

TIME AFTER TIME

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Music: "Time After Time" by She & Him, Album: Classics
Available: Amazon.com

Footwork: Opposite except where noted (Woman's footwork in parentheses)

Rhythm: Fox Trot RAL Phase III + 1 (Diamond Turn)

Difficulty: Average

Speed: Slow slightly if desired **Time:** 3:22 @ 100%

Sequence: Intro, A, B, C, D, A, B, C(MOD), E, C(5-8), Ending

INTRO

1-8 (NO HNDS JND, M FCG PTR & WALL) WAIT; ; SLO CRCL SNAP 4 TO CP; ; SLO TWISTY VIN 4; ; HOVER; PU TO CP LOD;

1-4 No hnds jnd, M fcg Ptr & WALL wait 2 meas; ;
{**Slo Crcl Snap 4**} Crcl LF (RF) L, -, R, _; Cont LF (RF) circle L, -, R, - to CP WALL;

5-8 {**Slo Twisty Vin 4**} Sd L, -, XRIB (XLIF) to SCAR, -; Sd L, -, XRIF (XLIB) to BJO, -;
{**Hover**} Fwd L, -, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to SCP LOD;
{**PU**} Fwd R ldg W in frnt,-, sd L, cl R to CP LOD;

PART A

1-8 FWD RUN TWO 2X; ; BOX TO SCAR; ; 3 PROG TWNKLS; ; ; FWD TCH;

1-4 {**Fwd Run Two 2X**} Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R;
{**Box**} Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R to SCAR DLW;

5-8 {**3 Prog Twinkl**s} XLIF (XRIB),-, fwd & sd R trng to BJO DLC, cl L;
XRIF (XLIB),-, fwd & sd L trng to SCAR DLW, cl R; XLIF (XRIB),-, fwd & sd R trng to BJO DLC, cl L;
{**Fwd Tch**} Fwd R, -, tch L, -;

9-16 3 BK PROG TWNKLS; ; ; BK TCH CP; 2 LF TRNS; ; HOVER; THRU FC CL;

9-12 {**3 Bk Prog Twinkl**s} XLIB (XRIF), -, bk & sd R trng to SCAR DLW, cl L; XRIB (XLIF), -, sd & bk L trng to BJO DLC, cl R; XLIB (XRIF), -, bk & sd R trng to SCAR DLW, cl L;
{**Bk Tch**} Bk R, -, tch L to CP LOD, -;

13-16 {**2 LF Trns**} Fwd L trng LF,-, sd R, cl L; Bk R trng LF,-, sd L, cl R to CP WALL;
{**Hover**} Repeat Intro, meas 7;
{**Thru Fc Cl**} Thru R, -, sd L to fc ptr, cl R;

PART B

- 1-8 WHISK; MANUV; SPIN TRN; BOX FIN; 2 LF TRNS; ; TWRL VIN 3; THRU & PU DLC;**
- 1-4 {Whisk} Fwd L,-, sd & fwd R w/ rise, XLIB (XRIB);
{Manuv} Comm RF trn fwd R,-, cont RF trn to fc ptr sd L, comp trn cl R (Small fwd L, -, sd R, cl L) to CP RLOD;
{Spin Trn} Bk L pvtg RF ½ to fc LOD,-, fwd R bet W's feet cont RF trn keeping L leg extended bk & sd, comp trn recover sd & bk L (Fwd R bet M's feet pvtg ½ RF,-, bk L cont trn brush R to L, comp trn fwd R);
{Box Fin} Bk R,-, sd & bk L trng 1/8 LF, cl R to DLC;
- 5-8 {2 LF Trns} Repeat Part A, meas 13-14; ;
{Twirl Vin 3} Releasing trail hnds sd L comm slight RF trn, -, XRIB comp slight LF trn, sd L (Sd and fwd R trng RF und jnd ld hnds, -, sd and bk L cont RF trn, sd R) to fc ptr;
{Thru & PU} Thru R ldg W in frnt,-, sd L, cl R to CP DLC;

