

BACK WHERE I BELONG

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

Rhythm: Foxtrot/Jive Phase IV Speed: as downloaded

Footwork: Opposite unless indicated (W's footwork in parentheses) Difficulty: Average

Timing: SQQ 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;; Tog Tch to CP w/Shape; Fthr Fin;

1-2 In LOP fcg DLW with lead hands jnd and lead feet free wait 2 meas;;
 3-4 Fwd L slightly trng RF to cp, tch 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 $\frac{3}{4}$ LF (*W heel tm*), 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 fcg 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 L trng LF, -, sd & bk R, bk L to bjo fcg DRW*);

9-16 Diam Trn 1/2 ;; Qk Diam 4; Dip & Rec; Trn Left – Rt Chasse 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 DWL, bk R trng LF blending to cp LOD; bk L, -, rec R, - ;
 5 {Trn L & Chasse Bjo} Fwd L trng LF, -, bk & sd R/cl L, sd & bk R cont trng to bjo fcg DRC;
 sq&q 6 {Bk Bk/Lk Bk} Staying in bjo fcg DRC bk L twd LOD crossing under body, -, bk R/XLif, bk R (*W fwd R, -, fwd L/lk R, fwd L*);
 7 {Outsd chg SCP} Bk L, -, bk R trng LF, sd and fwd L (*W fwd R, -, fwd L trng upper body LF, sd & fwd R*) to scp DLW;
 8 {Fthr} Thru R, -, fwd L, fwd R to bjo DLW (*W thru L trng LF, -, sd & bk R, bk L to bjo fcg DRC*);

Part B (8 meas)

1-8 3-Step; 1/2 Nat; Impetus SCP; Thru Hover BJO; Bk Twsty Vine 4; Bk Hover SCP; SCP Chasse; Chair & Slip;

1-2 {3 Step} Blending to cp fwd L, -, fwd R, fwd L; {1/2 Nat} Fwd R comm RF trn, -, sd L (*W cl R heel tm*), 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 tm around M sd & fwd L brushing R to L, comp tm fwd R*);
 4 {Thru hvr bjo} Thru R twd LOD, -, fwd L rising brush R to L (*W fwd R tm LF rising brush L to R to bjo fcg DRC*), rec R;
 5 {Bk twsty vine 4} Bk L trng RF, sd R to fc, cont trn XLif to SCAR, trn LF sd R to bjo DLW;
 6 {Bk hvr scp} Bk L, -, bk R rising brush L to R, fwd L to scp LOD;
 sq&q 7 Staying in scp thru R, -, fwd & sd L/cl R, fwd & sd L;
 8 {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 Bhnd Bk;;; Amer Spin - Fall Throw;;; Rk Apt Rec Sd Cl;

1 {Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R;
 2-4 {Chg R to L} Blending to scp COH rk bk L, rec R, fwd L/cl R, fwd L trng LF $\frac{1}{4}$ to fc COH (*W rk bk R, rec L, sd R/cl L, fwd R trng RF $\frac{3}{4}$ under jnd lead hnds*); sd & fwd R/cl L, sd R (*W sd & bk L/cl R, sd & bk L*), {Chg hnds beh bk} Rk apt L, rec R; fwd L/cl R, fwd L trng $\frac{1}{4}$ LF chng W's right hnd to M's right hnd beh M's bk (*W fwd R/cl L, fwd R trng $\frac{1}{4}$ RF*), sd & bk R/cl L, sd & bk R cont trng $\frac{1}{4}$ LF to fc WALL chng W's right hnd to M's left (*sd & bk L/cl R, sd & bk L trng $\frac{1}{4}$ RF*);
 5-7 {American spin} Rk bk L, rec R, sd L/cl R, sd L (*W spin RF*); sd R/cl L, sd R, {Fall throw} Rk bk L to scp, rec R; fwd & sd L/cl R, fwd & sd L, sd & fwd R/cl L, sd & fwd R to lop fcg LOD (*W rk bk R to scp, rec L; fwd R/fwd L, fwd R trng $\frac{1}{2}$ LF, sd & bk L/cl R, 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/cl R, sd L, sd R/cl L, sd R;
- 10-12 {Shldr shove} Rk apt L, rec R trng RF, sd L/cl R, sd L twd ptr bringing M's left and W's right shldr tog & trng LF to fc ptr; bk R/cl L, bk R to handshake,
{Triple Wheel 1} Rk apt L, rec R; comm. RF wheel sd L/cl R, sd L trn RF to fc ptr and touching her back with left hand, sd R/cl L, sd R trn LF leading W to spin to bfly WALL (*W rk R apt, rec L; comm. RF wheel trng away from ptr sd R/cl L, sd R spinning RF, sd L/cl R, 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/cl R, sip L; sd R/cl L, sd R, rk bk L to scp, rec R;
- 16 {Swivel wk 4} With swiveling action fwd L, R, L, R (*W fwd L swivel ½ 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 {P/U scar} Thru R trng LF to scar DLW (*W thru L trng LF to scar*), -, sd L, cl R;

Int (4 meas)

1-4 **Cross Hover 3x;;; Fwd Tch CP LOD;**

- 1 {X hov bjo} XLif, -, sd R w/ rise trng slightly LF, rec L ending in bjo DLC (*W XRib, -, sd L w/ rise, rec R*);
- 2 {X hov scar} XRif, -, sd L w/ rise trng slightly RF, rec R to scar DLW (*W XLib, -, sd R w/ rise, rec L*);
- 3 {X hov bjo} XLif, -, sd R w/ rise trng slightly LF, rec L ending in bjo DLC (*W XRib, -, sd L w/ rise, rec R*);
- 4 Fwd R twd LOD to cp, -, tch L, -;

Repeat Part C(9-16)

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 fwd R, 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;;