

UNTIL NOW

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Until Now Track 8
Foxtrot, Phase VI

INTRO, A, A, B, A MOD, INT, C
Footwork: Opposite Unless Noted

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CD: Hot Notes by Tami Tappan Damiano

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Speed: As on CD or slow for comfort

INTRO

1-4 WAIT PICK-UP NOTES SD HOOK; SHE UNDERARM UNWIND HE RECOV; SLOW OPP RK RECOV SHE SWVL TO BJO; BK HOVER TO SEMI;

-&S 1-2 {Wait Sd Hook} Fc LOD trail ft free both hnds joined low wait until second set of strong notes,-, sd R/ hook LIB of R,-; {Lady Underarm Unwind} When there is no music (W unwinds 1 full revol RF under lead hnds to end in SCP fc DC) M recov on R;
S-
SS 3-4 {Opp Rk Recov Lady Swvl to BJO} In opposite directions rk fwd with a press line L,-, recov R (W rk bk R,-, recov L to swvl LF to BJO),-; {Bk Hover to Semi} With no music step bk L,-, bk R trn W to SCP, fwd L in SCP DC (W fwd R,-, fwd L trn RF, fwd R in SCP);
SQQ

PART A

1-4 FEATH; FALLAWAY 4 TO BJO; SYNCO TUMBLE TRN; LADY REV UNDERARM TRN TRANS TO TANDEM HND ON HER HIPS;

SQQ 1-2 {Feath} Fwd R,-, fwd L, fwd R to BJO (W fwd L start LF trn,-, sd & bk R to BJO, bk L); {Fallaway 4 to BJO} Fwd L start LF trn, sd R cont LF trn, bk L under body, bk R to BJO fc DRW (W bk R, sd & bk L blend to SCP, bk R trn LF, fwd L in BJO);
QQQQ
QQQ&Q 3-4 {Synco Tumble Trn} Bk L start LF trn, bk R cont trn, sd & fwd L to fc DW, cont trn fwd R to BJO/ trning sharply LF fwd L lowering to CP fc DRC; {Rev Underarm Trn Trans} Bk R trning LF to fc wall lift lead hnd to start a LF trn of the lady,-, sd L fc DW to tandem pos hnds on her hips,- (W fwd L start LF twirl,-, twirl under lead hnds LF letting go of hnds to tandem pos R, L fc DW);
SS
(WSQQ)

5-8 ADV SHADOW GRAPEVINE; MAN SHAPE LADY QK CHECK, RECOV, ROLL OUT 2 TO OP,-; SD,-, CROSS CHECK,-; LADY ROLL IN 4 HE SYNCO CHASSE TO SHADOW;

QQQQ 5-6 {Adv Shadow Grapevine} Both vine XRIF of L, sd L leading W strongly to his L sd catching her waist with his L hnd, XRIB of L, sd L M larger step to put her bk in R hnd take her L wrist in M's L hnd; {Man Shape Lady Qk Chk Recov Roll Out to Open}
HOLD
(WQQQQ)

Lower on L shape to the L to cause (W to chk thru on R with arm reach twd LOD), hold (W recov L start RF trn), hold ,- (W roll RF R, L to OP fc wall);

SS 7-8 {**Sd Cross Check**} Both sd R,-, XLIF of R in fairly deep knee bend free arms out to sd,-; {**Lady Roll He Synco Chasse to Shadow LOD**} Recov R to begin to lead W to roll,-, qk chasse sd L/ cl R, sd & fwd L trning to tandem hnds on her hips with her fwd & to R sd of M fcng LOD slgtly to wall (W recov R, fwd L start LF roll, cont roll R, L to shadow LOD slgtly to wall) his hnds on her hips;

9-12 CHG SDS FEATH HND S TO HER SHOULDERS ; VINE 4 MAN PASS THE LADY; SHADOW TELEMARK TO SKATERS; SHADOW CURVE FEATH;

SQQ 9-10 {**Chg Sds Feath**} With the feeling of a lady across the man in slow two step chg sds both fwd R bring L hnd to her shoulder,-, QQQQ fwd L, fwd R to lady IF of M on his L sd fc LOD with both hnds on her shoulders;

{**Vine 4 Man Pass the Lady**} Both fwd L to fc COH, sd R, XLIB of R, sd R with M taking larger steps M now LOD of the W both fcng DC;

