

IT'S FOUR IN THE MORNING

Revised August 2012

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CD: 2010 Rosenklang, CD Title "Slow Waltz For Lovers" (Artist: Tune Robbers) Track 6 "It's Four In The Morning" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time on CD: 2:56 Slow 20% to get Tempo: 32 MPM

RHYTHM: Waltz RAL PHASE II

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B-B(1-8)-A-A-B-B(1-8)-A-ENDING

MEAS:

INTRODUCTION

1-4 OP-FCG WALL WAIT 2 MEAS;; APART POINT; TOGETHER TOUCH BFLY;

- 1-2 Wait;;
- 3 {**Apert Point**} OP-FCG WALL Apt L, pt R twd ptr, -;
- 4 {**Together Touch BFLY**} Tog R, tch L to BFLY WALL, -;

5-8 BALANCE LEFT & RIGHT;; VINE 3; THRU SIDE CLOSE;

- 5-6 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 7 {**Vine 3**} BFLY WALL Sd L, XRib (W XLib), sd L;
- 8 {**Thru Side Close**} BFLY WALL XRif (W XLif), sd L, cl R;

PART A

1-4 BALANCE LEFT & RIGHT;; TWIRL VINE 3; PICKUP SIDE CLOSE;

- 1-2 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 3 {**Twirl Vine 3**} BFLY WALL Sd L, XRib, sd L (W sd & fwd R trn 1/2 RF undr ld hands, sd & bk L trn 1/2 RF, sd R);
- 4 {**Pickup Side Close**} Sm fwd R to LOD, sd L, cl R to CP LOD (W fwd L in front of M trn LF to CP, sd R, cl L);

5-8 FORWARD WALTZES;; 2 LEFT TURNS FC WALL;;

- 5-6 {**Fwd Waltzes**} CP LOD Fwd L, fwd R, cl L; Fwd R, fwd L, cl R;
- 7-8 {**2 Left Turns fc WALL**} CP LOD Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

PART B

1-8 BOX;; LEFT TURNING BOX;;; BOX;;

- 1-2 {**Box**} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
- 3-6 {**Left Turning Box**} CP WALL Fwd L trn 1/4 LF, sd R, cl L to CP LOD; Bk R trn 1/4 LF, sd L, cl R to CP COH; Repeat to CP WALL;;
- 7-8 Repeat meas 1-2;;

9-12 DIB BACK; MANEUVER; 2 RIGHT TURNS FC WALL;;

- 9 {**Dip Back**} CP WALL Dip bk L w/ knee relaxed (W dip fwd R) leave R extended fwd, -, -;
- 10 {**Maneuver**} CP WALL Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
- 11-12 {**2 Right Turns fc WALL**} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwd R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);

13-16 BALANCE LEFT & RIGHT;; VINE 3; THRU SIDE CLOSE;

- 13-14 {**Balance Left & Right**} CP WALL Sd L blending to BFLY WALL, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 15 {**Vine 3**} BFLY WALL Sd L, XRib (W XLib), sd L;
- 16 {**Thru Side Close**} BFLY WALL XRif (W XLif), sd L, cl R;

ENDING

1-4 BALANCE LEFT & RIGHT;; TWIRL VINE 3; THRU SIDE CLOSE;

- 1-2 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 3 {**Twirl Vine 3**} BFLY WALL Sd L, XRib, sd L (W sd & fwd R trn 1/2 RF undr ld hands, sd & bk L trn 1/2 RF, sd R);
- 4 {**Thru Side Close**} XRif (W XLif), sd L, cl R to BFLY WALL;

5-6 BALANCE APART;;

- 5-6 {**Balance Apart**} BFLY WALL Bk L (W bk R), cl R, in plc L to LOP-FCG WALL; Hold Position, -, -;

AB ABB(1-8) AABB(1-8) A

| | |
|----------------------|---------------------|
| WAIT | WAIT |
| APART POINT | TOGETHER TOUCH BFLY |
| BALANCE LEFT & RIGHT | ---- |
| VINE 3 | THRU SIDE CLOSE |

| | | |
|---|----------------------|-------------------|
| A | BALANCE LEFT & RIGHT | --- |
| | TWIRL VINE 3 | PICKUP SIDE CLOSE |
| | FORWARD WALTZES | ---- |
| | 2 LEFT TURNS FC WALL | ---- |

| | | |
|---|-----------------------|-----------------|
| B | BOX | ---- |
| | LEFT TURNING BOX | ---- |
| | ---- | ---- |
| | BOX | ---- |
| | | |
| | DIP CENTER | MANEUVER |
| | 2 RIGHT TURNS FC WALL | ---- |
| | BALANCE LEFT & RIGHT | ---- |
| | VINE 3 | THRU SIDE CLOSE |

| | | |
|-----|----------------------|-----------------|
| END | BALANCE LEFT & RIGHT | ---- |
| | TWIRL VINE 3 | THRU SIDE CLOSE |
| | BALANCE APART | ---- |

2-8 IT'S FOUR IN THE MORNING
(STANDARD INTRO TO BFLY WALL)
(SLOW 20%)

