

SPELLBOUND

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Record: Roper 154B – Fip of “For The First Time”

Speed 42 RPM

Phase: VI Foxtrot [Timing SQQ unless noted]

Lady opposite unless noted in ()

Sequence: INTRO - A - B - A - B - END

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INTRODUCTION

1 - 8 WAIT LOP(LOD);; SIDE SWAY TOG & APART; LADY ROLL TO SCP; FEATHER DLC; OPEN TELEMAR; CHAIR & SLIP; DOUBLE REVERSE;

- 1-2 Wait in LOP Pos fcg LOD ;;
- SS 3 **[Sd Sway Tog & Apt]** Sd L COH(WALL) sway tog tching M's R & W's L palms,-, rec R sway apart to LOP LOD,-;
- 4 **[Lady Roll to SCP]** Rec L leading W fwd R trng RF,-, fwd R LOD between W's feet (sd L WALL), rising & trng W to SCP fwd L DLC;
- 5 **[Feather]** Thru R,-, fwd L, R(trng LF on L sd & bk R, bk L) blending to BJO DLC;
- 6 **[Op T/M]** Fwd L to CP,-,trng LF sd R DLC(heel trn)to CP, trng to SCP fwd L DLW;
- 7 **[Chair & Slip]** Fwd R lowering with strong fwd stretch loosen rt arm to keep lady bk (Thru R stay well bk in M's arm look over lft shldr),-, rec L rising (rec R rising & trng LF) to CP, small step bk in CP fcg DLC;
- SQQ 8 **[Dbt Rev]** Fwd L starting to trn LF,-, sd R DLC, cont trn on R tch L(bk R,-, heel trn/fwd & sd R trng LF, XLIF of R) to CP fcg DLC;
- (SQ&Q)

PART A

1 - 4 HOVER SCP; ZIG ZAG & SYNC WEAVE;;;

- 1 **[Hvr SCP]** Blending to CP fwd L DLW,-,sd R, rec L to SCP DC;
- SQQQQ 2-4 **[Zig Zag]** Thru R DLC,-, trng RF sd & bk L(fwd R), bk R DLC(fwd L)SCAR;
- S&QQQQ Trng LF sd & fwd L(sd & bk R), fwd R(bk L) to BJO DLC, **[Sync Rev Weave]** Fwd L blending to CP commence LF trn,-; sd & bk R DLC/bk LOD in BJO, bk R blending to CP, sd & fwd L DLW, fwd R in BJO;

5 - 8 CURVE THREE STEP; BK TRN SCP RDW; THRU & WHIPLASH WITH SWAY CHANGE;;; OUTSIDE CHANGE TO SCP;

- 5 **[Curve 3 Step]** Fwd L DLC blending to CP,-, fwd R COH, rising fwd L DRC;
- QQ 6&7 **[Bk Trn SCP-Whiplash]** Rec bk R lowering with slight LF trn, sd & fwd L RDW trn W to SCP, SSS thru R DRW lowering,-; Ronde L CW to pt inside edge of L toe RDW still down (thru L Ronde R CCW trng LF on L keeping head to R to end BJO with R pt bk RDW), -, Slowly change sway stretching left sd & rising slightly (slowly trn head to L) BJO DRW,-;
- 8 **[O/S Change SCP]** Bk L DLC,-, bk R to CP, trng LF to SCP fwd L DLW;

9 - 12 START A CONTINUOUS HOVER CROSS; ZIG ZAG 4; CONTINUE HOVER CROSS TO A HINGE;;

- SQQ 9 **[Start Cont Hvr X]** Thru R trng RF to CP,-, sd L still trng, sd & fwd R to SCAR LOD;
- QQQQ 10 **[Zig Zag 4]** Fwd L in SCAR trn LF, sd & bk R to BJO, bk L, trng RF sd & fwd R to SCAR LOD;
- QQQQ 11&12 **[Cont Hvr X to Hinge]** Fwd L SCAR, cl R (sd L), bk L RLOD BJO, bk R to CP fcg DLC;
- SS Sd L (fwd R RLOD) trng to fce COH,-, cont trn body lowering on L head slightly R left sd stretched (cont trn lowering on R XLIB pt R LOD),-;

13-16 HOVER TURN SCP; PROM WEAVE;;; CHANGE OF DIR;

