

Since I Fell For You

Choreo: Casey & Sharon Parker, 11168 Loduca Dr, Manteca, Ca. 95336 **email:** trustme@pacbell.net
Music: CD – Rhythm, Country and Blues : Since I Fell For You : Track 8 (4:18 as downloaded)
Artist: Natalie Cole & Reba MacEntire
Footwork: Opposite, Unless noted (W's footwork in parenthesis) **Speed:** speed slightly (+5%)
Rhythm: STS **Phase:** IV+1+1 (Triple Travler, Passing Cross Chasse) **Difficulty:** Average
Sequence: Intro – A – A – B – B – C – A – B – B – A (1 - 14) – End **Released:** Feb 2011

Ver. 1.1

Intro

1 – 4 3 ft apt lead ft free no hnds jnd Wait through piano chord; Lady Blow a Kiss to M;;

1-4 3 ft apt fcg ptr M fcg wall lead ft free wait through piano chord;
{on the words "When you just give love"} Lady slowly blows a kiss to M [or waves at him];;

5-10 Man Ack Ladys Actions;; Lady Encourage M to come to her;; Man Walk 2 Slows to Lady;;

5-10 {on the words "and never get love"} M looks around and then points at himself as if in disbelief;
{on the words "You better let love be part"} Lady encourages M to come to her by motioning him to come fwd;;
{on the words "I know that it's so"} Man walks slowly twd Lady Fwd L, -, -, -; Fwd R, -, -, -;

16-12 Lady Caress M's face M take Ladys Waist;; Slow Rk L & R;; Hip Lift L & R;;

11-16 {on the words "and yeah I know"} both hold while Lady extends both arm sideward then up and down each side of M's face while M extends arms and brings them in to W's waist;;
{on the words "I can't get you out of"} Slow Rk Sd L, -, -, -; Rk Sd R, -, -, -;
{on the words "my heart....."} Sd L, -, press ball of R ft beside arch of L ft straightening R knee and lifting R hip, relax R knee lowering R hip; Sd R, -, press ball of L ft beside arch of R ft straightening L knee and lifting L hip, relax L knee lowering L hip;

Part A

1 – 8 Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End;

1-4 [Basic] Sd L, -, XRIBL (XLIBR), Rec L; Sd R, -, XLIBR (XRIBL), Rec R beginning to pickup W;
[LF Trn ~ Basic End] Fwd L commence 1/4 LF trn, -, Sd R cont trn to fc coh, XLIFR (XRIFL); Sd R, -, XLIBR (XRIBL), Rec R;
5-8 [Basic] Sd L, -, XRIBL (XLIBR), Rec L; Sd R, -, XLIBR (XRIBL), Rec R beginning to pickup W;
[LF Trn ~ Basic End] Fwd L commence 1/4 LF trn, -, Sd R cont trn to fc wall, XLIFR (XRIFL); Sd R, -, XLIBR (XRIBL), Rec R;

9 – 16 Twisty Basic;; Underarm Trn; Op Basic; Switches ;; Open Basic 2x;;

9-12 [Twisty Basic] Sd L, -, XRIBL (XLIFR), Sd L; Sd R, -, XLIBR (XRIFL), Rec R;
[Undrm Trn] Sd L leading W to trn RF under jnd lead hnds, -, XRIBL, Rec L (Sd R commence to trn RF undr jnd lead hnds, -, XLIFR trng 1/ 2 RF, Rec Fwd R to fc ptr);
[Op Basic] Sd R trng to half op pos fcg lod, -, XLIBR, Rec Fwd R (Sd L trng to half op pos fcg lod, -, XRIBL, Rec Fwd L);
13-16 [Switches] crossing in front of W Sd L to half op pos, -, Fwd R, Fwd L (Fwd R, -, Fwd L, Fwd R); Fwd R, -, Fwd L, Fwd R (crossing in front of M Sd L to half op pos, -, Fwd R, Fwd L);
[Op Basic 2x] Sd L trng to half op pos fcg rld, -, XRIBL, Rec Fwd L trng to fc ptr (Sd R trng to half op pos fcg rld, -, XLIBR, Rec Fwd R trng to fc ptr); Sd R trng to half op pos fcg lod, -, XLIBR, Rec Fwd L beginning to pickup W (Sd L trng to half op pos fcg lod, -, XRIBL, Rec Fwd L); [2nd & 3rd time begin to pickup W on last step of meas 16]

Part B

1 – 4 low bfly lod Traveling Cross Chasse 3x;; Passing Cross Chasse low bfly rld;

1-4 [Traveling Cross Chasse 3x] bringing hnds to low bfly fcg lod Sd & Fwd L trng slightly LF to fc dlc, -, Sd & Fwd R to dlw, XLIFR (XRIFL); Sd & Fwd R trng RF to fc dlw, -, Sd & Fwd L to dlc, XRIFL (XLIFR); Sd & Fwd L trng LF to fc dlc, -, Sd & Fwd R to dlw, XLIFR (XRIFL);
[Passing Cross Chasse] Sd & Fwd R trng RF to fc wall, -, Sd & Fwd L cont trn to fc drw, XRIFL (XLIFR);

