## LISTEN TO YOUR SENSES

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MUSIC: "Listen to Your Senses" by Alan Jackson RHYTHM: Two Step

CD: "Good Time" by Alan Jackson RAL PHASE: II

DOWNLOAD: Available at several Internet download sites DIFFICULTY: Easy

FOOTWORK: Opposite, dir to man, unless noted in parentheses & italics TIME@100%: 3:09 [with tag]

SEQUENCE: INTRO-A-B-C-A-B-C-ENDING SUG. SPEED: 100%

REL. DATE: November, 2008

MEAS.

### INTRODUCTION

1-8 2 MEAS WAIT OPEN-FACING WALL;; APART POINT; TOGETHER TO CP WALL TOUCH; TRAVELING BOX TO SCP LOD;;;;

- 1-4 **[1-2]** In OP-FCG WALL wait 2 meas;; **[3]** Apt L, -, pt R twd ptr, -; **[4]** Tog R to CP WALL, -, tch L. -:
- 5-8 **[5]** In CP WALL sd L, cl R, fwd L, -; **[6]** Blending to RSCP RLOD fwd R, -, fwd L, -; **[7]** Blending to CP WALL sd R, cl L, bk R, -; **[8]** Blending to SCP LOD fwd L, -, fwd R, -;

#### PART A

- 1-8 2 FORWARD TWO STEPS;; SCOOT; WALK 2; 2 FORWARD TWO STEPS;; SLOW ROLL 4
  TO OPEN LOD::
  - 1-4 **[1]** In SCP LOD fwd L, cl R, fwd L, -; **[2]** Fwd R, cl L, fwd R, -; **[3]** Fwd L, cl R, fwd L, cl R; **[4]** Fwd L, -, fwd R, -;
  - 5-8 **[5]** In SCP LOD fwd L, cl R, fwd L, -; **[6]** Fwd R, cl L, fwd R, -; **[7]** Releasing contact with ptr fwd L commencing LF trn (*W RF*), -, sd & bk R cont LF trn (*W RF*), -; **[8]** Bk & sd L cont LF trn (*W RF*), -, thru R to OPEN LOD, -;
- 9-16 FORWARD LOCK FORWARD TWICE;; HITCH 4; WALK FACE; 2 TURNING TWO STEPS;; TWIRL VINE 2; WALK FACE TO BFLY WALL;
  - 9-12 **[9]** In OPEN LOD fwd L, lock R in bk, fwd L, -; **[10]** Fwd R, lock L in bk, fwd R, -; **[11]** Fwd L, cl R, bk L, cl R; **[12]** Fwd L, -, fwd R trng RF *(W LF)* to CP WALL, -;
  - 13-16 [13] In CP WALL sd L, cl R commence RF trn, sd and bk L across line of progression complete ½ RF trn, -; [14] Sd R, cl L commence RF trn, fwd R complete ½ RF trn to CP WALL, -; [15] Releasing trail hands sd L commencing slight RF trn, -, XRib commencing slight LF trn, (W sd and fwd R turning RF under joined lead hands, sd and bk L cont RF turn) -; [16] Sd and fwd L, -, fwd R trng RF (W LF) to BFLY WALL, -;

### PART B

- 1-8 VINE 3 TCH; LADY WRAP 3 TCH; LADY UNWRAP 3 TCH; CHANGE SIDES TO OPEN RLOD; CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4 TO BFLY COH;;
  - [1] In BFLY WALL sd L, XRib, sd L, tch R; [2] Sd R leading W to wrap, XLib, sd R trng LF to face LOD, tch L (W sd & fwd L commencing LF trn under joined lead hands and keeping contact with trail hands, fwd & sd R cont LF trn, in place L completing LF trn, tch R) to WRAPPED LOD; [3] Releasing lead hands and maintaining trail hands joined in place L, in place R, in place L, tch R (W trng RF R, L, R, tch L) to OPEN LOD; [4] Raising joined trail hands lead the W under and travel in a RF curve around the W fwd R, cl L, fwd R (W trng LF under joined trail hands fwd L, cl R, fwd L) to OPEN RLOD, -;
  - [5] From OPEN RLOD releasing contact with ptr and moving away from ptr in a LF circular pattern (W RF) fwd L, cl R, fwd L, -; [6] Fwd R, cl L, fwd R, -; [7] Cont LF circular pattern (W RF) and moving twd ptr fwd L, -, fwd R, -; [8] Fwd L, -, fwd R to BFLY COH, -;

