

The Girl From Ipanema

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Music: The Girl From Ipanema – Nat King Cole (Album – L-O-V-E)
Avail for download from Amazon.com
Footwork: Opposite except where noted
Rhythm/Phase Foxtrot Phase 5+1 (Fallaway Ronde & Slip) Speed 42.5 rpm (28 mpm)
Sequence: Intro – A – B – A(1-8) – C – B - AMod(Omit meas 15) – End Release 1.1 July 2019

INTRO

1-4 WAIT ; STROLL 2 ; VINE APART 3 BRUSH ; VINE TOG/LADY ROLL 3 CP ;

--SS 1 -2 In Escort pos LOD lead foot free wait 1 measure ; Fwd L, -, fwd R, -;
QQS 3 Release arm hold sd L to COH, XRIB, sd L, brush R across L ;
QQS 4 Sd R to wall, XLIB, sd R, tch L to R CP DC
(W roll LF 1 & ½ trns toward M blend to CP);

PART A

1-5 MINI TELESPIN ; ; CONTRA CHECK & SWITCH ; NATURAL WEAVE ; ;

SQ- 1 (Mini Telespin) Fwd L CP DC comm LF turn, -, fwd & sd R cont turn,
bk L LOD part weight keep L sd twd ptrn
(SQQ&) (W bk R, -, draw L heel past R turning LF on R heel cl L to R, fwd R/fwd L);
QQ- 2 Shifting full weight to L spin LF, sd R, -
(W fwd R comm LF spin, cl L to R, -); end CP DRC
SQQ 3 (Contra Check & Switch)) Lower on R fwd L in contra body movement rt sd lead look over
W's head, -,rec R trng 3/8 RF, rec bk L 1/8 LF trn to fc DW;
(W bk R, -, rec L trng RF, rec fwd R between M's feet);
SQQ 4 (Natural Weave) Fwd R, -,fwd L trng RF, bk R twd DC in BJO
(W bk L, -,heel trn on L cl R, fwd L DC);
QQQQ5 Bk L, bk R leading W to CP, trng LF sd & fwd L, fwd R CBJO DW
(W fwd R in BJO, fwd L to CP, trng LF sd & bk R, bk L);

6-8 HOVER ; THRU JETE POINT COH ; FALLAWAY RONDE & SLIP DRC;

SQQ 6 (Hover) Fwd L, -, sd & fwd R, trng body LF fwd L SCP DC
(W bk R, sd & bk L, trng body RF fwd R DC);
S&- 7 (Jete Point) Thru R rotating LF to square W keeping R sd lifted, -,slight spring small fwd L high
on toe piv twd COH/lower & flex L knee sharply as you extend R ft sd twd LOD w/R sway
(W thru L comm to fold LF to M w/head staying open to R, -slight spring small sd & bk R twd
COH/lwr & flex R knee sharply extend L ft to sd head well to left),-;
SQQ 8 (Fallaway Ronde & Slip) Small sd R ronde L CCW, -, bk L under body, bk R trng W to CP DRC
(W small sd L ronde R CW, -, bk R SCP, trn L fwd R to CP);

(Cont Part A)

9-12 FWD HOVER SCP DW ; NATURAL HOVER CROSS ; ; REVERSE WAVE 3 ;

- SQQ 9 (Fwd Hov SCP) Fwd L, -, fwd & sd R trng LF, fwd L SCP DW(W bk R, -, bk L, fwd R);
- SQQ 10 (Nat Hover Cross)) Fwd R trng RF, -,sd L cont RF trn, sd & fwd R to SCAR LOD
(W bk L, -,heel trn on L cl R, sd & bk L);
- QQQQ 11 Fwd L cking outsd ptrn, rec R, sd & fwd L, fwd R to BJO DC(W chk bk R, rec L, sd & bk R, bk L);
- SQQ 12 (Rev Wave 3) Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);

13-16 CHECK & WEAWE ; ; DOUBLE REVERSE ; CHANGE OF DIRECTION ;

- SQQ 13 (Check & Weave) Chk bk R, -, rec L slight LF trn, sd & bk R DC
(W chk fwd L, -, rec R trng LF, sd & fwd L);
- QQQQ 14 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW
(W XRIF, fwd L, trng LF sd & bk R, bk L);
- QQ- 15 (Double Reverse) Slight LF trn fwd L to LOD trng LF, sd & fwd R trng LF fc RLOD
bring L to R spin LF on R to DW, -
(QQQQ) (W bk R, drw L past R trn LF on R heel trnsfr wt to L, fwd R past M on toe trng LF, XLIF);
- SS 16 (Change Of Direction) Fwd L DW, -, fwd R toeing in trng LF, drw L to R no weight CP DLC
(W bk R, -, sd & bk L trng LF, drw R to L);

PART B**1-4 REVERSE WAVE ; ; TIPPLE CHASSE PIVOT ; BK FEATHER ;**

- SQQ 1 (Reverse Wave Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);
- SQQ 2 Bk R, -, bk L slight LF body trn, bk R to LOD
(W fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD);
- SQ&Q 3 (Tippie Chasse Pivot) Bk L comm RF trn, -, with left sd stretch sd R/cl L, cont RF trn fwd R
Pivot RF to fc DRW(W fwd R comm RF trn, -, sd L/cl R, bk L pivot RF);
- SQQ 4 (Bk Feather) Bk L, -, bk R with R sd lead, bk L to BJO
(W fwd R, -, fwd L with L sd lead, fwd R BJO);

5-8 FEATHER FINISH ; 3 STEP ; NATURAL TELEMAR SCAR ; ZIG ZAG 4 ;

