

Nice Work If You Can Get It

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MUSIC: Nice Work If You Can Get It (Doris Day - Best Of Ballroom Music 9 Track 17)

RHYTHM: Foxtrot

PHASE (+): V (version 1.1 correct alignments in Part A)

FOOTWORK: Opposite unless indicated [W's footwork in square brackets]

SEQUENCE: WAIT A A (MOD) B C D B BRIDGE D B ENDING

Part A

1 - 10

Side / Cross, Look, Unwind, -; Side, Touch, Side, Touch; Side / Cross, Look, Unwind, -; Side to Face, touch, Side, Touch; Hover Telemark to SCP; Forward Hover to Banjo; Back Twisty Vine 4; Back, Swivel, Run 2; Quick Thru Vine 4; Pickup, Forward, Explode to LOP facing WALL, -;

Second Time (Measure 10): Pickup, Forward, Side, Draw to CP-DLW;

0

Wait in Left Open Position facing WALL with Lead Feet free and pointed towards each other for 3 and  $\frac{1}{2}$  beats, then.... On the pickup note side L towards partner knees soft;

1

[(Side) Cross, Look, Unwind (SS)] (Having taken the side step on the pickup note continue with) Cross R loosely in front of L with partial weight knees soft, look at partner, over counts 3 and 4 unwind turning LF leaving weight on L to end facing WALL with full weight on L and R crossed deeply behind L knees very soft;

2

[Side Touch Twice (QQQQ &)] Side R, touch L, side L, touch R / side R away from partner knees soft;

3

[(Side) Cross and Look, Unwind (SS)] Having taken the side step on the pickup note continue with Cross L loosely in front of R with partial weight knees soft, look away from partner, over counts 3 and 4 unwind turning RF leaving weight on R to end facing WALL with full weight on R and L crossed deeply behind knees very soft;

4

[Side Touch Twice (QQQQ)] Side L turning LF to face Partner and LOD,  
touch R, side R toward WALL,  
touch L ending in CP facing DLC;

5

[Hover Telemark to SCP (SQQ)] Forward L, -, side R, side and forward L  
turning to SCP facing DLC;

[W: Back R, -, side and slightly back L then brush R to L, side and  
forward R turning to SCP;]

6

[Forward Hover to Banjo (SQQ)] Thru R, - turning to CP facing DLC  
forward and slightly side L,  
turning body slightly RF side and back R preparing for Banjo backing  
RLOD;

[W: Thru L, -, side and back R rising and turn to CP then brush L to R,  
side and forward L with left side  
leading preparing for Banjo;]

7

[Back Twisty Vine 4 (QQQQ)] Back L in Banjo, side R turning to Sidecar,  
forward L in Sidecar, side R  
turning to Banjo still backing RLOD;

8

[Back, Swivel, Run 2 (QQQQ)] Back L in Banjo, hold R forward allowing  
Woman to swivel to SCP, thru  
R in SCP toward LOD, forward L down LOD in SCP;

[W: Forward R in Banjo, swivel RF to SCP with L still behind, thru L in  
SCP, forward R down LOD;]

9

[Quick Thru Vine 4 (QQQQ)] Thru R, side L turning to face partner and  
WALL, R XIB to LOP, side L  
to face;

10

[Pickup, Explode to LOP (SS)] Thru R in SCP picking up to CP facing LOD,  
forward L toward LOD  
turning to CP facing LOD, releasing trail hand from Woman's back and  
turning to face WALL side R  
toward RLOD exploding to LOP facing WALL, -;

[W: Having commenced a pickup at the end of the previous step side and  
back R turning LF, -, continue  
LF turn stepping side L toward LOD to end in LOP facing WALL;]  
REPEAT PART A modified as shown below.

10-Mod [Pickup, Forward, Side, Draw (QQQQ)] Thru R picking up to CP  
facing DLW, forward L facing DLW,  
side R, draw L near R to end in CP facing DLW;

Part B

1 -8

Reverse Wave; ; Quick Heel Pull & Curved Feather; Hesitation Change;  
Open Telemark; Thru Lilt  
4; Natural Hover Cross; ;

1 -2

[Reverse Wave (SQQ; SQQ)] Forward L toward DLW rising commence LF turn,  
-, side and around  
partner R [W: heel turn], back L towards DLW; Back R in CP, -, back L  
curving to back LOD, back R still  
in CP;

[W: Back R toe to heel and nearly straighten legs leaving feet flat, -,  
close L without weight then turn LF  
on heel of R to face LOD then transfer weight to the flat of the L foot,  
forward R; Forward L heel lead in  
CP, -, forward R between Man's feet heel then toe, forward L toe then  
heel still in CP;]

