

# Thanks For The Memory 5

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**Music:** Thanks For The Memory – Rod Stewart (3:11)  
Thanks For The Memory – Great American Songbook Vol IV Track 13  
**Rhythm/Phase** Foxtrot Phase 5+2 (Same Foot Lunge Line & Throwaway Owersway)  
**Speed** 49 rpm (27 mpm)  
**Sequence:** Intro – A – B – C – A(9-16) – B(Mod) – End Release March 2023

## INTRO

**1-4 WAIT ; TOG TCH CP ; BK ZIG ZAG VINE 4 ; FEATHER FINISH ;**  
-- 1 In LOP fc ptr DRW lead foot free wait 1 measure ;  
S- 2 Tog L to CP, -, tch R, -;  
QQQQ3 Bk R, trng LF cl L to R, XRIF, trng RF sd L to SCAR DRW  
(W fwd L, trng LF sd R, XLIB, trng RF sd R to SCAR);  
SQQ 4 Bk R, -, trng LF sd & fwd L DW, fwd R BJO DW(W fwd L, -, trng LF sd & bk R, bk L BJO);

## PART A

**1-4 HOVER ; PROMENADE WEAVE ; ; 3 STEP ;**  
SQQ 1 (Hover) Fwd L, -, sd & fwd R, trng body LF fwd L SCP DC  
(W bk R, sd & bk L, trng body RF fwd R DC);  
SQQ 2 (Promenade Weave) ) Thru R, -, fwd L trng LF, sd & bk R  
(W thru L comm LF trn, -, sd & bk R to CP trn LF, sd & fwd L);  
QQQQ3 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R BJO DW  
(W XRIF, fwd L to CP, trng LF sd & bk R, bk L BJO DW);  
SQQ 4 (3 Step) Fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD(W bk R, -, bk L, bk R);

**5-8 NATURAL HOVER CROSS ; ; DOUBLE REVERSE ; CHANGE OF DIRECTION ;**  
SQQ 5 (Nat Hover Cross) Fwd R trng RF, -,sd L cont RF trn, sd & fwd R to SCAR LOD  
(W bk L, -,heel trn on L cl R, sd & bk L);  
QQQQ6 Fwd L cking outsd ptr, rec R, sd & fwd L, fwd R to BJO DC(W chk bk R, rec L, sd & bk R, bk L);  
QQ- 7 (Double Reverse) Slight LF trn fwd L to LOD trng LF, sd & fwd R trng LF fc RLOD  
bring L to R spin LF on R to DW, -  
(QQQQ) (W bk R, drw L past R trn LF on R heel trnsfr wt to L, fwd R past M on toe trng LF, XLIF);  
SS 8 (Change Of Direction) ) Fwd L DW, -, fwd R toeing in trng LF, drw L to R no weight CP DLC  
(W bk R, -, sd & bk L trng LF, drw R to L);

**9-12 MINI TELESPIN ; ; CONTRA CHECK & SWITCH ; NATURAL WEAVE ;**  
SQ- 9 (Mini Telespin) Fwd L CP DC comm LF turn, -, fwd & sd R cont turn,  
bk L LOD part weight keep L sd twd ptr  
(SQQ&) (W bk R, -, draw L heel past R turning LF on R heel cl L to R, fwd R/fwd L);  
QQ- 10 Shifting full weight to L spin LF, sd R, -  
(W fwd R comm LF spin, cl L to R, -); end CP DRC  
SQQ 11 (Contra Check & Switch) Fwd L in contra body movement rt sd lead look over  
W's head, -,rec R trng 3/8 RF, rec bk L 1/8 LF trn to fc DW;  
(W bk R look well to left, -, rec L trng RF, rec fwd R between M's feet);  
SQQ 12 (Natural Weave) Fwd R, -,fwd L trng RF, bk R twd DC in BJO  
(W bk L, -,heel trn on L cl R, fwd L DC);