- 13 **[Hvr Trn SCP]** Rising slightly trng body & W RF(Fwd R trng RF to CP),-, fwd R LOD between W's feet rising & trng W to SCP brush L to R, fwd L lowering in SCP DLC;
- SQQ 14&15 **[Prom Weave]** Thru R,-,fwd L(trng LF on L sd & slightly bk R), trng LF sd & bk DLC
- QQQQ (sd & fwd L); bk L LOD in BJO, bk R to CP, trng LF sd & fwd L(W trng LF on L sd & bk R), fwd R DLW in BJO;
- SS 16 **[Change of Direction]** Fwd L to CP,-, fwd R rt sd lead trng LF draw L to R no wgt fcg DLC,-;

PART B

1 - 4 REVERSE WAVE ;; RIGHT CHASSE PIVOT; BACK FEATHER;

- 1&2 [Rev Wave] Fwd L trng LF,-, sd & bk R DLW(W heel trn), bk L DLW; Bk R,-, trng LF bk L LOD, bk R CP fcg RLOD;
SQ&Q 3 [R Chasse Pvt] Bk L trng RF,-, small sd R/cl L fce DLW, fwd R between W's feet pivot RF to end fcg RDW;
4 [Bk Feather] Bk DLC L,-,R, L to BJO;

5 - 8 QUICK BACK TURN SCP – THRU & OVERSWAY;; RONDE & SLIP; CHECK REVERSE & SLIP;

- QQSS 5&6 [Qk Trn SCP] Bk R to CP trng LF, fwd L SCP DLW, [Thru & Oversway] Thru R,-, fwd L rising keeping free leg extended bk toe on floor trng W to CP lower head to R stretching L sd (trn head to L stretching R sd),-;
7 [Ronde & Slip] Rec sd & bk R RLOD trng W to SCP lowering on R ronde L CCW(CW),-, bk L well under body rising(bk R trng LF to CP), small step bk R in CP fcg DLC;
8 [Chk Rev & Slip] Fwd L CP trng LF,-,sd & fwd R rising & checking with strong body rise stretching R sd trng head to R(heel trn early rise to toes keeping head to L),rec on L head to L trng RF & lowering(trng RF rec on R between M's feet lowering) end CP DLW;

9 - 12 NATURAL WEAVE;; FORWARD & RIGHT LUNGE; TRANSITION SAMEFOOT LUNGE LINE;

- SQQ 9&10 [Natural weave] Fwd R trng RF,-, sd L still trng & rising (heel trn & head trn to R), bk R DLC shoulder leading (fwd L head still to R); Bk L in BJO DLC, bk R blend to CP trng LF, sd & fwd L DLW (trng head to L sd & bk R), fwd R BJO DLW;
SS 11 [Fwd & Rt Lunge] Fwd L blending to CP DLW,-, Fwd R (Sd & bk L) rt sd leading lower into R knee head to R,-;
QQS 12 [Trans S.F.Lunge Line] Rec bk L trng LF fce DLC, cl R (Rec fwd R, tch L body fcg RLOD), lower on R slight body trn RF stretch R sd sway & look left (lower on R head to right),-;

13-16 HINGE; HOVER TURN SCP; CURVE FEATHER; WEAWE 4 ENDING;

- SS 13 [Hinge] Rec sd L RDC rising (fwd L) trng W LF to CP,-, lowering on L trng body LF head to R (pointing R thru DLW lowering head to L),-;
14 [Hover Trn SCP] Repeat Meas 13 Part A to SCP DLW;
15 [Curve Feath] Thru R DLW(thru L trng LF),-, sd & fwd L WALL trng to CP, fwd R DRW in BJO;
QQQQ 16 [Weave 4 Endg] Bk L DLC in BJO, sd & bk R to CP, trng LF sd & fwd L DLW, fwd R BJO;

ENDING

1 - 2-- HOVER SCP; THRU & WHIPLASH BJO --

- 1 [Hover SCP] Repeat Meas 1 PART A;
SS 2 [Thru & Whiplash] Thru R lowering,-, ronde L CW to pt inside edge of L toe LOD still down (thru L Ronde R CCW trng LF on L keeping head to R to end BJO with R pt bk LOD),-- hold