SQQ 11-12 {**Shadow Telemark to Skaters**} Both fwd L start LF trn,-, both sd R M arnd W trn LF R hnd down to her waist, fwd L join L hnds in skaters fc DW; {**Shadow Curve Feath**} Fwd R start RF curve,-, SQQ fwd L curve sharply RF, fwd R fc DW in shadow pos;

13-17 SYNCO HEAD LOOP TRANS TO BJO; CURVE 3-STEP; REV WAVE ENDING; QK HEEL PULL CURVE FEATH; IMP TO SEMI;

QQQQ 13-14 {**Synco Head Loop Trans to BJO**} Bk L trn RF, small sd & fwd WQ&QQQ R as take the L hnds up & over his head and place her L hnd on SQQ his R shoulder, fwd L, fwd R blend BJO fc DC (W bks out L/R,L still fcng DRW, finish a feath bk R, L to BJO); {**Curving 3-Step**} Fwd L start LF curve,-, fwd R sharp LF curve, fwd L chk fc DRC;

SQQ 15-17 {**Rev Wave Ending**} Bk R start LF curve,-, bk L cont curve to fc QQQQ RLOD, bk R;

SQQ {**Qk Heel Pull Curved Feath**} Bk L, pull R heel just past L trn RF to fc DC (W sd L) chg to R sd stretch, fwd L with strong L sd stretch trn body RF, fwd R BJO DRW with L sd stretch to BJO chk action; {**Imp to Semi**} Bk L,-, cl R to L heel trn, fwd & sd L DC SCP (W fwd R,-, fwd & sd L arnd M, fwd R SCP);

PART A

PART B

1-4 SYNCO CHAIR TO RONDE LOP; CROSS BEHIND TRN TO ESCORT; QK WALK 2 ROLL 3: RONDE SAILOR SHUFFLE;

QQ&S 1-2 {**Synco Chair to Ronde LOP**} Lunge fwd R like a shallow chair,

- QQS recov L, on & ct replace wgt to R/ with the highlight in music
step fwd L twd wall while ronde R CW to end LOP fc DC (W
lunge thru L, recov R, on & ct/ small bk L, small bk R while
ronde L CCW),-; {**Cross Behind Trn to Escort**} XRIB of L trn
RF, bk L to escort, small fwd R LOD in escort, tch L to R (W
XLIB of R, fwd R to meet up with man, fwd L, tch R);
- QQQ&Q 3-4 {**Qk Walk 2 Roll 3**} Walk fwd L, R, qk roll LF L/R, L to BFLY
SQ&Q fc COH; {**Ronde Sailor Shuffle**} Step sd R & ronde L CCW,-,
XLIB of R / sd R, recov L still fc COH BFLY;
- 5-8 SAILOR SHUFFLE SYNCO SD BRK OUT; TOG TCH EXPLODE APT;
RECOV TO WRAP THE LADY HER ARMS OUT; 2 BETTY BOOPS;**
- Q&Q&S 5-6 {**Sailor Shuffle Synco Sd Brk Out**} XRIB of L/ sd L, recov R/
Q-S bk away from ptr still dbl hand hold sd L, sd R,-; {**Tog Tch
Explode**} Twd ptr tog L, tch R, explode apt to LOP fc LOD sd
R,-;
- QQQQ 7-8 {**Recov to Wrap the Lady Her Arms Out**} Recov L to fc ptr &
(WQQ--)
---- COH cause her to spin RF wrapping into L arm both fc COH, cl
R to L fin wrap the lady, sd L, sd R to place wrists under her
armpits bend wrists to hold her shoulders (W recov R to fc ptr &
spin RF wrapping into his L arm, cl L to fin wrap, hold as the
hnds are dropped and arms go out to sd at shoulder level,-); {**2
Betty Boops**} He supports her as (W swvls both knees DC
lowers, rises, swvls both knees to DRC lowers, rises);

REPEAT A MOD MEAS 1

PART A MOD

**1-17 SHE ROLL OUT TO MOD FEATH TRAN ; FALLAWAY 4 TO BJO;
REPEAT MEAS 3-17;:::;:::;:::;:::;:::;:::;**

- SQQ 1-17 {**She Roll Out to Mod Feath Trans**} Transfer wgt to R,-, fin a
(WQQQQ)
QQQQ feath fwd L, fwd R DC BJO (W roll out RF ½ fwd R start trn, sd
& bk L, fin feath bk R, bk L);{**Fallaway 4 to BJO**} Repeat the
rest of part A;:::;:::;:::;:::;:::;:::;

