

LONDON IS LONDON

Page 1 of 2

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MUSIC: "London Is London" by Keith Miller CD: Ballroom Evergreens – Klaus Hallen – Track #13

SEQUENCE: Intro, A, B, C, A, B, C, Ending **SPEED:** Slow from 29 to 28 MPM

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RHYTHM: Foxtrot **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 4 WAIT; VINE 3 & HOOK IN FRONT; SLOW UNWIND TO FACE; SIDE DRAW CL TO CP DLW;

- 1 - Wait 1 measure in BFLY POS M FCING DLW feet together w/lead foot free for both;
- QQQ- 2 - Sd L, XRIB of L, sd L, hook RIF of L heel down partial weight;
- Q 3 - Releasing hands comm to unwind LF (RF), on the heel of R & ball of L, complete unwind to end with feet together, now full wgt on R (L) M FCING PTR & DLW nothing touching;
- s-Q 4 - Sd L blending to CP, draw R to L,-, cl R to L to CP DLW;

PART A

1 - 4 REVERSE WAVE 3; SLOW BK CHECK & SWITCH; CURVE FEATHER; 2 OUTSIDE SWIVELS;

- 1 - Fwd L comm LF trn in CP,-, fwd & sd R cont LF trn (cl heel trn), bk L twd DLW;
- ss 2 - Bk R DLW w/L sd leading checking,-, lower on R to push fwd L DRC past W then rise trng ½ RF to CP DLW,-;
- 3 - Fwd R comm RF trn,-, fwd L twd WALL cont RF trn, cont RF trn fwd R outside ptr to BJO DRW;
- ss 4 - Bk L, trn hips RF leading W to swvl leaving R ft fwd, fwd R, leading W to swvl LF to BJO;

5 - 8 DOUBLE BACK LILT TO SDCR; SQO ZIG ZAG 3; FALLAWAY RONDE WEAVE;;

- QQQQ 5 - Lower bk L twd DLC, rising small bk R on toes, lower bk L, rising trng RF small sd & fwd R on toes to SDCR DLC;
- 6 - Fwd L,-, trng LF sd & bk R, bk L to BJO DRW;
- 7 - Sd & bk R trng slightly RF trng W to SCP DRW & leading her to ronde as you ronde L ft CCW,-, XLIB of R well underneath body rising and trng W slightly LF, bk R to BJO DRW (trng LF on R fwd L);
- QQQQ 8 - Bk L twd DLC (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;

9-12 THREE STEP; SLOW RIGHT LUNGE,-, REC CHALLENGE LINE,-; FEATHER FINISH CHECKED; BACK CHECK RECOVER & TUMBLE;

- 9 - Fwd L heel lead blending to CP,-, fwd R heel lead rising to toe, fwd L in CP DLW;
- ss 10 - Lower on L/lunge sd & fwd R DRW shape R sd twd W,-, rec sd & bk L trng RF changing shape w/L sd lead & R sd stretch to open W's head to SCP LOD,-;
- 11 - Bk R twd DRC comm LF trn,-, sd & fwd L toe pointing DLC, fwd R outside ptr to BJO DLC;
- 12 - Bk L checking,-, fwd R outsd ptr rising to toe stretching R sd and trng LF, small fwd L toe pting DRC softening L knee (fwd R checking,-, bk L rising to toe stretching L sd & trng LF, sd & bk R head to R) to CP DRC;

13-16 OUTSIDE CHECK TO; TOPSPIN; DOUBLE REVERSE DLW; CHANGE OF DIRECTION;

- 13 - Bk R trng slightly LF,-, cont slight LF trn sd & fwd L, fwd R to end BJO DRW;
- QQQQ 14 - Trng 1/8 LF on R ft/bk L (fwd R outsd ptr), cont LF trn bk R, cont LF trn sd & fwd L, fwd R to BJO DLC;
- QQ-- 15 - Fwd L comm LF trn blending to CP, fwd & sd R cont LF trn, cont LF trn on R, touch L to R (bk R comm LF (QQQQ) trn, cl L to R heel turn, cont LF trn sd & slightly bk R, XLIF of R) to CP DLW;
- sq- 16 - Fwd L comm LF trn,-, with R sd leading fwd R toe pointing LOD, cont LF trn and draw L to R to CP DLC;

PART B

1 - 4 CONTRA CHECK & SWITCH DRW; STEP DOUBLE RONDE; & TWIST TURN TO SCP DRW; CHAIR & SLIP TO BJO;

- 1 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L),-, rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP DRW;
- s-Q 2 - Cont RF rotation fwd R twd RLOD comm CW L leg ronde,-; cont RF trn on R w/L leg ronde, sd L (small fwd L around M trng RF ronde R leg CW, cont RF trn on L w/R leg ronde, XRIB of L) to CP DLC;
- SQ 3 - Lower slightly and hook RIB of L for twist trn/unwind RF, cont RF unwind rising to R toe in CP DRC, sd & fwd L (run around M fwd L/fwd R, fwd L brush R to L, trng RF square to M, sd & fwd R) to SCP DRW;
- (&QSQ) 4 - Lower & lunge fwd R w/fwd poise,-, rec L comm slight LF trn rise trng W, bk R to BJO DRW;