**13-16 TO A ; TOP SPIN CHECKING ; OUTSIDE CHANGE SCP ; CHAIR & SLIP ;**

- QQQQ 13 (Cont Natural Weave) Bk L, bk R leading W to CP, trng LF sd & fwd L, fwd R CBJO DW with checking action spin 1/8 LF  
(W fwd R in BJO, fwd L to CP, trng LF sd & bk R, bk L checking spin 1/8 LF);
- QQQQ 14 (Top Spin) Bk L in BJO to RLOD, bk R to CP trng LF, sd L, fwd R BJO DRC checking  
(W fwd R, fwd L to CP trng LF, sd R, bk R BJO checking);
- SQQ 15 (Outside SCP) Bk L, -, bk R trng LF, sd & fwd L SCP DW  
(W fwd R, -, fwd L to CP, fwd & sd R SCP DW);
- SQQ 16 (Chair & Slip) Lunge thru R, -, rec L trng LF, bk R CP DC  
(W lunge thru L, -, rec R trng LF, fwd L to CP);

**PART B****1-4 CURVING 3 STEP ; BK CURVING 3 STEP ; HOVER TELEMARQUE ; CURVED FEATHER ;**

- SQQ 1 (Curving 3 Step) Fwd L comm LF trn, -, fwd R heel to toe strong trn LF, fwd L CP DRC  
(W bk R comm LF trn, -, bk L trng LF, bk R under body);
- SQQ 2 (Bk Curving 3 Step) Bk R comm LF trn, -, bk L strong LF trn, bk R under body CP DW  
(W fwd L trng LF, -, fwd R heel to toe strong LF trng, fwd L);
- SQQ 3 (Hover Telemarque) Fwd L, -, fwd R trng body RF, fwd L SCP DW  
(W bk R, -, bk L trng RF, fwd R SCP);
- SQQ 4 (Curved Feather) Thru R comm RF trn, -, sd & fwd L trng RF, fwd R BJO DRW  
(W thru L, -, sd & fwd R, bk L in BJO);

**5-8 OUTSIDE SWIVEL LILT PIVOT DW ; FEATHER FINISH ; REV FALLAWAY SLIP ; CHANGE OF DIRECTION ;**

- SQQ 5 (Outside Swivel Lilt Pivot) Bk L rotate body RF, thru R with liting action trng LF picking up W, small fwd L lowering pivoting LF ¼ fc DW  
(W fwd R swivel RF to SCP, -, thru L with lilt trng LF to CP, bk R lowering pivoting LF ¼);
- SQQ 6 (Feather Finish) Bk R trng LF, -, sd & fwd L DC, fwd R BJO DC (W fwd L, -, sd & bk R, bk L);
- QQQQ 7 (Reverse Fallaway Slip) Fwd L comm LF trn, sd R, Bk L fallaway pos CBMP, slip R past L trng LF small bk R under body to fc DW  
(W bk R trng LF, sd & L, bk R fallaway pos, trng LF fwd L to CP cont LF trn);
- SS 8 (Change Of Direction) Fwd L, -, fwd R trng LF to fc DC, draw L to R no weight  
(W bk R, -, trng LF sd L, draw R to L);

**9-12 REVERSE WAVE 3 ; CHECK & WEAWE WITH ZIG ZAG 4 ; ; ;**

- SQQ 9 (Reverse Wave 3) Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L  
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);
- SQQ 10 (Check & Weave) Chk Bk R, -, rec L slight LF trn, sd & bk R DC  
(W chk fwd L, -, rec R trng LF, sd & fwd L);
- QQQQ 11 (Zig Zag 4) Bk L, trng RF cl R, fwd L SCAR DC, trng LF sd R  
(W fwd R, trng RF sd L, bk R, trng LF sd L);
- QQQQ 12 (Finish Weave) XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW  
(W XRIF, fwd L, trng LF sd & bk R, bk L);