PART C

- 1-8 DIAMOND TRN; ; ; TRN L & R CHASSE; BK BK/LK BK; IMP SCP; THRU FC CL;**
- 1-4 {Diamond Trn} Fwd L trng LF on the diagonal, -, cont LF trn sd R, bk L to BJO; Staying in BJO and trng LF bk R, -, sd L, fwd R; Fwd L trng LF on the diagonal, -, cont LF trn sd R, bk L in BJO; Staying in BJO and trng LF bk R, -, sd L, fwd R to CP DLC;
- 5-8 {Trn L & R Chasse} Fwd L commence LF upper body trn, -, sd R cont trn LF/close L, sd R comp trn to BJO DRC;
{Bk Bk/lk Bk} Back left,-, back right/lock left in front of right, back right;
{Imp to SCP} Comm RF upper body trn bk L, -, cl R to L cont RF trn [heel trn], comp trn fwd L (Comm RF upper body trn fwd R outside M's feet & pvtng 1/2, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD;
{Thru Fc Cl} Thru R, -, sd L to fc ptr, cl R to CP WALL;

PART D

- 1-5 BOX; ; TWISTY VIN; FWD FC CL; TWRL VIN 3 BFLY;**
- 1-5 {Box} Fwd L, -, sd R, cl L; Bk R, -, sd L, cl R to WALL;
{Twisty Vin} Sd L, -, XRIB (XLIF) to SCAR, sd L;
{Fwd Fc Cl} Fwd R to BJO, -, sd L to fc ptr, cl R;
{Twirl Vin 3} Repeat Part B. meas 7 to BFLY WALL;
- 6-9 SLO LUNGE THRU REC; REV TWRL VIN 3 BFLY; SLO LUNGE THRU REC; SD CLS 2X;**
- 6-9 {Slo Lunge Thru Rec} Staying in BFLY lunge thru LOD R, -, rec L, -;
{Rev Twirl Vin 3} Releasing trail hnds sd R comm slight LF trn, -, XLIB comp slight LF trn, sd R (Sd and fwd L trng ½ LF und jnd ld hnds, -, sd and bk R trng 1/2 LF, sd L) to BFLY WALL;
{Slo Lunge Thru Rec} Staying in BFLY lunge thru RLOD L, -, rec R, -;
{Sd Cl 2X} Sd L, cl R, sd L, cl R;

- 10-16 QK VIN 4 SCP; FWD RUN 2; WING; CROS HVR 3X TO SCP; ; ;
PU SD CL LOD;**
{Qk Vin 4} Sd L, XRIB, sd L, XRIF to SCP;
{Fwd Run 2} Fwd L, -, fwd R, fwd L;
{Wing} Fwd R, -, draw L toward R, tch L to R trng upper body LF (Fwd L beginning to cross in front of M comm slight LF trn, -, fwd R arnd M cont slight LF trn, fwd L arnd M comp slight LF trn) to SCAR DLC;
{Cros Hvr 3X} XLIF (XRIB),-, sd R with rise, fwd L to BJO; XRIF (XLIB),-, sd L with rise, fwd R to SCAR; XLIF (XRIB),-, sd R with rise, fwd L to BJO; Fwd R, -, trng to fc WALL sd L, cl R to SCP LOD;
{PU Sd Cl} Repeat Part B, meas 8 to LOD;

PART C (MOD)

- 1-8 DIAMND TRN; ; ; ; TRN L & R CHASSE; BK BK/LK BK;
IMP SCP; THRU CHASSE BJO;**
1-8 Repeat Part C, meas 1-7; ; ; ; ; ; ; ; ;
{Thru chasse to BJO} Thru R trng to fc ptr, -, sd L/cl R, sd L to BJO;

PARTE

- 1-4 FWD FWD/LK FWD; MANUV; 2 R TRNS TO LOD; ;**
1-4 {Fwd Fwd/lk Fwd} Fwd R,-, fwd L/lk R in bk of L, fwd L;
{Manuv} Repeat Part B, meas 2;
{2 R Trns} Bk L comm ¼ RF trn, -, sd R cont ¼ RF trn, comp trn cl L; Fwd R comm ¼ RF trn, -, sd & fwd L cont ¼ RF trn, comp trn cl R to fc LOD;

END

- 1-9 BOX; ; TWISTY VIN; FWD FC CL;
(SCP) FWD RUN TWO 2X TO CP WALL; ; SD DRAW CL; HOVER;
CHAIR & HOLD;**
1-4 Repeat Part D, meas 1-4; ; ; ;
5-9 {Fwd Run Two 2x} In SCP fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to CP WALL;
{Sd Draw Cl} Sd L, -, draw R to L, cl R;
{Hover} Repeat Part A, meas 15;
{Chair} Fwd R with lunge action bending knee, -, hold, -;