INTER

1 CHAIR & SLIP;

- SQQ 1 {**Chair & Slip**} Lunge thru R,-, recov L with slgt LF upper body
trn, slip R under body cont trn to CP DC (W lunge thru L,-, recov
R, swvl LF on R to step fwd L CP);

PART C

1-4 TELE SEMI; OPEN NAT; OUTSIDE SPIN; FEATH FIN;

- SQQ 1-2 {**Tele Semi**} Fwd L start LF trn,-, sd R arnd W cont trn, sd & fwd
SQQ L SCP DW (W bk R,-, cl L to R heel trn, fwd R in SCP); {**Open**

- Nat}** Start RF upper body trn fwd R,-, sd L across IF of W, bk R in BJO fc DRC (W fwd L,-, fwd R, fwd L);
- SQQ 3-4 **{Outside Spin}** Start RF body trn small bk L lead W arnd in BJO trn 3/8 RF,-, fwd R in BJO cont RF trn 3/8, bk & sd L cont RF trn to CP fc DRW (W fwd R arnd M,-, cl L to R toe spin, fwd R to CP); **{Feath Fin}** Bk R start LF trn,-, sd & fwd L, fwd R in BJO DC;
- 5-8 OK DBL REV TO CONTRA CHK; SWITCH TO DBL RONDE; INSIDE UNDERARM TRN IN 4 TO OPEN; TRNING HOVER IN 4 WITH ARMS;**
- QQ-Q 5-6 **{Qk Dbl Rev to Contra Chk}** Fwd L start LF trn, sd R arnd W, spin on R & tch L, contra chk fwd L with R shoulder lead DW (W bk R, cl L to R heel trn/ sd R arnd M, XLIF of R, contra check bk R);**{Switch to Dbl Ronde}** Recov bk R with strong RF trn, recov bk L under body still in CP RLOD, step fwd R btwn her ft with strong RF trn to ronde L ft CW (W recov fwd L trn RF, fwd R in CP, fwd L arnd M's leg to ronde R CW),-;
- WQQ&QQ
QQS
- QQQQ 7-8 **{Inside Underarm Trn in 4 to OP}** Fwd L cont to trn RF arnd the W raise joined lead hnds, cont fwd R as start LF underarm trn, fwd L, fwd R to LOP both fc RLOD (W XRIB of L, fwd L start LF trn, fwd R under lead hnds, fwd L to LOP RLOD); **{Turning Hover in 4 With Arms}** Fwd L, sd & fwd R start to fc ptr, cont trn recov L fc LOD bring trailing hnds up & over and connect them his on top of hers, thru R LOD;
- QQQQ
QQQ&Q
- 9-12 VINE 2 ROLL 2; FRONT VINE 2 SYNCO CHASSE; BEHIND SYNCO VINE; SD HOOK LADY UNDERARM UNWIND;**
- QQQQ 9-10 **{Vine 2 & Roll 2}** Sd L blend to low BFLY, XRIB of L, using trail hnds to start LF roll fwd L, bk R cont roll to fc; **{Front Vine 2 Synco Chasse}** Sd L, XRIF of L, chasse to BFLY fc wall sd L/ cl R, sd L;
- QQQ&Q
- (Q&Q&Q 11-12 **{Behind Synco Vine }** XRIB of L/ sd L, XRIF of L/ sd L, XRIB of L/ sd L, XRIF of L; **{Sd Hook Lady Underarm Unwind 2}** Sd L, hook RIB of L, hold (W unwind LF to fc ptr & wall under lead hnds,-;
- &Q)
QQ--
- 13-14 MAN UNDERARM UNWIND,-, ARM ROLL LUNGE,-; LUNGE REV PT ARMS;**
- S 13-14 **{Man Underarm Unwind 2 Arm Roll Lunge}**Under lead hnds unwind RF to fc ptr (W hold),-, twd LOD lunge sd L with joined trail hnds rolling up & over twd LOD strong R sd stretch,-;
- S-
- {Lunge Rev Pt Arms}** Swinging arms down follow arms to lunge R twd RLOD and pt the index finger twd RLOD;