

How About You?

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MUSIC: "How About You" Frank Sinatra (Songs for Swingin' Lovers)
PHASE / RYHTUM: Phase 5 + 2 + 2 unphased / Foxtrot SPEED: Slow for Comfort
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, B, A, B, TAG
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INTRO

1-8 ESCORT POS LOD WAIT 2 MEAS.; TWO CROSS WALKS; CROSS CHECK, REC, SIDE.;
TWO CROSS WALKS; CROSS CHECK, REC, SIDE.; FEATHER / LADIES TRANS;
DOUBLE REV;

- 1-2 In Escort Pos fcng LOD weight on M's & L's L wait two meas;;
- SS 3 {Two Cross Walks} XRIF of L,-, XLIF of R,-;
- QQS 4 {Cross Check, Rec, Side} XRIF of L ckng, rec L, side R to Wall,-;
- SS 5 {Two Cross Walks} XLIF of R,-, XRIF of L,-;
- QQS 6 {Cross Check, Rec, Side} XLIF of R ckng, rec R, side L to COH,-;
- SQQ 7 {Feather / Ladies Trans} M fwd R to DC,-, fwd L, fwd R (W fwd R to DC,-, fwd L trn LF / sd R, bk L) to BJO DC;
- SQ&Q 8 {Double Reverse} M fwd L comm to trn left, sd R 3/8 trn, spin left face to end facing LOD bringing L foot beside R no weight change (W bk R comm to trn left, L foot cl to R heel turn, fwd R strong turn left face / cross L foot in front of R);

PART A

1-8 HOVER TELEMAR; CURVED FEATHER CHECK; BACK ZIG ZAG FOUR; OUTSIDE SPIN;
BACK CURVING THREE STEP; REV WAVE THREE; CK & WEAWE.;

- SQQ 1 {Hover Telemark} Fwd L,-, fwd & sd R hover with RF rotation, fwd & sd L to SCP DW;
- SQQ 2 {Curved Feather Check} Fwd R,-, fwd L, fwd R curving RF to BJO RDW;
- QQQQ 3 {Back Zig Zag Four} Bk L XIB of R, sd R to fce COH, XLIF of R, sd R to BJO RLOD;
- SQQ 4 {Outside Spin} Bk L under body comm 3/8 RF trn, - , fwd R cont trn, sd & bk L to end in CP fc DRW (W fwd R comm 3/8 RF trn, - , clo L to R toe spin, cont trn fwd R between M's feet CP)
- QQS 5 {Bk Curving Three Step} Bk R,-, Bk L comm LF curve, bk R on toes cont LF curve to end CP fcg DC;
- SQQ 6 {Reverse Wave Three} Fwd L to CP comm. LF turn,-, fwd R cont trn to CP RDC, bk L (W bk R,-, cl L to R for Heel trn, fwd R) to CP DRC;
- SQQ 7-8 {Ck & Weave} Ck bk R DC with Contra body action,-, rec L rotating RF to BJO, bk R; Bk L, QQQQ bk R comm LF trn, sd & fwd L cont LF trn, fwd R contra BJO LOD;

9-16 CHANGE OF DIRECTION; MINI TELESPIN.; CONTRA CHECK, REC & SWITCH;
INTERUPTED CONTINIOUS HOVER CROSS.;; REVERSE DRAG TO SCAR.;

- SQQ 9 {Change of Direction} Fwd L DW,-, fwd R DW trn LF 1/4 to fc DC and draw L to R,-;
- SQQ& 10-11 {Mini Telespin} Fwd L start LF trn,-, fwd and sd R cont LF trn, pt sd and bk L with partial weight on L keeping left sd fwd twd ptrn; Spin LF / take weight to L fwd and sd R cont LF trn to CP DRC, tch L in CP DRC,- (W bk R,-, clo L to R comm heel trn LF, fwd R / fwd L comm LF trn to CP; bk R cont LF trn, clo L to R with toe spin to CP, tch R,-);
- QQS 12 {Contra Check Rec & Switch} Lowering on R ck fwd on L with LF body rotation,-, rec R trng upper body RF, bk L pivoting RF to CP LOD;
- SQQ 13-15 {Interrupted Continuous Hover Cross} Fwd R DW comm RF trn,-, cont trn fwd & sd L, QQQQ bk R cont trn to fc DW contra SCAR (W bk L comm RF trn,-, clo R to L cont RF heel trn, QQQQ fwd L cont tr to fc DCR contra SCAR); Rk fwd L, rec R, fwd L, clo R (W rk bk R, rec L, bk R, sd L); Bk L in contra BJO, bk R, sd & fwd L, fwd R LOD (W Fwd R in contra BJO, fwd L, sd & bk R, bk L in contra BJO);
- SS 16 {Reverse Drag to SCAR} M fwd L,-, sd & fwd R blending to SCAR DC and draw L to R no weight chg face DC (W bk R,-; sd L slight RF trn and draw R to L no weight to SCAR);

