

APOLOGIZE



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CD: Shock Value, Track 16, "Apologize" by Timbaland (Featuring One Republic)
Available from: www.walmart.com/music

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PHASE/RHYTHM: ROUNDALAB Phase IV + 2 (TRIPLE TRAVELER, CHANGE OF SWAY)
+ 1 Unphased (ROCK ENDING) / SLOW TWO STEP

DIFFICULTY: Average

SPEED/TEMPO/TIME: As recorded / 30 MPM / 3:04

FOOTWORK: Opposite unless indicated, directions given for man, woman's directions in ().

SEQUENCE: INTRO, A, B, A, B, INT, A, END

INTRODUCTION

1-4 WAIT ; ; FULL BASIC ; ;

(1-2) CP WALL wait 2 meas ; ; (3) sd L, -, XRib, rec L ; (4) sd R, -, XLib, rec R ;

5-8 SIDE BASIC ; REV UNDERARM TURN ; UNDERARM TURN ; BASIC ENDING ;

(5) sd L, -, XRib, rec L ; (6) sd R, -, XLif, rec R (*sd L commencg LF trn undr jnd ld hds, -, XR over L to line of prog trng 1/2 LF, rec fwd L contg trn to fc ptr*) ; (7) sd L, -, XRib, rec L (*sd R commencg 1/2 RF trn undr jnd ld hds, -, XL over R to line of prog trng 1/2 RF, rec fwd on R contg trn to fc ptr*) ; (8) sd R, -, XLib, rec R ;

PART A

1-6 FULL BASIC ; ; TRIPLE TRAVELER ; ; (COH) ; BASIC ENDING ;

(1-2) repeat meas 3 & 4 of Intro ; ; (3) fwd L commencg 1/4 LF trn to fc line of prog raising ld hnds to ld W to M's L sd, -, fwd R, fwd L (*bk R trng 1/2 LF, -, cont trn sd and fwd L trng 1/2 undr jnd ld hnds, sd and fwd R cont trn to fc line of prog*) ; (4) fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (*fwd L, -, fwd R, fwd L*) ; (5) fwd L bring jnd hnds down and back in a cont circular motion to ld W into a RF trn, -, fwd and sd R to fc ptr, XLif (*fwd R commencg RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr*) to CP COH ; (6) repeat meas 8 of Intro ;

7-10 2 OPEN BASICS ; ; RIGHT TURN w/OUTSIDE ROLL (WALL) ; BASIC ENDING ;

(7) sd L opg out to L HALF OP, -, XRib of L, rec L ; (8) sd R opg out to HALF OP, -, XLib of R, rec R ; (9) sd & bk L to fc RLOD, -, sd & bk R almost Xib trng 1/4 RF leading W undr jnd ld hds, XLif of R to fc ptr (*fwd R commencg RF twrl, -,fwd L, fwd and sd R to fc ptr*) to CP WALL ; (10) repeat meas 8 of Intro ;

11-12 LEFT TURN w/INSIDE ROLL (COH) ; BASIC ENDING ;

(11) fwd L commencg 1/4 LF trn, -,sd R, XLif to fc ptr (*W bk R commencg 1/4 LF trn, -,sd L trng LF undr ld hds, cont trng LF sd R to fc ptr*) ; (12) repeat meas 8 of Intro to CP COH ;

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Part A (Continued)

13-16 TRIPLE TRAVELER ; ; (WALL) ; BASIC ENDING ;

(13-15) repeat measures 3 to 5 to CP WALL ; ; ; (16) repeat meas 8 of Intro;

PART B

1-4 SD BASIC w/ TURN (COH) ; M ROCK ENDING (W BASIC ENDING) ; SD BASIC ; ROCK ENDING (LOP FCG) ;

(1) sd L, -, XRib, rec L trng 1/2 RF (*sd R, -, XLib, rec R xLOD trng 1/2 RF to fc ptr*) to COH; (2) sd R, -, sd L, sd R (*sd L, -; XRib, rec L*); (3) repeat meas 5 of Intro; (4) sd R, -, sd L, sd R to LOP FCG ;

5-8 THRU & SOLO ROLL IN 2 ; BASIC ENDING ; SIDE BASIC ;

ROCK ENDING (LOP FCG);

(5) commencg 1/4 RF (*W LF*) trn thru L releasg jnd hnds, -, fwd trng 1/4 RF (*W LF*), sd L contg 1/2 RF (*W LF*) trn to fc ptr; (6) repeat meas 9 of Intro; (7-8) repeat meas 3 & 4 of Part B ; ;

9-12 THRU & SOLO ROLL IN 2 ; BASIC ENDING ; SIDE BASIC w/ TURN (WALL) ; M ROCK ENDING (W BASIC ENDING) ;

(9 -10) repeat meas 5 & 6 Part B to WALL; ; (11 & 12) repeat meas 1 & 2 Part B ; ;

INT

1-5 FULL BASIC ; ; SD BASIC ; REVERSE UNDERARM TURN ;

SLOW HIP ROCK 2

(1-4) repeat meas 3 to 6 of Intro ; ; ; (5) sd L pushing hip out to the L, -, sd R pushing hip out to the R, - ;

END

1-3 FULL BASIC ; ; SIDE w/ CHANGE OF SWAY ;

(1-2) repeat meas 3 & 4 of Intro ; ; (3) as music fades stp sd L and without chgg wgt chg stretch of body with slight LF upper body rotation trng hd to look twd RLOD ;