IT'S FOUR IN THE MORNING

Released June 2009

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RECORD: Mercury 884 252-7 "It's Four in the Morning" (Artist: Tom Jones) (Flip of: I'll Never Get Over You)

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3.28 @ 45 RPM

RHYTHM: Waltz RAL PHASE II

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B-INTERLUDE-A-B-A-B(1-12)-ENDING

MEAS:

INTRODUCTION

1-4 OP-FCG WALL WAIT 2 MEAS;; APART POINT; TOGETHER TOUCH BFLY;

- 1-2 Wait;;
- 3 {**Apartment Point**} OP-FCG WALL Apt L, pt R twd ptr, -;
- 4 {**Together Touch BFLY**} Tog R, tch L to BFLY WALL, -;

5-8 BALANCE LEFT & RIGHT;; VINE 3; THRU SIDE CLOSE;

- 5-6 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 7 {**Vine 3**} BFLY WALL Sd L, XRib (W XLib), sd L;
- 8 {**Thru Side Close**} BFLY WALL XRif (W XLif), sd L, cl R;

PART A

1-4 BALANCE LEFT & RIGHT;; TWIRL VINE 3; PICKUP SIDE CLOSE;

- 1-2 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 3 {**Twirl Vine 3**} BFLY WALL Sd L, XRib, sd L (W sd & fwd R trn 1/2 RF undr ld hands, sd & bk L trn 1/2 RF, sd R);
- 4 {**Pickup Side Close**} Sm fwd R to LOD, sd L, cl R to CP LOD (W fwd L in front of M trn LF to CP, sd R, cl L);

5-8 FORWARD WALTZES;; 2 LEFT TURNS FC WALL;;

- 5-6 {**Fwd Waltzes**} CP LOD Fwd L, fwd R, cl L; Fwd R, fwd L, cl R;
- 7-8 {**2 Left Turns fc WALL**} CP LOD Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

9-12 BALANCE LEFT & RIGHT; TWIRL VINE 3; PICKUP SIDE CLOSE;

- 9-12 Repeat meas 1-4;;;

13-16 FORWARD WALTZES;; 2 LEFT TURNS FC WALL;;

- 13-16 Repeat meas 5-8;;;

PART B

1-8 WALTZ BOX;; LEFT TURNING BOX;;; WALTZ BOX;;

- 1-2 {**Waltz Box**} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
- 3-6 {**Left Turning Box**} CP WALL Fwd L trn 1/4 LF, sd R, cl L to CP LOD; Bk R trn 1/4 LF, sd L, cl R to CP COH; Repeat to CP WALL;;
- 7-8 Repeat meas 1-2;;

9-12 DIB BACK; MANEUVER; 2 RIGHT TURNS FC WALL;;

- 9 {**Dip Back**} CP WALL Dip bk L w/ knee relaxed (W dip fwd R) leave R extended fwd, -, -;
- 10 {**Maneuver**} CP WALL Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
- 11-12 {**2 Right Turns fc WALL**} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwd R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);

13-16 BALANCE LEFT & RIGHT;; VINE 3; THRU SIDE CLOSE;

- 13-14 {**Balance Left & Right**} CP WALL Sd L blending to BFLY WALL, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 15 {**Vine 3**} BFLY WALL Sd L, XRib (W XLib), sd L;
- 16 {**Thru Side Close**} BFLY WALL XRif (W XLif), sd L, cl R;

INTERLUDE

1-8 WALTZ BOX;; LEFT TURNING BOX;;; WALTZ BOX;;

- 1-2 {**Waltz Box**} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
- 3-6 {**Left Turning Box**} CP WALL Fwd L trn 1/4 LF, sd R, cl L to CP LOD; Bk R trn 1/4 LF, sd L, cl R to CP COH;
Repeat to CP WALL;;
- 7-8 Repeat meas 1-2;;

ENDING

1-2 BALANCE APART;;

- 1-2 {**Balance Apart**} CP WALL Bk L (W bk R), cl R, in plc L to LOP-FCG WALL; Hold Position, -, -;

AB ABI AB AB(1-12)

WAIT
APART POINT
BALANCE LEFT & RIGHT
VINE 3

WAIT
TOGETHER TOUCH BFLY

THRU SIDE CLOSE

A BALANCE LEFT & RIGHT ---
TWIRL VINE 3 PICKUP SIDE CLOSE
FORWARD WALTZES ----
2 LEFT TURNS FC WALL ----

.....
BALANCE LEFT & RIGHT ---
TWIRL VINE 3 PICKUP SIDE CLOSE
FORWARD WALTZES ----
2 LEFT TURNS FC WALL ----

B WALTZ BOX ----
LEFT TURNING BOX ----

WALTZ BOX ----

.....
DIP CENTER MANEUVER
2 RIGHT TURNS FC WALL ----
BALANCE LEFT & RIGHT ----
VINE 3 THRU SIDE CLOSE

I WALTZ BOX ----
LEFT TURNING BOX ----

WALTZ BOX ----

END BALANCE APART ----

2-8 IT'S FOUR IN THE MORNING
(STANDARD INTRO TO BFLY WALL)