PART B

- 1-8 TWO CROSS SWIVELS; CROSS SWIVEL LINK TO SCP; START PROM WEAVE;
LOCK & SWAY CHG; WEAWE FOUR ENDING; THREE STEP; HALF NATURAL TURN;
PIVOT THREE;
- SS 1 {Two Cross Swivels} M fwd L XIF of R and swivel LF to BJO,-, fwd R XIF of L to SCAR body, (W bk R XIB of L and swivel LF to BJO,-, bk L XIB of R and swivel RF to SCAR DW,-);
- SQQ 2 {Cross Swivel Link to SCP} M fwd L XIF of R and swivel LF to BJO,-, fwd R trn RF to CP, sd L to SCP DC (W bk R XIB of L and swivel LF to BJO,-, bk L trn to CP, sd R to SCP);
- SQQ 3 {Start Promenade Weave} Fwd R,-, fwd L comm LF trn, sd & bk R contra BJO;
- SS 4 {Lock & Sway Chg} Stretching rt sd to lk LXIF of R,-, level body as stepping sd R to BJO;
- QQQQ 5 {Weave Ending} Bk L, bk R comm LF trn, sd & fwd L cont LF trn, fwd R contra BJO LOD;
- SQQ 6 {Three Step} Fwd L,-, fwd R, fwd L;
- SQQ 7 {Half Natural Turn} Fwd R comm RF trn,-, sd L cont trn (W heel trn), bk R CP fc RLOD;
- SQQ 8 {Pivot Three} Bk L pivot half to face LOD,-, fwd R cont pivot RF to fce RLOD, bk L cont pivot to fce DC;
- 9-16 RUDOLPH RONDE & SLIP; OPEN TELEMAR; IN & OUT RUNS;;
PICKUP TO JETE POINT; FALLAWAY RONDE & SLIP; REV TURN;;
- SQQ 9 {Rudolf Ronde & Slip} Fwd R relax R knee rotating body RF leading ladies to ronde,-, rec bk L, slip bk R to CP (W Bk L trn RF Ronde R clockwise, -, bk R, trn LF and step fwd L);
- SQQ 10 {Open Telemark} Fwd L body trn LF,-, fwd & sd R trng LF (W heel trn), sd & fwd L to SCP DW;
- SQQ 11-12 {In & Out Runs} Fwd R comm RF trn,-, sd & bk L to CP fc RLOD, bk R contra BJO; Bk L trng RF,-, sd & fwd R between W feet, fwd L SCP DC;
- SQQ 13 {Pickup to Jete Pt} Thru R in SCP DW pickup W to CP COH,-, /clo L to R trn LF to CP DRC (W pickup to CP) relax L and pt R sd twd RDW,;
- SQQ 14 {Fallaway Ronde & Slip} M sd R lower into knee and trn left hip twd ptnr starting her ronde then ronde L,-, bk under body L (W bk under body R), turning left face slip R past L bk R (W trng left face on R foot fwd L) ending CP LOD;
- SQQSQQ 15-16 {Reverse Turn} Fwd L body trn LF,-, fwd & sd R trng LF fc RLOD, bk L CP RLOD (W bk R,-, cl L to R for heel trn, fwd R); Bk R trng LF,-, sd and fwd L, fwd R outside ptnr in contra BJO DW (W fwd L comm. LF trn,-, sd and bk R, bk L in contra BJO);

TAG

- 1-8 HOVER TELEMAR; CROSS CHECK, REC, POINT / LADIES ROLL OUT THREE;
FRONT VINE FOUR; CROSS CHECK, REC, SIDE.; CROSS CHECK, REC, SIDE TO ESCORT.;;
TWO CROSS WALKS; CROSS CHECK, REC, SIDE.;;
BOTH ROLL TO LADIES CUDDLE STORK LINE;
- SQQ 1 {Open Telemark} Repeat Part A meas 1
- QQS 2 {Cross Check Rec & Point / Ladies Roll Out Three} Ck R fwd, rec L, point R sd & bk, - (W fwd L start LF rotation, fwd R cont trn to face wall, sd L,-) to join M's lt and W's rt hands;
- QQQQ 3 {Front Vine 4} Both with same foot work twd LOD XRIF of L, sd L, XRIB of L, sd L;
- QQS 4 {Cross Check, Rec, Side} XRIF of L ckng, rec L, side R to RLOD bringing W slightly in frnt of M,-;
- QQS 5 {Cross Check, Rec, Side to ESCORT} XLIF of R ckng, rec R trn LF and releasing jnd hands, side and fwd L taking M's rt arm over W to ESCORT POS face LOD,-;
- SS 6 {Two Cross Walks} XRIF of L,-, XLIF of R,-;
- QQS 7 {Cross Check, Rec, Lunge Side} XRIF of L ckng, rec L, lunge side R to WALL,-;
- QQS 8 {Both Roll to Ladies Cuddle Stork Line} M Roll LF to COH fwd L comm trn, fwd R cont trn to fce WALL, press L fwd to WALL (W roll LF to COH fwd L comm trn, fwd R cont trn to fce LOD small sd L and raise R leg to stork line) M use both arms to "cuddle ladies";