- SQQ 5 (Feather Finish) Bk R to CP, -, trng LF sd & fwd L, fwd R BJO DW
(W fwd L to CP, -, trng LF sd & bk R, bk L DW);
- SQQ 6 (3 Step) Fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD(W bk R, -, bk L, bk R);
- SQQ (Nat Telemark SCAR) Fwd R trng RF, -,sd L cont RF trn, sd & fwd R to SCAR DC
(W bk L, -,heel trn RF on L cl R, cont RF trng sd & bk L);
- QQQQ 8 (Zig Zag 4) Fwd L trng LF, sd R, XLIB, trng RF on L heel cl R to L
(W bk R trng LF, sd L, XRIF, trng LF sd & bk L);

(Cont Part B)

9-12 HOVER CROSS ENDING DRC ; TOP SPIN ; HOVER ; DOUBLE LILT ;

- QQQQ9 (Hover Cross Ending DRC) Fwd L cking outsd ptrnr, rec R, sd & fwd L RLOD, chk fwd R to BJO DRC LF spin 1/8th trn
(W chk bk R, rec L, sd & bk R RLOD, chk bk L slight LF spin 1/8th trn);
- QQQQ 10 (Top Spin) Bk L in BJO to LOD, bk R to CP, trng LF sd L, fwd R BJO DW
(W fwd R, fwd L to CP, trng LF sd R, bk R BJO);
- SQQ 11 (Hover) Fwd L, -, sd & fwd R, trng LF rec L to SCP DC
(W bk R, -, sd & bk L, trng RF rec R to SCP DC);
- QQQQ12 (Double Lilt) Thru R rise to toe, small fwd L, lower thru R rise to toe, small fwd L;

13-16 PROMENADE WEAVE ; ; HOVER ; FEATHER ;

- SQQ 13 (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);
- QQQQ14 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R BJO DW
(W XRIF, fwd L to CP, trng LF sd & bk R, bk L BJO DW);
- SQQ 15 (Hover) Fwd L to CP, -, sd R, trng LF rec L to SCP DC
(W fwd R trng RF, -, sd L, trng RF fwd R to SCP);
- SQQ 16 (Feather) Thru R, -, fwd L, fwd R BJO DLC(W thru L, -, fwd R trng LF, bk L);

Part A (1-8)

1-5 MINI TELESPIN ; ; CONTRA CHECK & SWITCH ; NATURAL WEAVE ; ;
6-9 HOVER ; THRU JETE POINT FC COH ; FALLAWAY RONDE & SLIP DRC ;

PART C

1 - 4 FWD HOVER SCP ; THRU SD BEH FLAIR ; BEH SD THRU FLAIR ; HOOK & UNWIND ;

- SQQ 1 (Fwd Hover SCP) Fwd L, -, fwd & sd R trng LF, fwd L SCP LOD(W bk R, -, bk L, fwd R);
- QQS 2 (Thru Sd Beh Flair) Thru R, sd L to BFLY wall, XRIB, flair L CCW;
- QQS 3 (Beh Sd Thru Flair) XLIB, sd R, thru L RLOD, flair R CCW;
- Q-- 4 (Hook & Unwind) XRIF with no weight toe to floor, unwind LF shifting to R to fc W, -, join lead hands LOP fcng;

5 - 8 HOVER SCP ; FEATHER ; DOUBLE REVERSE ; CHANGE OF DIRECTION ;

- SQQ 5 (Hover) Fwd L, -, sd & fwd R blending to CP, trng body LF fwd L SCP DC
(W bk R, sd & bk L, trng body RF fwd R DC);
- SQQ 6 (Feather) Thru R, -, fwd L, fwd R BJO DLC(W thru L, -, fwd R trng LF, bk L);
- QQ- 7 (Double Reverse) Fwd L to CP DC trng LF, sd & fwd R trng LF fc RLOD
bring L to R spin LF on R to DW, -
(QQQQ) (W bk R, drw L past R trn LF on R heel trnsfr wt to L, fwd R past M on toe trng LF, XLIF);
- SS 8 (Change Of Direction) Fwd L DW, -, fwd R toeing in trng LF, drw L to R no weight CP DLC
(W bk R, -, sd & bk L trng LF, drw R to L);

PART B

- 1-4 REVERSE WAVE ; ; TIPPLE CHASSE PIVOT ; BK FEATHER ;**
- 5-8 FEATHER FINISH ; 3 STEP ; NATURAL TELEMAR SCAR ; ZIG ZAG 4 ;**
- 9-12 HOVER CROSS ENDING DRC ; TOP SPIN ; HOVER ; DOUBLE LILT ;**
- 13-16 PROMENADE WEAVE ; ; HOVER ; FEATHER ;**

PART A (Mod - Omit Part A measure 15 Double Reverse)

- 1-5 MINI TELESPIN ; ; CONTRA CHECK & SWITCH ; NATURAL WEAVE ; ;**
- 6-9 HOVER ; THRU JETE POINT FC COH ; FALLAWAY RONDE & SLIP DRC ;
FWD HOVER SCP DW ;**
- 10-12 NATURAL HOVER CROSS ; ; REVERSE WAVE 3 ;**
- 13-15 CHECK & WEAVE ; ; CHANGE OF DIRECTION ;**

END

1 SLOW CONTRA CHECK/HEAD TICK ;

- S- 1 (Slow Contra Check) Lower on R slow fwd on L, with weight between feet trn body LF, transferring weight to lead foot continue stretching through last note, -/slight body trn RF to lead lady to look at man on last note as you look at lady
(W lower on L slow bk on R, trn body LF head well to left, extend, -/look at man);