

YOU MAKE ME FEEL SO YOUNG

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Rhythm & Phase: Foxtrot, Ph III +2 (TELEMARK, DIAMOND TURN)
Music: "You Make Me Feel So Young" **Artist:** Frank Sinatra
Download: Amazon.com
Footwork: Opposite, directions to man except where noted
Speed: 45 rpm **Time:** 2:56 (at 45 rpm)
Sequence: Intro – A – B – C – A – B – C – ENDING

INTRO

1 – 4 CP DLW WAIT 2 MEAS;; HOVER; PICKUP RUN 2;

- 1-2 CP DLW wait 2 meas;;
3-4 Fwd L,-, fwd & sd rise R, sd & fwd L; thru pickup W to CP LOD,-, fwd L, fwd R;

PART A

1-4 FWD, RUN 2; MANUV, SIDE, CLOSE; SPIN TURN; BOX FINISH;

- 1-2 Fwd L,-, fwd R, fwd L; beg RF trn fwd R,-, cont RF trn sd & bk L, cl R to CP RLOD;
3-4 Beg RF trn bk L toe piv RF,-, fwd R betw W's feet cont RF trn, rec bk L to CP DW; bk R trn LF,-, sd L, cl R to CP LOD;

5-8 PROG BOX;; FWD, RUN 2; FACE WALL, SIDE, CLOSE;

- 5-6 Fwd L,-, sd R, cl L; fwd R,-, sd L, cl R;
7-8 Fwd L,-, fwd R, fwd L; fwd R beg RF trn to fc WALL,-, sd L, cl R;

9-12 WHISK; WING; OP TELEMARK; MANUV, SIDE, CLOSE;

- 9-10 Sd L,-, fwd & sd R commencing rise to ball of foot, XLIB continuing to full rise on ball of foot ending in tight SCP; fwd R, -, draw L toward right, tch L to R turning upper part of body LF with left side stretch; (W fwd L beginning to cross in front of M commence turn slightly LF, -, fwd R around M continue to turn slightly LF, fwd R around M complete LF turn to end in tight SCAR;)
11-12 Fwd L commence LF turn, -, sd R continue LF turn, sd & slightly fwd L to end in tight SCP; (W bk R commence LF turn bringing left beside right with no weight, -, turn LF on right heel [heel turn] and change weight to L, sd & slightly fwd R to end in tight SCP;) Repeat Meas 2 of Part A;

13-16 OP IMPETUS; PICKUP; BOX;;

- 13-14 Commence RF upper body turn bk L, -, cl R to left [heel turn] continue RF turn [usually a total of about 3/8 turn], complete turn fwd L in tight semi-clsd pos; (W commence RF upper body turn fwd R between M's feet heel to toe pivoting 1/2 RF, -, sd & fwd L continue turn around M brush right to left, complete turn fwd R;) toward LOD fwd R picking up W cp,-, sd L, cl R;
15-16 Fwd L,-, sd R, cl L; bk R,-, sd L, cl R;

PART B

1-4 DIAMOND TURNS;;;:

- 1-4 Fwd L turning LF on diag, -, continue LF turn sd R, bk L with partner outside M in CBMP; Staying in CBMP and turning LF bk R, -, sd L, fwd R outside partner in CBMP; Fwd L turning LF on diag, -, sd R, bk L with partner outside M in CBMP; Bk R continue LF turn, -, sd L, fwd R CBMP LOD; (W bk R turning LF on diag, -, continue LF turn sd L, fwd R outside partner; Fwd L turning LF, -, sd R, bk L; Bk R turning LF, -, sd L, fwd R outside partner; Fwd L turning LF, -, sd R, bk L CBMP pos;)

5-8 2 LEFT TURNS;; TWISTY VINE 8 (BJO LOD);:

- 5-6 Fwd L commence LF upper body turn, -, continue to turn up to 1/2 sd & bk R, cl L; Bk R commence LF upper body turn, -, continue to turn up to 1/2 sd & fwd L, complete turn to fc WALL cl R;
- 7-8 Sd L, xRib, sd L, xRif; (W sd R, xLif, sd R, xLib;) Repeat Meas 7 of Part B to end BJO LOD;
- Note: Optional ending position after Twisty Vine 8, may blend to CP LOD*

PART C

1-4 FWD, RUN 2; MANUV, SIDE, CLOSE; OP IMPETUS; FWD HOVER (BJO);

- 1-2 Repeat Meas 1-2 of Part A;;
- 3-4 Repeat Meas 13 of Part A; fwd R,-, sd & fwd L rise, rec R to BJO;

5-8 BACK HOVER (SCP); PICKUP (SCAR); CROSS HOVER (BJO); CROSS HOVER (SCAR);

- 5-6 Bk L,-, sd & bk R rise, rec L SCP; toward LOD fwd R picking up W cp,-, sd L, cl R to SCAR LOD;
- 7-8 XLif,-, sd R rise, rec L BJO; XRif,-, sd L rise, rec SCAR;

9-12 CROSS HOVER (BJO); FWD, SIDE, CLOSE (WALL); VINE 3; THRU, SIDE, BEHIND;

- 9-10 XLif,-, sd R rise, rec L BJO; fwd R turning to WALL,-, sd L, cl R;
- 11-12 Sd L,-, XRib, sd L; XRif (W XLif),-, sd L, XRib;

13-16 ROLL 3; THRU, SIDE, CLOSE; TWL/VINE 3; PICKUP (CP);

- 13-14 Fwd L commence LF turn (W RF turn),-, sd R continuing turn, bk & sd L to fc partner; XRif (W XLif),-, sd L, cl R;
- 15-16 (join lead hands) Sd L twd LOD (raise joined hands),-, XRib, sd L (W sd R commence RF turn under joined hands,-, cont trng fwd L, sd R finish trn to fc partner;) toward LOD fwd R picking up W cp,-, sd L, cl R to CP LOD;

ENDING

1-4 2 LEFT TURNS;; WHISK; THRU, SIDE, CLOSE;

- 1-2 In CP Fwd L commence LF upper body turn, -, continue to turn up to 1/2 sd & bk R, cl L; Bk R commence LF upper body turn, -, continue to turn up to 1/2 sd & fwd L, complete turn to fc WALL cl R;
- 3-4 Sd L,-, fwd & sd R commencing rise to ball of foot, XLIB continuing to full rise on ball of foot ending in tight SCP; XRif (W XLif),-, sd L, cl R;

5-6 HOVER; CHAIR, RECOV, HOLD;

- 5-6 Fwd L,-, fwd & sd rise R, sd & fwd L; fwd R lunge step, recov L, -, (hold till music ends);