**13-16 3 STEP ; RIGHT LUNGE ROLL & SLIP ; REVERSE FALLAWAY BJO ; WEAWE ENDING ;**

- QQS 13 (3 Step) Fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD (W bk R, -, bk L, bk R);
- SQQ 14 (Right Lunge Roll & Slip) Lunge sd & fwd R, - rolling body RF rec L, slip R bk trng LF CP DC  
(W lunge sd & bk L head well to left, -, roll body RF rec R, trng LF fwd L to CP);
- QQQQ 15 (Rev Fallaway BJO) Fwd L comm LF trn, sd R, Bk L fallaway pos CBMP, slight rise bk R DC  
(W bk R trng LF, sd & L, bk R fallaway pos, slight rise trng LF fwd L to BJO);
- QQQQ 16 (Weave Ending) XLIB, trng LF bk R, trng LF sd & fwd L, fwd R BJO DW  
(W XRIF, fwd L to CP, trng LF sd & bk R, bk L BJO DW);

## PART C

**1-4 WHISK ; THRU CHASSE/LADY ROLL 3 SKATERS ; NAT HOVER CROSS HANDS ON HER HIPS ; ;**

- SQQ 1 (Whisk) Fwd L, -, sd & fwd R, XLIB to SCP LOD (W bk R, -, sd & bk L, XRIB);  
 SQ&Q 2 (Thru Chasse/Lady Left Roll 3) Thru R, -, release hold on W sd L/cl R, sd L join left hands right hand on W's hip in tight skaters  
 (SQQ) (W thru L, -, sd & & fwd R trng LF, cont trn sd L join left hands with man);  
 SQQ 3 (Skaters Natural Hover Cross) Same footwork for both for next 5 measures fwd R DW comm RF trn, -, fwd & sd cont LF trng releasing L hands placing L hand on W's L hip, cont RF trn sd & fwd R point R toe to LOD W now on M's left side;  
 QQQQ 4 Fwd L LOD checking, rec R trng LF, sd & fwd L DC, fwd R rejoining L hands back to skaters DC;

**5-8 SKATERS REVERSE TURN ; ; WHISK ; FEATHER/LADY IN 4 ;**

- SQQ 5 (Skaters Rev Turns) FWD L comm LF trn, -, fwd & sd R cont LF trn, bk L  
 SQQ 6 Bk R cont LF, -, sd & fwd L DW, fwd R DW;  
 SQQ 7 (Skaters Whisk) Fwd L, -, sd & fwd R, XLIB  
 SQQ 8 (Feather/Lady in 4) Fwd R DC releasing W, -, fwd L, fwd R BJO DC  
 (QQQQ) (W fwd R, fwd L trng LF, sd & bk R, bk L BJO DC);

## PART A (9-16)

**9-12 MINI TELESPIN ; ; CONTRA CHECK & SWITCH ; NATURAL WEAVE ;  
13-16 TO A ; TOP SPIN CHECKING ; IMPETUS SCP ; CHAIR & SLIP ;**

## PART B (Mod)

**1-12 CURVING 3 STEP ; BK CURVING 3 STEP ; HOVER TELEMARCK ; CURVED FEATHER ;  
OUTSIDE SWIVEL LILT PIVOT DW ; FEATHER FINISH ; REV FALLAWAY SLIP ; CHANGE  
OF DIRECTION ; REVERSE WAVE 3 ; CHECK & WEAVE WITH ZIG ZAG 4 ; ; ;****13-16 3 STEP ; RIGHT LUNGE ROLL & SLIP ; REVERSE TURN ½ ; BK TO SLOW HINGE ;**

- SQQ 15 (Rev Turn ½) Fwd L comm LF trn, -, fwd & sd R cont trn, bk L CP LOD  
 (W bk R, -, draw L heel past R turning LF cl L to R, fwd R);  
 SS 16 (Bk To Slow Hinge) Thru R, -, sd L lower and stretch rotating body LF  
 (SQQ) (W thru L trng LF, -, sd R, small step L beh R lower & extend R twd RLOD);  
 (Note: this is a very slow measure that takes 2 measures of time but has no musical beat so is being treated as a single measure)

