

# Pink Cat Fox

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**MUSIC:** "Pink Cat" Norman Henry Mamey- CD "The Art Of Ballroom" (02:24) Single track Download from Casa Musica

**RHYTHM:** **FOXTROT PH IV + 1 (Change Sway)**

**FOOTWORK:** Opposite, unless noted (woman's footwork in parentheses)

**TIMING:** SQQ except where noted [Note: Timing indicates weight changes only]

**SEQUENCE:** **Intro A, A, Interlude, B, B(9-15), End**      **Difficulty Level: Average**      **April 2021 Version 1.1**

## INTRO

**1-4**      **[LOP/ DLC] WAIT ; ; STEP TOG & TOUCH CP/DLC ; CHECK BK & RECOVER ;**  
1-2      LOP DLC Wait 2 Meas (4 strong notes) Lead hands joined in LOP weight on the lead feet / Trail feet free and pointed side and back;  
S S      3      **{Step Tog & Tch}** Fwd on R ( Fwd L) towards partner,-, taking CP/DLC tch L to R (R to L,-);  
S S      4      **{Check Bk & Rec}** Chk Sd & Bk L,-, Rec R,- CP DLC;

## PART A

**1-4**      **[CP/DLC] REVERSE TURN HALF to a ; HOVER CORTE ;**  
**OUTSIDE SWIVEL & LADY POINT ; PICK UP DLC & LADY POINT ;**  
1      **{Rev Turn Half}** Fwd L, -, fwd R trng LF cont LF trn, bk L (W bk R trng LF, -, cl L cont LF trn, fwd R) to CP RLOD;  
2      **{Hover Corte}** Bk R, comm LF trn sd & slightly fwd L DLW rising, rec sd & bk R to BJO DLW;  
S--      3      **{Outside Swivel & Pt}** Bk L trng upper body RF XLif w/ no weight leading W to swivel to SCP  
(W fwd R swiveling RF on R, - pt L sd & bk), - SCP LOD;  
S--      4      **{Pk Up & Pt}** Fwd R,- leading lady to fold CP, Tch L to R,- (Fwd L trng LF to CP,-, pt R sd & bk,-) CP DLC;

**5-8**      **[CP/DLC] REVERSE TURN ; ; PROMENADE SWAY ;**  
**CHANGE SWAY,- , RECOVER, TOUCH TO CP/WALL ;**  
5      **{Rev Trn}** Fwd L comm LF trn,-,sd R cont trn (W heel trn), bk L LOD in CP RLOD;  
6      Bk R cont LF trn,-,sd & fwd L DLW, fwd R to BJO DLW;  
S --      7      **{Prom Sway}** Sd & slight fwd L to DLW stretching body upward to look over jnd ld hnds, -, relax knee to lower -,-;  
8      **{Chg Sway,-, Rec, Tch}** Chg sway to rt sway over 2 beats of meas heads move to DRC throughout sway chg ,-, Rec R to fc Wall , Tch L to R CP WALL;

**9-12**      **HOVER ; PROMENADE WEAVE ; ; CHANGE OF DIRECTION DLC ;**  
9      **{Hover}** Fwd L, -, fwd & sd R rising to ball of ft, rec fwd L to SCP DLC ;  
10      **{Promenade Weave}** Thru R, -, fwd L trng LF, sd & bk R (W thru L comm LF trn, -, sd & bk R to CP trn LF, sd & fwd L) BJO/DLC;  
QQQQ      11      Bk L, bk R trng LF to CP, sd & fwd L, fwd R BJO (fwd R, fwd L trng LF, sd & bk R , bk L) BJO DLW;  
S S      12      **{Chg of Direction}** Fwd L comm LF trn,-, fwd R cont LF trn and draw L to R no wght CP DLC,-;

**13-16**      **[CP/DLC] REVERSE WAVE ; ; IMPETUS SCP ; SLOW SIDE LOCK ;**  
13      **{Rev Wave}** Fwd L trng LF, -, fwd R trng LF to CP DRC, bk L (Bk R comm LF trn, -, cl L to R for heel trn, fwd R);  
14      Bk R curving to fc RLOD, -, bk L, bk R to CP RLOD;  
15      **{Impetus SCP}** Comm RF trn bk L in bjo , -, trn RF on L heel cl R, cont body trn RF sd & fwd L to SCP (trn RF fwd R, -, sd & fwd L trn RF brush R to L, sd & fwd R) SCP/DLC ;  
16      **{Slow Sd Lk}** Thru R,-, Sd & fwd L CP, XRIB trng LF to CP DLC (Thru L,-, Sd & bk R, XLIF) CP DLC;