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### Phase II Two Step [Difficulty = Easy] by Susan Healea

### PART B CONTINUED

9-16 VINE 3 TCH; LADY WRAP 3 TCH; LADY UNWRAP 3 TCH; CHANGE SIDES TO OPEN LOD; CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4 TO CP WALL;;

9-16 [9-16] Repeat Part B meas 1-8 beginning in BFLY COH and ending in CP WALL;;;;;;;

### **PART C**

- 1-4 TRAVELING BOX TO SCP LOD;;;;
  - 1-4 **[1-4]** Repeat Intro meas 5-8;;;
- 5-10 LACE ACROSS TO LEFT OPEN LOD; FORWARD TWO STEP; HITCH 3; BACK WALK 2; BACK HITCH 3; WALK 2;
  - 5-10 **[5]** Passing behind W with lead hands joined moving diagonally across line of prog fwd L, cl R, fwd L to LEFT OPEN LOD, -; **[6]** Fwd R, cl L, fwd R, -; **[7]** Fwd L, cl R, bk L, -; **[8]** Bk R, -, bk L, -; **[9]** Bk R, cl L, fwd R, -; **[10]** Fwd L, -, fwd R, -;
- 11-16 LACE BACK TO OPEN LOD; FORWARD TWO STEP; HITCH 3; BACK WALK 2; BACK HITCH 3; WALK 2 TO SCP LOD [\*2<sup>nd</sup> TIME TO CP WALL];
  - 11-16 [11] Passing behind W with trail hands joined moving diagonally across line of prog fwd L, cl R, fwd L to OPEN LOD, -; [12] Fwd R, cl L, fwd R, -; [13] Fwd L, cl R, bk L, -; [14] Bk R, -, bk L, -; [15] Bk R, cl L, fwd R, -; [16] Fwd L, -, fwd R to SCP LOD, -; [16\*] Fwd L, fwd R trng RF (W LF) to CP WALL, -;

### **ENDING**

- 1-4 TRAVELING BOX TO SCP LOD;;;;
  - 1-4 **[1-4]** Repeat Intro meas 5-8;;;

THERE ARE APPROXIMATELY TWO MORE MEASURES OF "SONG" PLUS A MUSIC/VOCAL TAG - "I CAN SEE ME LOVIN' YOU FOREVER". THE REMAINDER OF THE ENDING TO THE DANCE IS CUER'S CHOICE AND MAY BE ANY OF THE FOLLOWING OPTIONS (OR ANYTHING ELSE OF YOUR CHOICE!):

- 5-6 TWIRL VINE 2; APT PT; WITH MUSIC FADED OUT PRIOR TO THE TAG
  - 5-6 **[5]** From SCP LOD releasing trail hands fwd and sd L commencing slight RF trn, -, XRib commencing slight LF trn, (W sd and fwd R turning RF under joined lead hands, sd and bk L cont RF turn) ; **[6]** Apt L, -, pt R twd ptr, ; SMILE ©
- 5-6T TWIRL VINE 2; APT PT; HOLD DURING MUSIC TAG (TAG JUST FOR LISTENING ENJOYMENT)
  - 5-6T **[5]** From SCP LOD releasing trail hands fwd and sd L commencing slight RF trn, -, XRib commencing slight LF trn, (W sd and fwd R turning RF under joined lead hands, sd and bk L cont RF turn) ; **[6]** Apt L, -, pt R twd ptr, ; **[TAG]** Hold until music finishes and SMILE ©
- 5-6T TWIRL VINE 2: APT PT: SLOW LADY WRAP & HOLD DURING REMAINDER OF MUSIC TAG
- 5-6T **[5]** From SCP LOD releasing trail hands fwd and sd L commencing slight RF trn, -, XRib commencing slight LF trn, (W sd and fwd R turning RF under joined lead hands, sd and bk L cont RF turn) ; **[6]** Apt L, -, pt R twd ptr, ; **[TAG]** Tog R leading W to wrap, in place L, in place R trng LF to face LOD, tch L (W sd commencing LF trn keeping contact with trail hands, fwd & sd R cont LF trn, in place L completing LF trn, tch R) to WRAPPED LOD and hold until music finishes and SMILE ☺