BACK WHERE I BELONG

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Music: Back Where I Belong by Cathy & the Swingatonic, Album: Premium Standard: Ballroom Emotions, trk 8, Casa Musica download, time 2:45

Rhythm: Fox trot/Jive | Phase IV | Speed: as downloaded
Footwork: Opposite unless indicated (W/s footwork in parentheses) | Difficulty: Average
Timing: SQO unless otherwise indicated, reflects actual weight changes | Released: Oct 2, 2017
Sequence: Intro AB C A(9-16) B(mod) Int C(9-16) End

Intro

1-4 Wait; Toq Tch to CP w/Shape; Fthr Fin;
1-2 In LOP fng DLW with lead hands jnd and lead feet free wait 2 meas; 
3-4 Fwd L slightly trng RF to cp, lch R, -, -; {Fthr fin} Bk R trng LF, -, sd & fwd L cont trn twd COH, Xrif to bjo DLC;

Part A (16 meas)

1-8 Diam Trn;;; Telemk SCP;; In/Out runs;; Fthr;
1-4 {Diam Trn} Fwd L trng LF, -, sd & bk R, bk L to bjo DRC; bk R trng LF, -, sd & fwd L, fwd R bjo DRW; fwd L trng LF, -, sd & bk R, bk L to bjo DLW; bk R trng LF, -, sd & fwd L, fwd R bjo DLC;
5 {Telemk scp} Fwd L comm. LF trn, -, fwd & sd R cont trng ¼ LF (W heel trn), sd & fwd L to tight scp DLW;
6-7 {In/out runs} Fwd R comm. RF trn, -, sd & bk L across ptr to cp RLOD, cont slt RF trn bk R to bjo DRC (W fwd L, -, fwd R between M's feet, fwd L outsd of the M to bjo fng DLW); bk L trng RF, -, sd & fwd between W's feet cont RF trn, fwd L to scp LOD;
8 {Fthr} Thru R, -, fwd L, fwd to bjo DLC (W thru tng LF, -, sd & bk R, bk L to bjo fng DRW);

9-10 Diam Trn ½;; Qk Diam 4; Dip & Rec; Trn Left – Rt Chassé BJO; Bk, B/L, Bk; Outsd Chg SCP; Fthr DLW;
1-2 {Diam Trn 1/2} Fwd L trng LF, -, sd & bk R, bk L to bjo DRC; bk R trng LF, -, sd & fwd L, fwd R bjo DRW;
3-4 {Qk Diam 4} Fwd L trng LF, sd & bk R, bk L to DLW, bk R trng LF blndng to cp LOD; bk L, -, rec R, -;
6 {Trn L & Chassé Bjo} Fwd L trng LF, -, bk & od R/l L, sd & bk R cont trng to bjo fng DRC;
6 sq & 6 {Outsd chg SCP} Bk L, -, bk R trng LF, sd & fwd L (W fwd R, -, fnd l trng hndy hnd LF, sd & fwd R) to scp DLW;
8 {Fthr} Thru R, -, fwd L, fwd to bjo DLW (W thru tng LF, -, sd & bk R, bk L to bjo fng DRC);

Part B (8 meas)

1-8 3-Step; ½ Nat; Impetus SCP; Thru Hover BJO; Bk Twisty Vine 4; Bk Hover SCP; SCP Chasse; Chair & Slip;
1-2 {3 Step} Blndng to cp fwd L, -, fwd R, fwd L; (1/2 Nat) Fwd R comm RF trn, -, sd L (W cl R heel trn), bk R cp RLOD;
3 {Opn Imp} Trng RF bk L, -, cl R heel trn cont trn, comp trn fwd L to scp LOD (W fwd R betw M's feet pivoting RF, -, cont trn rnd M sd & fwd L bshng RF to L, comp trn fwd R);
4 {Thru hvr bjo} Thru R fwd LOD, -, fwd L rising bshng RF to L (W fwd R trn LF rising bshng RF to L to bjo fng DRC); rec R;
5 {Bk twisty vine 4} Bk L trng RF, sd R to fc, cont Xrif to SCAR, tmn LF sd R to bjo DLW;
6 {Bk hvr scp} Bk L, -, bk R rising bshng RF to L, fnd r to scp LOD;
7 sq & 7 {Chair & slip} Lunge thru R, -, rec L, with slight LF upper body trn slip bk R to cp LOD;

Part C (Jive) (16 meas)

1-8 Chasse Left & Rt; Chg Rt To Left COH – Chg Hands Bnd Bk; Amer Spin - Fall Throw; Rk Apt Rec Sd Cl;
1 {Chasse L & R} Sd L/cl L, sd L, sd R/cl L, sd R;
2-4 {Chg R to L} Blndng to scp COH r/bk L, rec R, fwd l/cl RF, fwd L trng LF ¼ to fc COH (W bk R L, rec L, sd R/cl L, fwd R trng RF ¼ under jnd lead hnds); sd & fwd R/cl L, sd R (W sd & bk L/cl L, sd & bk L),
{Chg hnds bnh bk} Rk apt L, rec R; fwd L/cl L, fwd L trng ¼ LF chng W's right hnd to M's right hnd bnh M's bk (W fwd R/cl L, fwd R trn RF ¼ RF); sd & bk R/cl L, sd & bk R cont trn ¼ LF to fc WALL chna W's right hnd to M's left (sd & bk L/cl L, sd & bk L trng ¼ RF);
5-7 {American spin} Rk bk L, rec R, sd L/cl L, sd L (W spin RF); sd R/cl L, sd R,
{Fall throw} Rk bk L to scp, rec R; fwd & sd L/cl L, fwd & sd L, sd & fwd R/cl L, sd & fwd R to lop fng LOD (W bk R to scp, rec L; fwd R/fwd L, fwd R trng ¼ LF, sd & bk L/cl L, sd & bk L);
8 Rk bk L, rec R, sd L, cl R to cp LOD;
Part C (Jive) (cont)

