

HOW WONDERFUL TO KNOW

Slow Foxtrot by EDDIE & AUDREY PALMQUIST,
Laguna Hills, California.

RECORD: Telemark #4648

SLOW RECORD SLIGHTLY.

SEQUENCE: A B A B Athru Meas 15, then TAG.

Measures

INTRODUCTION

1-4 Diag OP facing, trailing hds joined WAIT 2 meas; STEP APART, -, POINT, -;
TOG TO CP, -, TCH(M fac Diag LOD & Wall);

DANCE - PART A

1-8 (Hover) FWD, -, SID, RECOV; (Feather Finish) THRU, -, FWD, MOD BJO; (Dble Rev. Spin) TRN, -,
AROUND, SPIN; (Open Telemark) TRN, -, AROUND, SCP; (Feather Finish) THRU, -, FWD, MOD BJO;
FWD, -, 2, 3; (Nat. Trn) TRN, -, SID, BK(W Heel Trn); (Open Impetus) BK TRN, -, CLOS, FWD(SCP,

SQQ 1 (Hover) CP M fac LOD & Wall Fwd L, -, Sid & Fwd R, Recov Sid L twd LOD & COH
blend SCP;

SQQ 2 (Feather Finish) SCP fac diag LOD & COH Fwd R, -, Fwd L left shoulder leading,
Fwd R blend Mod Bjo(W fwd L commence LF trn, -, sid & bk R, Bk L blend Mod Bjo
(End fac diag LOD & COH);

SQQ 3 (Dble Reverse Spin) Mod Bjo M fac diag LOD & COH M fwd L blend CP commence
LF trn, -, sid R LOD & COH continue LF trn on R bring L to R no wt, SPIN LF on
R to fac LOD(W bk R bring L to R no wt heel trn on R to fac LOD & Wall(S), -,
transfer wt to ball of L continue LF trn to fac COH & LOD(O/) on & ct step
sid & bk R twd LOD & Wall, continue LF trn on R(O) with strong body trn(LF)
allowing L to cross snug IF of R with transfer of wt to L) end CP M fac LOD;

NOTE: DBLE REVERSE SPIN is a continuous LF trn in CP, W must keep head turned to left
throughout DBLE REVERSE SPIN.

SQQ 4 (Open Telemark) Fwd L twd LOD commence LF trn, -, Sid R twd LOD & COH trn LF
leave L extended, Sid L twd Wall(W bk R commence LF trn, -, bring L to R no wt
& trn on R heel then trans wt to L, sid R twd Wall(end MOD SCP diag LOD & Wall

SQQ 5 (Feather Finish) Fwd R, -, Fwd L left shoulder leading, Fwd R blend Mod Bjo
(W fwd L commence LF trn, -, sid & bk R, bk L blend Mod Bjo) end Diag LOD & Wall.

SQQ 6 Fwd L blend CP LOD, -, fwd R, fwd L;

SQQ 7 (Natural Trn) Fwd R commence RF trn, -, continue RF trn sid L twd LOD & Wall,
complete trn & step Bk R LOD(W bk L commence RF trn, -, tch R beside L heel trn
on L transfer wt to R, fwd L LOD) end CP M fac RLOD;

SQQ 8 (Open Impetus) (M Heel Trn to SCP) Bk L LOD commence RF trn, -, Clos R to L no
wt & continue trn on L heel to fac LOD & COH transfer wt to R, sid & fwd L
twd LOD & COH in SCP(W fwd R commence RF trn, -, Sid L twd LOD & Wall, brush or
R to L & sid & fwd R twd LOD & COH in SCP);

9-12 THRU, -, WEAVE, 2; 3, 4, FEATHER, CHECK; (Open Hover) Bk L, -, BK HOVER TO SCP, FWD L;

(Feather Finish) FWD R, -, FWD L, BLEND MOD BJO;

SQQ 9, 10 (Weave 4 & Check Feather) SCP fac LOD & COH Thru R, -, Fwd L commence LF trn
OOOO (W sid & bk R twd COH & RLOD to fac M in CP), sid & bk R twd COH & LOD; Bk L
twd LOD blend Mod Bjo, Bk R twd LOD blend CP, sid & fwd L twd RLOD & Wall, Fwd
R blend Mod Bjo check fwd movement do not lower take step on toe(end Mod
Bjo fac RLOD & Wall);

SQQ 11 (Open Hover) Mod Bjo fac RLOD & Wall Recover on L, -, sid & bk R rise & hover,
recover fwd on L blend SCP fac LOD & Wall(W recover fwd R, -, sid & slightly
fwd L RLOD rise & hover, recover fwd R blending to SCP);

SQQ 12 (Feather Finish) SCP fac LOD & Wall repeat action Meas. 5;

13-16 FWD, -, 2, 3; (Natural Trn) TRN RF, -, SID, BK(W Heel Trn); (Impetus Trn) BK TRN, -, CLOS,
BK; (Feather Finish) BK, -, SID, FWD (Mod Bjo);

SQQ 13 Fwd L (blend CP fac LOD), -, Fwd R, Fwd L;

SQQ 14 (Natural Trn) Repeat action Measure 7 end CP M fac RLOD;

SQQ 15 (Impetus Trn) Bk L LOD commence RF trn, -, Clos R to L no wt continue RF trn
on L heel transfer wt to R, sid & Bk L twd COH & RLOD(W R fwd between M's
feet commence RF trn, -, sid L twd LOD & Wall, brush or tch R to L fwd R
between M's feet) end CP fac LOD & Wall;

SQQ 16 (Feather Finish) Bk R twd RLOD & COH, sid L, Fwd R blend Mod Bjo fac LOD & COH
(W fwd L, sid & bk R diag LOD & COH, Bk L blend Mod Bjo);