3

[Quick Heel Pull & Curved Feather (QQQQ)] Back L commence RF turn, side  
R small step and sway  
to left, turn body RF then step side L down LOD and change sway to  
right, continue RF turn forward R in  
Banjo facing DRW;

[W: Forward R between Man's feet commence RF turn, side and around Man L  
and sway to right, side R  
pointing DLC and change sway to left, continue RF turn back L in Banjo;]

4

[Hesitation Change (SS)] Back L commence LF turn, -, side R blending to  
CP facing DLC, draw L near  
R;

5

[Open Telemark (SQQ)] Forward L rising commence LF turn, -, side and  
around partner R [W: heel  
turn] now backing LOD, continue LF turn side and forward L toward DLW  
left side leading turning to  
SCP;

[W: Back R toe to heel and nearly straighten legs leaving feet flat, -,  
close L without weight then turn on  
heel of R to face DLW then transfer weight to the flat of the L foot,  
continue LF turn step side and forward  
R towards DLW right side leading in SCP;]

6

[Thru Lilt (S&S&)] Thru R rising, - / forward L in SCP, thru R rising, -  
/ forward L in SCP;

7 -8

[Hover Cross (SQQ; QQQQ)] Thru R almost towards WALL in SCP commence RF turn, -, side L turning to CP backing almost DLW, continue RF turn so that body faces LOD stepping side R with foot pointing DLW; Forward L small step high on toes in Sidecar checking, recover R, cushioning in R knee and blending briefly to CP forward L on toes with left side leading toward DLC, forward R in Banjo;

[W: Thru L allow Man to 'cut' across you in SCP, -, forward R towards DLW blending to CP, continue RF turn side and slightly back L backing LOD and turning to back DLW; Back R small step high on toes in Sidecar checking, recover L, cushioning in L knee and blending briefly to CP side and back R, back L in Banjo;]  
Part C

1 - 8

Reverse Turn; ; Hover to SCP; Open Natural; Open Impetus; Semi Chasse; Promenade Weave; ;

1 -2

[Reverse Turn (SQQ; SQQ)] Forward L toward DC rising commence LF turn, -, side and around partner R [W: heel turn], back L towards LOD; Back R commence LF turn, -, side and forward L pointing DW body turns less, forward R left side leading and outside partner in Banjo;

[W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L without weight then turn LF on heel of R to face LOD then transfer weight to the flat of the L foot, forward R; Forward L down LOD and commence LF turn, -, side and back R, back L in Banjo;]

3

[Hover Telemark (SQQ)] Forward L rising, -, side and forward R, turning to SCP facing DLW side and forward L;

[W: Back R, -, side and back L then brush R to L, turning to SCP side and forward R;]

4

[Open Natural (SQQ)] Thru R commence RF turn, -, side L across LOD and blending to CP, side and back R with right side leading preparing for Banjo;

[W: Thru L, -, allowing Man to cross in front of you forward R between Man's feet, side and forward L with left side leading;]

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5

[Open Impetus (SQQ)] Back L in Banjo commence RF turn, -, close R turning RF on L heel and blending to CP then transfer weight to flat of R foot then rise, continue RF body turn step side and forward L toward DLC;

[W: Forward R in Banjo commence RF turn, -, side L across LOD blending to CP, brush R to L continuing RF turn side and forward R in SCP toward DLC;]

6

[Semi Chasse (SQ&Q)] Thru R, -, side and forward L / close R, side and forward L in SCP facing DLC;

7 -8

[Promenade Weave (SQQ; QQQQ)] Thru R, -, forward and slightly side L commence LF turn and blending to CP facing DLC, continue LF turn back and slightly side R backing LOD and preparing to Banjo; Back L in Banjo, back R down LOD and blending to CP, side and forward L pointing DLW body turns less, forward R left side leading and outside partner in Banjo \ DLW;

[W: Thru L, -, commencing LF turn side and back R blending to CP backing DLC, side and forward L with left side leading preparing for Banjo; Forward R in Banjo, forward L down LOD and blending to CP, side and back R, back L in Banjo;]  
Part D

1 -8

Drag Hesitation; Outside Swivel, -, Quick Whiplash; Back Twisty Vine 4;  
Closed Impetus; Feather  
Finish; Three Step; Natural Weave; ;

1

[Drag Hesitation (SS)] Forward L commence LF turn no rise with strong sway to left, -, side and back R in Banjo backing DLW correct sway, -;

[W: Back R commence LF turn no rise then turn head to R, -, side and forward L in Banjo then correct sway and head position, -;]

2

[Quick Outside Swivel and Whiplash (SQQ)] Back L wide step and allow Woman to swivel RF to SCP facing DRC, -, thru R, point L toward DRC then allow Woman to swivel LF to Banjo backing DLW;