PART B (CON'T)**5 - 8 BACK ZIG ZAG 4; WEAVE 4 ENDING; LEFT FEATHER;,, w/SIDE HESITATION ENDING;:**

- qqqq 5 - Bk L, cl R to L trng RF, fwd L, trng LF sd & bk R (fwd R outsd ptr, trng RF sd & bk L to BJO DRW, bk R, trng LF sd & fwd L) to BJO DRW;
- qqqq 6 - Bk L twd DLC (fwd R outsd ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L, fwd R to BJO DLW;
- 7 - Fwd L to CP DLW,-, fwd R w/R sd leading, fwd L outsd ptr to SDCAR DLW;
- qqq 8 - Fwd R trng LF, bk L, trng RF sd R DLW, tch L to R to CP DLC;

PART C**1 - 4 OPEN TELEMAR; SLOW WHIPLASH; BACK WHISK; SLOW CHAIR & RECOVER;:**

- 1 - Fwd L comm LF trn,-, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
- s-- 2 - Thru R point L ft fwd,-, trn W LF stand up to stretch the lead side shaping a line to CBJO DLW,-;
- 3 - Bk L DRC, bk & sd R trng W to SCP, XLIB of R (fwd R comm RF trn, cont RF trn sd L, cont RF trn XRIB of L) to SCP DLW;
- ss 4 - Lower & lunge fwd R w/fwd poise,-, rec L,-;

5 - 8 CROSS PIVOT TO SDCR; 4 QK OPEN REV TURN TO CLOSED; THROWAWAY OVERSWAY; LINK TO SCP DLC;:

- 5 - Thru R comm RF trn,-, fwd & sd L cont RF trn, cont RF trn small sd R toe pointing DLC;
- qqqq 6 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC, trng LF bk R blending to CP RLOD;
- q-- 7 - Cont LF trn sd & fwd L to SCP LOD, using hips to trn W LF to CP LOD, then softening in L knee and extend line, by bringing R sd thru to W leaving R ft bk to RLOD (allow M to swvl you LF on R ft to CP, allowing L foot to collect next to R foot, then start to soften in R knee keeping L toe on floor, extend L ft bk towards LOD trng head well to L);
- qq 8 - Rise on L ft collecting W to CP DLW,-, stretching L sd cont rising on L keeping W's head to L & cl R to L on toes, at the very last moment correct sway sd & fwd L to SCP DLC;

9-12 DOUBLE LILT; CHAIR & SLIP; TELEFEATHER;:

- qqqq 9 - Thru R, rising slightly small fwd almost cl L to R, thru R, rising slightly small fwd almost cl L to R;
- 10 - Lower & lunge fwd R w/fwd poise,-, rec L comm LF trn rise trng W square, bk R to CP DLC;
- sq- 11 - Fwd L blending to CP comm LF trn,-, fwd & sd R past ptr cont LF trn (cl L heel turn), point sd & slightly bk L (sqq) LOD partial wgt to face DRW (fwd R LOD head closed to L);
- qqqq 12 - Trn LF sharply thru hip to lead W to rec and fold to CP LOD/fwd L comm LF trn, fwd & sd R cont LF trn, sd (&qqqq) & slightly fwd L, fwd R (rec L trng LF and fold to CP/bk R, cl L to R toe trn, sd & bk R, bk L) to BJO DLW;

13-16 3 CURVING THREES;:: BACK TURN LEFT & CHASSE TO BJO;:

- 13 - Fwd L DLW blending to CP comm LF trn, w/R side leading fwd R DLC cont LF trn and comm to sway L to open W's head, cont LF trn fwd L to CP DRC (head to R);
- 14 - Cont LF trn bk R LOD,-, cont LF trn bk L twd DLC w/R sway (keep head to L), cont LF trn bk R to CP DLW;
- 15 - Fwd L LOD comm LF trn, w/R side leading fwd R DLC cont LF trn and comm to sway L to open W's head, cont LF trn fwd L to CP DRC (head to R);
- sq&q 16 - Cont LF trn bk R LOD,-, cont LF trn sd & fwd L/cl R to L, sd & fwd L to BJO DLW;

17-18 NATURAL WEAVE;:

- 17 - Fwd R outside ptr comm RF trn,-, fwd L cont RF trn (close heel turn), cont RF trn bk R in CBJO DRW;
- qqqq 18 - Bk L (fwd R outsd ptr), bk R comm LF trn, sd & slightly fwd L toe pointing DLW, fwd R to BJO DLW;

ENDING**1 - 3 TURN LEFT & RIGHT CHASSE TO BJO; M REVERSE SWIVEL TO CHAIR; SLOW CHG SWAY;:**

- sq&q 1 - Fwd L blending to CP comm strong LF trn,-, cont LF trn sd & bk R/cl L to R, sd & bk R to BJO DRC;
- ss 2 - Bk L DLC well underneath body, trn ¼ LF on L ft leaving R ft pointing fwd now SCP DLW (fwd R outsd ptr, very slight swivel RF bringing L ft to R & slightly bk without weight open head to SCP DLW), lower & lunge fwd R w/fwd poise in SCP DLW,-;
- 3 - Slowly comm to sway R & bk, trng head slightly to R, cont sway, to end looking twd ptr (slowly comm to sway L & bk, trng head to L, cont sway, to end looking twd DRC);

NOTE: Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.