Back Lilt, - ; Weave to Hinge; -, Recover to Runaround 9; -, -, Swivel to Samefoot Lunge:

- 1 [Zigzag: Q Q Q Q] Back L, moving toward LOD side R to SCAR, forward L in SCAR, side and back R to BJO; A loose hold is suggested.
- 2 - 3 Standard Figures. Commence CBJO backing LOD. End Impetus in CP backing DC. End facing DW.
- 4 - 6 Repeat Measures 17 - 19.
- 7 - 8 [Weave to Hinge: Q Q S; S] Back L in CBJO, blending to CP back R toward LOD, side and slightly forward L rising, - ; Woman steps L XIB of R to a Hinge Line, - ,
- 8 - 10 [Run Around: H; Q Q Q Q; Q Q S] Man turns body RF allowing W to recover R between partner's feet, side around partner L; Step R outside partner to continue runaround R, L, R, L; R, L, R and swiveling RF to a samefoot lunge position. Then....
- [W: Starting with the R foot as you recover run around man R, L; R, L, R, L, R, L, R for a total for 9 steps. On the 9th step swivel RF and point L thru in a samefoot lunge position. Then....]
- Then Using the M's L and W's R hand and arms, with the back of the hand facing each other swing the arm down, out, around, and up past the partner's head all the while allowing the bodies to open somewhat more than normal for a samefoot lunge position. As the arms finish swinging the W may stand very upright to look at partner. Finish with the just swung hands just below face level of partner in a caring way.

NOTE: On the runaround, the woman takes a total of 9 steps, while the man takes a total of 7 steps. You are running on the same foot, i.e., both running R, L, R, L. Make as much turn as is comfortable. The Man may dance a horse and cart instead of a runaround.