

Old Fashioned Girl Like You

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Music: Old Fashioned Girl Like You by Ronnie Milsap Album: Lost In The Fifties Tonight Track 3
Music sample: <https://www.youtube.com/watch?v=Ihs5AOWqCwQ>
Purchase link: https://www.amazon.com/dp/B07N1RBFV71/ref=dm_ws_tlw_trk3 Amazon download
Footwork: Opposite unless noted (Woman's footwork in Parentheses)
Rhythm: Waltz Phase 4+1 (Contra Check) Degree of Difficulty: Moderate Time 3:18
Sequence: Intro A B C A C end Speed: As downloaded

INTRODUCTION

1-4 LOP-FCG WALL WAIT 2 MEAS;; APT PT; TOG TCH CP;

1-4 Wait lop fcg ;; Apt L, pt R,; Tog R, tch L,;

5-8 HOVER; MANUV; SPIN TURN; BOX FINISH;

5-6 Fwd L, sd & fwd R rising, rec L to semi; Fwd R trng RF, sd L trng RF, cl R fc cp rlod (W fwd L, sd R, cl);
7-8 Bk L trng RF, fwd R with hover action to dlw, rec bk L; Bk R, sd L trn to fc dlc, cl R to cp dlc;

PART A

1-3 TELEMARK SEMI; THRU HOVER BJO; BK HOVER SEMI;

1 Fwd L comm LF trn, fwd & sd R cont LF trn (W cl L heel trn), sd & fwd L to semi;
2-3 Thru R, fwd L rising (W turn LF to bjo), rec R; ; Bk L (W fwd R comm RF trn), Bk R rising (W cont trn fwd & sd L), rec L to semi;

4-8 IN & OUT RUNS;; CHAIR AND SLIP; 2 LEFT TURNS;;

4-5 Fwd R comm RF trn, fwd & sd L cont trn (W fwd R between M's feet), bk R to cbjo rlod; Bk L trn RF sd & fwd R (W sd & fwd L arnd M), fwd L to semi;
6-8 Ck thru R with lunge action, rec L [no rise], with LF upper body trn slip R beh L cont trn to end dlc (W swivel LF on R & step fwd L between M's ft to CP); Fwd L trn LF, sd R cont trn, cl, L; Bk R trn LF, sd L cont trn, cl R;

9-12 WHISK; WING; TURN L CHASSE BJO; BACK HOVER SEMI RLOD;

9-10 Fwd L, fwd & sd R rise, xLib; Fwd R, draw L to R, tch R turn upper body LF (W fwd L, fwd R trning LF, fwd L trng LF) to scar dlc;
11-12 Fwd L comm LF trn, cont LF trn sd R/cl L, sd & bk R BJO DRC; Repeat Meas 3 of Part A to semi rlod;

13-16 THRU CHASSE SEMI; CHAIR AND SLIP DRW; DIAMOND TURN HALF TO CP LOD;;

13-14 Thru R, sd & fwd L/cl R, fwd L to semi; Repeat meas 6 of Part A to drw;
15-16 Fwd L, sd R, bk L bjo; Bk R, sd L, fwd R to cp lod;

PART B

1-4 OPEN REV TURN; HOVER CORTE; BK, BK/LK, BK; BACK HOVER SEMI;

1-4 Fwd L trn LF, sd R cont trn, bk L to bjo; Bk R start LF trn, sd & fwd L cont LF trn with hover action, recov bk R in contra bjo dlw; Bk L, bk R/xLif of R, bk R; Repeat meas 3 of Part A;

5-8 THRU CHASSE BJO; FWD W DEVELOPE; BACK HOVER SEMI; FWD 3 TO TANDEM LOD;

5 Thru R, sd & fwd L/cl R, fwd L bjo dlw (W turning LF bk R to bjo dlw);
6 Fwd R, -, - (W bk L, bring R foot up L leg to inside of L knee, extend R foot fwd);
7-8 Repeat meas 3 of Part A: Fwd R, L, R (W fwd L, R, L, moving in front of Man) to tandem lod;

9-12 **2 OPEN CROSS HOVERS TO FACE;; TWIRL VINE TO SEMI; MANUVER;**
9-10 Fwd L toward dlw, sd R w/ rise trng slightly LF, rec L to fc dlc (W Fwd R toward dlc, sd L w/ rise trng slightly RF, rec R to fc dlw); Fwd R toward dlc, sd L w/ rise trng slightly RF, fwd R to fc prtnr in a V shape (W Fwd L toward dlw, sd R w/ rise trng slightly LF, rec L to fc prtnr in a V shape) join lead hands;
11-12 Sd L, xRib, sd L (W twirl RF und lead hnds R, L, sd R); Repeat meas 6 of Intro;