9-16  [CP LOD] Chasse Left & Rt; Shldr Shove Handshake — Triple Wheel 1 [W spin] BFLY WALL; Sailor Shuffle Twice; Link Rk — Rk Rec; Swvl 4 to P/U;
9  (Chasse L & R) Sd L/c L, sd L, sd R/c L, sd R;
10-12 (Shldr shove) Rk apt L, rec R tram RF, sd L/c L, sd L twd ptr bringing M’s left and W’s right shldrs tog & tmng LF to fc ptr;
   bk R/c L, bk R to handshake,
   (Triple Wheel 1) Rk apt L, rec R; comm. RF whcl sd L/c L, sd L tram RF to fc ptr and touching her back with left hand, sd R/c L, sd R tram LF leading W to spin to bfly WALL (Wrk R apt, rec L; comm. RF wheel tmng away from ptr sd R/c L, sd R
   spinning RF, sd L/c L, sd L to bfly);
13  (Sailor shuffles) XLib/sd R, sd L, XRib/sd L, sd R;
14-15 (Link rk — rk rec) Rk bk L, rec R, small fwd L/c L, sip L; sd R/c L, sd R, rk bk L to scp, rec R;
16  (Swivel wk 4) With swivelling action fwd L, R, L, R (W fwd L swivel ⅔ LF to fc RLOD);

Repeat Part A(9-16)

Repeat Part B

1-8  3-Step: ½ Nat; Impetus SCP; Thru Hover BJO; Bk Twsty Vine 4; Bk Hover SCP; SCP Chasse; P/U SCAR;
1-7  Repeat Part B meas 1-7;[...]
8  (¼U scd) Thru R tram LF to scd DLW (W thru L tram LF to scd), - , sd L, cl R;

Int (4 meas)

1-4  Cross Hover 3x:; Fwd Tch CP LOD;
1  (X hov bjo) XLib, -, sd R w/rise tram slightly LF, rec L ending in bjo DLC (WXRib, - , sd L w/rise, rec R);
2  (X hov scd) XRif, -, sd L w/rise tram slightly RF, rec R to scd DLW (WXLib, -, sd R w/rise, rec L);
3  (X hov bjo) XLib, -, sd R w/rise tram slightly LF, rec L ending in bjo DLC (WXRib, -, sd L w/rise, rec R);
4  Fwd R twd LOD to cp, -, tch L, -;

Repeat Part C(9-10)

End (3 meas)

1-3  [CP LOD] Sd Tch Twice; Dip Bk to slo Leg Crawl;
1  Sd L, tch R, sd R, tch L;
2-3  Bk L, [til the end of the music] slowly rotate upper body slightly LF & straighten R knee (W fwr D, slowly raise L knee along the M’s right outer thigh with toe pointed downward), - , - , - , - , - , -;

Quick Cues (LOP/DLW) 2 meas wait

Intro  Wait; Tog Tch CP w/Shape; Fthr Fin;

A  Diam Trn; Telemk SCP; In/Out Runs (DLC); Fthr; Diam Trn ½; Qk Diam 4; Dip & Rec; Trn Left — Chasse Bjo; Bk, B/L, Bk; Outsd Chg Semi; Fthr (DLW);

B  3-Step; ½ Nat; Imp Semi; Thru Hov Bjo; Bk Twsty Vine 4; Bk Hov SCP; SCP Chasse; Chair & Slip;

C  (Jive) Chasse Left & Rt; Chg Rt To Left (COH) — Hands Bhnd Bk; Amer Spin - Fall Throw; Rk Apt Rec Sd Cl;

Chasse Left & Rt; Shldr Shove (Handshake) — Triple Wheel 1 (Wall); Sailor Shuffle Twice; Link Rk — Rk Rec; Swvl 4 to P/U;

A(9-16)  Diam Trn ½; Qk Diam 4; Dip & Rec; Trn Left — Chasse Bjo; Bk, B/L, Bk; Outsd Chg Semi; Fthr (LW);

B  3-Step; ½ Nat; Imp SCP; Thru Hov Bjo; Bk Twsty Vine 4; Bk Hov SCP; SCP Chasse; P/U SCAR;

Int  X-Hov 3x:; Fwd Tch (CP/LOD);

C(9-16)  (Jive) Chasse Left & Rt; Shldr Shove (Handshake) — Triple Wheel 1 (Wall); Sailor Shuffle Twice; Link Rk — Rk Rec; Swvl 4 to P/U;

End  Sd Tch Twice; Dip to slo Leg Crawl;