[W: Forward R in Banjo then swivel sharply RF to SCP, -, thru L then point R toward DRC, swivel sharply LF to Banjo;]

3

[Back Twisty Vine 4 (QQQQ)] Back L in Banjo, side R turning to Sidecar, forward L in Sidecar, side and back R turning to Banjo;

4

[Closed Impetus (SQQ)] Back L in Banjo commence RF turn, -, close R turning RF on L heel and blending to CP then transfer weight to flat of R foot then rise, continue RF body turn step side and back L toward DLC;

[W: Forward R in Banjo commence RF turn, -, side L across LOD blending to CP, brush R to L continuing RF turn side and forward R in CP toward DLC;]

5 [Feather Finish (SQQ)] Back R, -, side and forward L with left side leading, forward R in Banjo \ DLW;

6 [Three Step (SQQ)] Forward L towards DLW, -, forward R between partner's feet with slight right side leading heel lead and then rising to toe, forward L;

7 -8

[Natural Weave (SQQ; QQQQ)] Forward R rising commence RF turn, -, side and around partner L [W: heel turn] backing LOD, diagonally back R with right side leading toward DLC preparing for Banjo; Back L in Banjo, back R down LOD and blending to CP, side and forward L pointing DLW body turns less, forward R left side leading and outside partner in Banjo facing DLW;

[W: Back L toe to heel and nearly straighten legs leaving feet flat, -, close R without weight then turn RF on heel of L to face nearly LOD then transfer weight to flat of R foot, allowing body to continue RF turn

forward L with left side leading preparing for Banjo; Forward R in Banjo, forward L down LOD and blending to CP, side and back R, back L in Banjo;]

REPEAT PART B

Bridge

1 -2 Turn Left, Right Chasse; Weave Ending;

1 [Turn Left, Right Chasse (SQ&Q)] Forward and back R;

L commence LF turn, -, side R toward LOD / close L, side

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[Weave Ending (QQQQ)] Back L in Banjo, back R down LOD and blending to CP, side and forward L

pointing DLW body turns less, forward R left side leading and outside partner in Banjo \ DLW;

[Weave Ending (QQQQ)] Back L in Banjo, back R down LOD and blending to CP, side and forward L

pointing DLW body turns less, forward R left side leading and outside partner in Banjo \ DLW;

REPEAT PART D

REPEAT PART B

Ending

1-9

Turn Left, Right Chasse; Weave Ending; Hover to SCP; Open Natural; Open Impetus; Thru to

Lock and Feather; -, -, Reverse Turn; -, -, Slow Hinge; ;

1 - 2

Repeat the action from Measures 1 and 2 of the Bridge

3 -5

Repeat the action from Measures 3 - 5 of Part C.

6 - 7

[Thru to Lock and Feather (SQQ; QQ)] Thru R, -, forward L with left side leading rising over ball of L,

using the rise allow to R XIB of L in Banjo then transfer weight to R and cushion in knees staying on ball

of R without lowering R heel to floor; Pushing out of R forward L with left side leading on ball of foot

rising and preparing for Banjo, forward R in banjo like the last step of a feather,

[W: Thru L, -, commence LF turn side and slightly back R on ball of foot rising, using the rise allow L to

XIF of R in Banjo then transfer weight to L and cushion in knees staying on ball of L without lowering heel

of L to floor; Pushing out of L back R toe then heel preparing for Banjo, back L in Banjo,]

NOTE: the last two quicks are danced like the two quicks of a Feather danced from CP.

7 -8 [Reverse Turn (S; QQ)] Forward L toward DC rising commence LF turn, -; Side and around partner R

[W: heel turn], back L towards LOD,

[W: Back R toe to heel and nearly straighten legs leaving feet flat, -; Close L without weight then turn LF

on heel of R to face LOD then transfer weight to the flat of the L foot, forward R,]

8 - 9

[Slow Hinge (S; SS)] Back R toward LOD in CP commence LF turn and rising, -; Side L foot pointing DLW body facing WALL and foot flat, -, Lower into L knee and turn body to face DLW with slight right sway, -.

[W: Forward L down LOD in CP commence LF turn and rising, -; Side and slightly back R turning LF to back WALL high on toes, -, swiveling slightly on ball of R so that toes of L foot can pass under heel of R then place weight on L lowering toe then heel and softening knees and over turning body slightly ending with R leg crossed over L just above the L knee and flick R foot across on the last note of music.]

NOTE: Try to time the last action so that the Lady's FLICK hits the last beat, like:

...Da, -; Da, -, ba-Dum, -. Where the "ba" is the placement of the Lady's left foot in the Hinge position and the "Dum" is the FLICK