5– 8 Bk Traveling Cross Chasse 2x to fc wall;; Lunge Basic 2x;;

5-8 [Bk Traveling Cross Chasse 2x] Sd & Bk L trng RF to fc drc, -, Sd & Bk R to dlc, XLIFR (XRIFL); Sd & Bk R trng LF, -, cont trn Sd & Bk L to fc wall, XRIFL (XLIFR);
[Lunge Basic 2x] bfly wall Lunge Sd L, -, Rec R, XLIFR (XRIFL); Lunge Sd R, -, Rec L, XRIFL beginning to pickup W (XLIFR); [4th time end last step facing ptr and wall in cp]

Part C

1 – 8 Triple Traveler lod;;; Basic End; Triple Traveler rlod;;; Basic End;

- 1-4 *[Triple Traveler]* Sd & Fwd L commence LF trn to lead the W to M's L sd raising lead hnds to start W into LF trn, -, Fwd R, Fwd L (Sd & Bk R trng 1/4 LF, -, cont trn Sd & Fwd L cont trn 1/2 under jnd lead hnds, Sd & Bk R cont trn to fc lod); Fwd R spiral LF undr jnd lead hnds, -, Fwd L, Fwd R (Fwd L, -, Fwd R, Fwd L); Fwd L bring jnd hnds down and bk in a cont circular motion to lead W into a RF trn, -, Fwd & Sd R to fc ptr, XLIFR (Fwd R commence RF trn, -, Sd L cont Rf trn under lead hnds, Fwd R to fc ptr);
[Basic End] Sd R, -, XLIBR (XRIBL), Rec R beginning to pickup W;
- 5-8 *[Triple Traveler]* Sd & Fwd L commence LF trn to lead the W to M's L sd raising lead hnds to start W into L trn, -, Fwd R, Fwd L (Sd & Bk R trng 1/4 LF, -, cont trn Sd & Fwd L cont trn 1/2 under jnd lead hnds, Sd & Fwd R cont trn to fc rlod); Fwd R spiral LF undr jnd lead hnds, -, Fwd L, Fwd R (Fwd L, -, Fwd R, Fwd L); Fwd L bring jnd hnds down and bk in a cont circular motion to lead W into a RF trn, -, Fwd & Sd R to fc ptr, XLIFR (Fwd R commence RF trn, -, Sd L cont Rf trn under lead hnds, Fwd R to fc ptr);
[Basic End] Sd R, -, XLIBR (XRIBL), Rec R to fc ptr and wall;

Ending

1 – 6 Slowly Op Basic; Slow Sd to rlod to cuddle pos; Sway L & R;; Slow Dip & Twist;

- 1-4 *{on words "since I fell"}* Sd L trng to half op pos fcg rlod, -, XRIBL, Rec Fwd L trng to fc ptr (Sd R trng to half op pos fcg rlod, -, XLIBR, Rec Fwd R trng to fc ptr); *{on word "for....."}* Slow Sd R to cuddle pos, -, -, -; *{on the word "you..."}* Sway L, -, Sway R, -; *{on the final piano chord}* Slow Dip, -, Twist, -;

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Man Ack Ladys Actions;; Lady Encourage M to come to her;; Man Walk 2 Slows to Lady;;
Lady Caress M's face M take Ladys Waist;; Slow Rk L & R;; Hip Lift L & R;;
- Part A** Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End; Twisty Basic;; Underarm Trn; Op Basic; Switches ;; Open Basic 2x;;
- Part A** Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End; Twisty Basic;; Underarm Trn; Op Basic; Switches ;; Open Basic 2x;;
- Part B** low bfly lod Travg X Chasse 3x;;; Passing X Chasse low bfly rlod; Bk Travg X Chasse 2x to fc wall;; Lunge Basic 2x;;
- Part B** low bfly lod Travg X Chasse 3x;;; Passing X Chasse low bfly rlod; Bk Travg X Chasse 2x to fc wall;; Lunge Basic 2x;;
- Part C** Triple Trav lod;;; Basic End; Triple Trav rlod;;; Basic End;
- Part A** Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End; Twisty Basic;; Underarm Trn; Op Basic; Switches ;; Open Basic 2x;;
- Part B** low bfly lod Travg X Chasse 3x;;; Passing X Chasse low bfly rlod; Bk Travg X Chasse 2x to fc wall;; Lunge Basic 2x;;
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- Part A*** Basic;; LF Trn; Basic End; Basic;; LF Trn; Basic End; Twisty Basic;; Underarm Trn; Op Basic; Switches ;;
- Ending** Slowly Op Basic; Slow Sd to rlod to cuddle pos; Sway L & R;; Slow Dip & Twist;