HOW WONDERFUL TO KNOW(continued)

17-24 (Reverse Trn)TRN LF,-,SID,BK(W Heel Trn);BK,-,SID,HINGE;RECOV,-,HOVER,FWD(W Recov,-,Sid,Fwd);(Feather Finish)THRU,-,FWD,BLEND MOD BJO;FWD,-,2,3;(Nat Trn) TRN RF,-,SID,BK(W Heel Trn);(Impetus Trn)TRN,-,CLOS,BK;(Feather Finish)BK,-, SID,FWD BLEND MOD BJO fac diag LOD & Wall;

SQQ 17 (Reverse Trn)Mod Bjo M fac LOD & COH Fwd L blend CP commence LF trn,-,Sid & bk R twd LOD & COH,BK L twd LOD(W bk R trn on R heel,-,clos L to R,fwd R twd LOD)end CP M fac RLOD;
 SQQ 18 (Hinge)BK R twd LOD commence LF trn,-,sid L twd LOD long step outstep W leave R leg extended,wt on L relax L knee stretch L side & bring R hip twd W veering R knee inward look at W(W fwd L commence LF trn,-,sid R twd LOD between M's ft partners facing,XLIB of R twd LOD on toe keep L heel off floor look well over L shoulder;

NOTE: in a HINGE M is doing a SIDE LUNGE & W is doing a L WHISK.
 SQQ 19 (Open Hover)Ct 1(S)M recov on R as he brings W arpuhd,Ct 2(Q)rise & hover on R toe brushing(or touching)L to R,ct 3(Q)sid & fwd L twd LOD & Wall(W recover on R commencing RF trn,-,Sid L twd RLOD rising on toe brush(tch) R to L,sid & fwd R twd LOD & Wall)end SCP fac LOD & Wall;
 SQQ 20 (Feather Finish)Repeat action Measure 5 PART A end Mod Bjo fac LOD & Wall;
 SQQ 21 Fwd L blend CP fac LOD,-,Fwd R,Fwd L;
 SQQ 22 (Natural Trn)Repeat action Measure 7 Part A enc CP M fac RLOD;
 SQQ 23 (Impetus Trn)Repeat action Measure 15 Part A;
 SQQ 24 (Feather Finish)Repeat action Measure 16 Part A end Mod Bjo fac LOD & COH;

25-32 (Open Telemark)TRN(LF),-,AROUND,SCP(W Heel Trn);M OVER,TO,BJO;BK HOOK,-,THRU,- (W step fwd swivel SCP,-,Thru,-);WEAVE,2,3,4;5,6,(Chg of Direction)TRN,-,SID, DRAW,(Contra Check)FWD L CHECK,-;(Switch)RECOV R,BK L(Trn 1/8 RF),FWD R,-; FWD,-,SID,DRAW;

SQQ 25 (Open Telemark)Mod Bjo fac LOD & COH Fwd L blend CP commence LF trn,-,sid R twd LOD & COH slightly around W,leave L leg extended trn LF on R toe step sid & fwd L twd Wall blend to Mod SCP(W Bk R commence LF trn,-,bring L to touch R no wt continue LF trn on R heel & transfer wt to L,sid & fwd R blend SCP fac Wall);
 SQQ 26 (Open Natural)SCP fac Wall M thru R commence XIF of W,-,Sid & Bk L twd Wall & RLOD,Bk R twd Wall in Mod Bjo(W thru L small step twd Wall,-,Fwd R between M's feet,fwd L to Mod Bjo);
 SS 27 (X Swivel)Mod Bjo fac COH M Bk L bring R to loosely cross IF L no wt trn 1/8 LF on L,-,Thru R in SCP fac LOD & COH(W fwd R bring L to R no wt & swivel on ball of R to SCP,-,thru L,-);
 QQQQ 28 (Weave)SCP Fwd L commence LF trn(W sid & bk R twd COH & RLOD to fac M in CP),sid & bk R twd COH & LOD,Bk L twd LOD blend Mod Bjo,Bk R twd LOD blend CP commencing LF trn;
 QQS 29 (continue Weave & commence Change of Direction)Sid & fwd L twd LOD & Wall, Fwd R blend Mod Bjo fac LOD & Wall,Fwd L(S)blend CP commence LF trn,-;
 QQS 30 Continue LF trn to fac COH & LOD Sid R twd LOD & Wall,draw L to R,CONTRA CHECK fwd L IF of R in between W's feet with all 4 feet in straight line slight upper body trn RF leave R leg extended & check,-(W bk R strong step in line with L allowing enough room between feet so M's L can go between her feet check on R keep R heel off floor L foot extended forward head turned well to L);

NOTE: CONTRA CHECK is in CP with strong Contra Body Movement.
 QQS 31 (Switch)Recov R,Bk L trn RF 1/4,Fwd R twd LOD & Wall,-;
 SQQ 32 CP fac LOD & Wall Fwd L,-,Sid R,draw L to R no wt end CP fac diag LOD & Wall;

SEQUENCE: A B A B A thru measure 15 then TAG-HINGE
 SQQ TAG 16 - (Hinge) CP M fac Wall & LOD BK R,-, Sid L twd COH long step outstep W leave R leg extended,wt on L relax L knee stretch L side & bring R hip twd W veering R knee inward look at W(W Fwd L,-,sid R twd COH between M's ft partners facing,XLIB of R twd COH on toe keep L heel off floor look well over L shoulder;

NOTE:The use of International terms in this cue sheet is for those who are familiar with them, or for those who wish a greater knowledge of International Terminology.