## END

**1-4 LADY FWD SWIVEL/MAN CLOSE SAME FOOT LUNGE LINE & PICKUP ; ; TELEMARCK  
SCP ; THRU VINE 4 ;**

- S 1 (Lady Fwd Swivel/Man Close Same Foot Lunge Line) On words "Thank You" rise on L trng RF allowing woman to recover & come fwd, -, transfer weight to R & lower extending L to LOD stretching right side  
 (S-) (W fwd R swivel LF, -, lower & point L to LOD keep head to left, -);  
 -- 2 (Extend & Pickup) Cont shaping, -, on "So" rotate body LF to lead W to pick up to CP LOD, -;  
 (-S) (W cont lunge line, -, fwd L trng LF to CP, -);  
 SQQ 3 (Telemark SCP) On "Much" Fwd L CP comm LF turn, -, fwd & sd R cont turn, fwd L SCP DW  
 (W bk R, -, draw L heel past R turning LF cl L to R, sd & fwd R);  
 QQQQ 4 (Thru Vine 4) Thru R, sd L, XRib, sd L;

**5 THRU THROWAWAY OVERSWAY ; ;**

- SS 5 (Thru Throwaway Oversway) thru R, -, fwd & sd L, lower & rotate body LF over long measure  
 (W thru L, -, fwd & sd R, bring L to R, extend L bk to LOD look well to left); ;

## THANKS FOR THE MEMORY 5 – HEAD CUES

LOP FC PTNR DRW WAIT 1 MEASURE LEAD FOOT FREE

- I: WAIT ; TOG TCH CP ; BK ZIG ZAG 4 ; FEATHER FINISH DW ;
- A: HOVER ; PROM WEAVE ; ; 3 STEP ; NATURAL HOVER CROSS ; ;  
 DOUBLE REVERSE ; CHANGE OF DIRECTION ;  
 MINI TELESPIN ; ; CONTRA CHECK & SWITCH; NATURAL WEAVE ; TO A ;  
 TOP SPIN CHKNG ; OUTSIDE CHANGE SCP ; CHAIR & SLIP ;
- B: CURVING 3 STEP ; BK CURVING 3 STEP ; HOVER TELEMARCK ; CURVED FEATHER ;  
 OUTSIDE SWIVEL LILT PIVOT DW ; FEATHER FINISH DC ;  
 REV FALAWAY SLIP ; CHANGE OF DIRECTION ;  
 REV WAVE 3 ; CHECK & WEAVE W/ZIG ZAG 4 ; ; FINISH WEAVE ;  
 3 STEP ; RIGHT LUNGE ROLL & SLIP ; REVERSE FALLAWAY BJO; WEAVE ENDING ;
- C: WHISK ; MAN CHASSE/LADY ROLL LEFT 3 TO SKATERS ;  
 NATURAL HOVER CROSS HANDS ON HER HIPS ; ;  
 SKATERS REVERSE TURNS ; ; SKATERS WHISK ; FEATHER/LADY IN 4 BJO ;
- A(9-16) MINI TELESPIN ; ; CONTRA CHECK & SWITCH; NATURAL WEAVE ; TO A ;  
 TOP SPIN CHKNG ; OUTSIDE CHANGE SCP ; CHAIR & SLIP;
- Bm: CURVING 3 STEP ; BK CURVING 3 STEP ; HOVER TELEMARCK ; CURVED FEATHER ;  
 OUTSIDE SWIVEL LILT PIVOT DW ; FEATHER FINISH DC ;  
 REV FALAWAY SLIP ; CHANGE OF DIRECTION ;  
 REV WAVE 3 ; CHECK & WEAVE W/ZIG ZAG 4 ; ; FINISH WEAVE ;  
 3 STEP ; RIGHT LUNGE ROLL & SLIP ; REV TURN 1/2 ; BK TO SLOW HINGE ;
- E: LADY SWIVEL/M CLOSE TO SAME FOOT LUNGE LINE ; & P/U ;  
 TELEMARCK SCP ; THRU VINE 4 ; THRU THROWAWAY OVERSWAY ;