## REPEAT PART A

### INTERLUDE

**1-4**      **[CP/DLC] DIAMOND TRN 1/2 ; ; QUICK DIAMOND 4 ; CHECK BK & RECOVER ;**  
1      **{Diamond Trn 1/2}** Fwd L comm LF trn, -, sd & bk R, bk L CBJO DRC;  
2      Bk R trng LF, -, sd & fwd L, fwd R CBJO DRW;  
QQQQ      3      **{Qk Diamond 4}** Fwd L trng LF, sd & bk R, bk L, bk R CP DLW;  
S S      4      **{Check Bk & Rec}** Chk Sd & Bk L,-, Rec R,-;

**5-8**      **[CP/LOD] THREE STEP ; NATURAL TRN 1/2 ; CLOSED IMPETUS ;**  
**BACK HOVER TO SCAR/DLW ;**  
5      **{Threestep}** Fwd L, -, fwd R heel to toe slight trn LF, fwd L (W bk R, -, bk L, bk R) CP DLW;  
6      **{Nat trn 1/2}** Fwd R rising comm RF trn, -, sd & arnd partner L (W: heel turn), Bk R in CP/RLOD ;  
7      **{CI Impetus}** Bk L draw R to L trng RF on L heel, -,cl R to L, bk L fc DLW (W fwd R trng RF, -, sd & fwd L, fwd R DRC);  
8      **{Bk Hover to SCAR}** Bk R,-,bk & sd L rising to ball of ft, rec fwd R to SCAR DLW;

**PART B**

- 1-4** **[SCAR/DLW] CROSS HOVER BJO ; CROSS HOVER SCAR ; CHECK FWD /LADY DEVELOPE ; RECOVER BOTH SWIVEL ( DRC ) ;**
- 1 {Cross Hover to BJO & SCAR} Fwd L outsd ptr,-,sd & fwd R w/ hvr action trn LF to fc DLC, fwd L in BJO DLC;
- 2 Fwd R outsd ptr,-,sd & fwd L w/ hvr action trn RF to fc DLW, fwd R in SCAR DLW;
- S-- 3 {Chk Fwd/ Ldy Dev } Check fwd L ,- & hold frame to allow lady to develope ,,- (W bk R undr bdy,- , develope L ft outsd of prtnr, bring L ft down to R no wght);
- S- 4 {Rec Swivel to COH} Recover R under body swivelling LF to BJO , -, leaving L extended to side (W fwd L swivelling LF to fc partner BJO ,-, leaving R ft extended to side) - BJO DRC;
- 5-8** **[BJO/ DRC] BACK TWIST VINE 4 LOD ; HEEL PULL CP DLC ; FWD RIGHT LUNGE ; SLOW RECOVER & CLOSE to DLC ;**
- QQQQ 5 {Bk Twist Vn 4} Xib L, Sd R, Xif L , Sd R (W Xif R, Sd L, Xib R, Sd L) BJO DRC;
- SS 6 {Heel Pull} Comm RF trn bk L, -, cont trn on L pull R heel cl R to L,- CP/DLC;
- SS 7 {Fwd Rt Lunge} Fwd L, -, Sd & fwd R with flexed knee,- (W bk R, -, Sd & bk L , - );
- SS 8 {Rec & Tch to CP DLC} Rec bk L, -, Cl R to L to CP DLC,-;
- 9-12** **[CP/DLC] OP REVERSE TRN ; to OUTSIDE CHECK ; BACK FEATHER ; FEATHER FINISH TO BJO DLW ;**
- 9 {Op Rev Trn} Fwd L comm trng LF, -, cont trng LF sd & bk R, bk L outside ptr (W bk R comm trng LF, -, cont trng LF sd & fwd L, fwd R outside ptr) BJO/RL0D;
- 10 {Outside Chk} Bk R to CP, -, slight LF trn fwd L, fwd R BJO DRW;
- 11 {Bk Feather} BJO M fcg DLC fwd L comm trng LF, -, cont trng LF sd & bk R, bk L ptr outside (W bk R comm trng LF, -, cont trng LF sd & fwd L, fwd R outside ptr) BJO/DRW;
- 12 {Feather Fin BJO DLW} Bk R, -, sd & fwd L trng LF, xif R to BJO DLW (W fwd L trng LF, -, sd & bk R ,xib L );
- 13-16** **[BJO/DLW] HOVER TELEMAR ; IN AND OUT RUNS to SCP ; ; FEATHER BJO DLC ;**
- 13 {Hover Telemark} Fwd L BJO DLW, -, fwd R trng body RF, fwd L (W bk R, -, bk L trng RF, fwd R ) SCP DLW;
- 14 {In & Out Run} fwd R, -, sd & bk L to CP, bk R to BJO DRC; (Fwd L, - fwd R, fwd L);
- 15 Bk L trng RF, -, fwd R btwn W's feet, fwd L SCP DLC (W fwd R trng RF, -, sd & bk L cont trn, fwd R SCP);
- 16 {Feather } Thru R,-, slight trn LF fwd L, fwd R BJO (W thru L, sd & fwd R trng LF, bk L ) BJO DLC;