13-16 **IMPETUS SEMI; WEAVE SEMI;; SLOW SD LOCK;**
13 Bk L, bk R/lk L, bk R; Bk L trng RF, cl R heel trn (W sd & fwd L arnd M), fwd L in semi;
14-15 Thru R twd DLC, fwd L trng lf (W fwd R pkup), sd R & bk cont lf trn to fc drc;
Bk L, bk R cont LF turn (W fwd L between M's feet), sd & fwd L twd lod to semi (W fwd R to scp);
16 Fwd R, sd & fwd L (W sd & bk R trng LF) to cp, xRib (W xlif) end dlc;

PART C

1-4 **DIAMOND TURNS TO CP DLC;;;:**
1-4 Fwd L, sd R, bk L bjo; Bk R, sd L, fwd R; Fwd L, sd R, bk L; Bk R, sd L, fwd R to cp dlc;

5-8 **TELEMARK SEMI; NATURAL HOVER FALLAWAY; SLIP PIVOT; FC SD CL;**
5-6 Repeat meas 1 of Part A; Fwd R comm. RF trn, -, cont turn fwd L rise chkg, bk R semi feng drw;
7-8 Bk L, comm LF trn bk R slipping W to BJO, fwd L DLW (W bk R, trng LF slip fwd L to BJO, sd & bk R); Fwd R to fc prtnr, sd L, cl R.

9-12 **HOVER; THRU CHASSE BJO; FWD, FWD/LK, FWD; FWD W DEVELOPE;**
9-10 Repeat meas 1 of Intro; Repeat meas 5 of Part B;
11-12 Fwd R, fwd L/xRib of L, Fwd L; Repeat meas 6 of Part B;

13-16 **OUTSIDE SWIVEL; SLOW SIDE LK; VIENNESE TURNS DLW;;**
13-14 Bk L, Xrif no weight,- (W fwd R relax knee, swivel RF on R to SCP,-); Repeat meas 16 of Part B;
15-16 Fwd L comm LF turn, sd R cont turn, xLif of R (W cl R); Bk R cont lf turn, sd L cont turn, cl R (W xLif of R) dlw;

17-20 **HOVER TELEMARK; OPEN IN AND OUT RUNS;; OPEN NATURAL;**
17 Fwd L, diag sd & fwd R hovering w/body trn 1/8 rf, fwd L semi dlw;
18-20 Fwd R acr prtnr, sd L trn RF lod to 1/2 open, fwd R (W fwd L, fwd R, fwd L); Small L, fwd R, fwd L to semi (W Fwd R acr prtnr, sd L trn RF lod, fwd R); Repeat meas 4 of Part A;

21-22 **OUTSIDE CHANGE SEMI; SLOW SIDE LK;**
21 Bk L, bk R trn LF to semi, sd & fwd L (W fwd R, fwd L, sd & fwd R) scp dlw;
22 Repeat meas 16 Part B;

END

1 **CONTRA CHECK;**
1 Lowering into R knee & trng upper body slightly LF fwd L, hold (Lowering into L knee & turning upper body slightly LF bk R, hold);

HEAD CUES

INT) Op fcg WW;; Apt pt; Tog tch; Hover; Manuv; Spin turn; Box fin;

A) Telemrk semi; Thru hover bjo; Bk hover semi; In & out run;
Fin In & out run: Chair & slip; 2 L turns;;
Whisk; Wing; Turn L chasse bjo; Bk hover semi; rlod
Chasse semi; Chair & slip drw; Diamond turn half cp lod;;

B) Op rev turn; Hover corte; Bk bk lk bk; Bk hover semi;
Thru chasse bjo; W developpe; Bk hover semi; Fwd 3 to tandem;
2 open X hovers to face;; Twirl vine to semi; Manuv;
Impetus semi; Weave to semi;; Slow sd lk;

C) Diamond turns;;;;
Telemrk semi; Nat hover fallaway; Slip pivot; Fc sd cl;
Hover; Thru chasse bjo; Fwd fwd lk fwd; W developpe;
Outsd swivel; Slow sd lk; Viennese turns dlw;;
Hover telemrk; Open in & out runs;; Open natural;
Outside change semi; Slow sd lk;

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Whisk; Wing; Turn L chasse bjo; Bk hover semi; rlod
Chasse semi; Chair & slip drw; Diamond turn half cp lod;;

C) Diamond turns;;;;
Telemrk semi; Nat hover fallaway; Slip pivot; Fc sd cl;
Hover; Thru chasse bjo; Fwd fwd lk fwd; W developpe;
Outsd swivel; Slow sd lk; Viennese turns dlw;;
Hover telemrk; Open in & out runs;; Open natural;
Outside change semi; Slow sd lk;

END) Contra check;