**[BJO DLC] REPEAT PART B 9-15\* ( Omit measure 16)****ENDING**

- 1-2** **[SCP/LOD] WHIPLASH TO BJO ; BACK to WRAP WALL, , CHANGE/ POINT , - ;**
- S--- 1 {Whiplash} Thru R trn W LF, pt L ft fwd , shape ovr remainder of meas stretching the L sd (W thru L trng LF, pt R ft bk, shape to ptr ovr remainder of meas) to BJO,-;
- SaQ- 2 {Bk to Wrap, Chg/ Pt } Bk L leading W to wrap LF to WALL,-, stp in plc R/ to pt L to LOD (W fwd R turning LF to wrap WALL,-, stp in plc L/ to pt R to RLOD,-) ;

# Pink Cat Fox FT PH IV+1

Paula & Warwick Armstrong

SEQUENCE: Intro A, A, Interlude, B, B(9-16), End

April 2021 Version 1.0

**INTRO LOP/ DLC** Weight on the lead feet / Trail feet free, pointed side and back;  
1-4 WAIT ;; STEP TOG & TCH CP/DLC ; CHK BK & REC;

## **PART A**

1-4 CP/DLC REV TURN HALF to a ; HOVER CORTE;  
OUTSD SWIVEL & LDY POINT ; PK UP DLC & LDY POINT ;  
5-9 CP/DLC REV TURN ;; PROM SWAY ; CHG SWAY,- , REC, TCH CP/WALL;  
9-12 CP WALL HOVER ; PROM WEAVE ;; CHANGE OF DIRECTION [DLC] ;  
13-16 CP/DLC REV WAVE ;; IMPETUS SCP ; SLOW SD LK [DLC] ;

## **PART A**

1-4 CP/DLC REV TURN HALF to a ; HOVER CORTE;  
OUTSD SWIVEL & LDY POINT ; PK UP DLC & LDY POINT ;  
5-9 CP/DLC REV TURN ;; PROM SWAY ; CHG SWAY,- , REC, TCH CP/WALL;  
9-12 CP WALL HOVER ; PROM WEAVE ;; CHANGE OF DIRECTION DLC ;  
13-16 CP/DLC REV WAVE ;; IMPETUS SCP ; SLOW SD LK

## **INTERLUDE**

1-4 CP/DLC DIAMOND TRN 1/2 ;; QK DIAMOND 4 ; CHK BK & REC ;  
5-8 CP/LOD THREE STEP ; NATURAL TRN 1/2 ;  
CL IMPETUS ; BK HOVER TO SCAR/DLW ;

## **PART B**

1-4 SCAR/DLW X HOVER BJO ; X HOVER SCAR ;  
CHK FWD /LDY DEVELOPE ; REC BOTH SWIVEL, [DRC] ;  
5-8 BJO/ DRC BK TWIST VN 4 LOD ; HEEL PULL [CP DLC] ;  
FWD RIGHT LUNGE ; SLOW REC & CLOSE DLC ;  
9-12 CP/DLC OP REV TRN ; OUTSIDE CHK ;  
BK FEATHER ; FEATHER FINISH BJO DLW ;  
13-16 BJO/DLW HOVER TELEMARK ; IN AND OUT RUN to SCP;; FEATHER BJO DLC ;

## **PART B 9-15\*to**

9-12 CP/DLC OP REV TRN ; OUTSIDE CHK ;  
BK FEATHER ; FEATHER FINISH BJO DLW ;  
13-15 BJO/DLW HOVER TELEMARK ; IN AND OUT RUN to SCP ; ;

## **ENDING**

1-2 SCP/LOD WHIPLASH TO BJO ; BK to WRAP WALL, , CHG/ PT ,- ;