

CANADIAN MAN



Choreographer: Steve Gibson (717) 615-1028, e-mail: gibsonjs@earthlink.net
Music: "Canadian Man" by Paul Brandt;
Available from [Amazon](#) (3:19 version) Speed: As downloaded
Cut at 2:58.5 and fade last 5 seconds
Rhythm/Phase: Foxtrot **Phase:** V+2 (Tumble Turn, Fallaway Ronde & Slip)
Footwork: Described for M (*W opposite, or as noted*) Ver 1.0 Released: July 2024
Timing: SQQ except where noted. Timing reflects actual weight changes
Sequence: Intro – A – B – C – D – A (mod) – Ending

INTRO

1 - 4 FACING PARTNER/DLW;; TOGETHER TOUCH & SHAPE; FEATHER FINISH;

- ;--
SS
- 1-2. **{Wt 2}** LOP no hands fcg DLW;;
 3. **{Tog tch & shape}** Fwd L to CP, -, tch R w/ upper body rotation to R, -;
 4. **{Fthr fin}** Bk R trng LF, -, sd & fwd L, fwd R outsd W to CBJO; end BJO DLC

PART A

1 - 4 DOUBLE REVERSE SPIN; REVERSE WAVE ½; OUTSIDE CHECK; OUTSIDE CHANGE TO SCP DLC;

- SS
(SQ&Q)
1. **{Dbl rev}** Fwd L start LF trn, -, sd & fwd R arnd W, cont LF trn drawg L to R (*Bk R, -, cl L to R heel trn /sd & fwd R arnd M, XLif of R*); end CP LOD
 2. **{Rev wav 1/2}** Fwd L comm LF trn, -, fwd & sd R cont LF trn (*W cl L heel trn*), bk L twd DLW; end CP DRC
 3. **{Outsd ck}** Bk R, -, sd & fwd L slight trn LF, fwd R outsd ptr ckg; end BJO DRW
 4. **{Outsd chg to SCP}** Bk L, -, bk R trng LF, sd & fwd L (*Fwd R, -, fwd L trng RF, sd & fwd R*); end SCP DLC

5 - 8 PROMENADE WEAVE w/ CHASSE ENDING to SCP;; OPEN NATURAL; OUTSIDE SPIN to DRW;

- SQQ
QQQ&Q
- 5-6. **{Prom wev w/ chasse endg to SCP}** Fwd R, -, fwd L trn LF to CP, sd & bk R to BJO DRW (*Fwd L, -, fwd R trn LF to CP, sd & fwd L to BJO*); Bk L in BJO, bk R trn LF to DLW, sd & fwd L/cl R, sd & fwd L; end SCP DLW
 7. **{Op nat}** Fwd R start RF trn, -, sd & bk L across W, bk R to BJO DRC (*Fwd L, -, fwd R, fwd L*);
 8. **{Outsd spn}** Comm RF body trn w/ R sd ld fwd L to R instep toeing in to CBMP small stp 3/8 trn RF on step 1, -, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn betw stps 2 & 3] sd & bk L to end in CP 1/4 RF trn on step 3 (*W comm RF body trn w/ L sd ld staying well into the M's R arm R ft fwd in CBMP outsd ptr heel toe, -, L foot cl to R pvt on toes of both ft 5/8 trn betw stps 1 & 2, cont to trn RF 1/4 betw stps 2 & 3 fwd R betw M's ft to end in CP 1/8 RF trn on stp 3*); end CP DRW

9 - 12 TURNING LOCK; CURVED FEATHER; BACK TURNING WHISK; SLOW SIDE LOCK;

- Q&QS
9. **{Trng lk}** Bk R/XLif of R, bk R, sd L trng LF to fc DLW, -; end BJO DLW
 10. **{Crvd fthr}** Fwd R comm RF trn, -, cont trn fwd L, cont trn fwd R to BJO chkg (*W bk L comm RF trn, -, cont trn bk R, cont trn bk L to BJO chkg*); end BJO DRW
 11. **{Bk trng wsk}** Bk L comm RF trn with slight R sd stretch, -, sd & bk R cont RF upper body trn with R sd stretch, XLib to tight SCP (*Fwd R comm RF trn with slight L sd stretch, -, staying well into M's R arm sd & fwd L cont RF upper body trn with L sd stretch, XRib to SCP*); end SCP DLC
 12. **{Slo sd lk}** Thru R, -, sd & fwd L, XRib of L (*W thru L comm LF trn, -, sd & bk R cont LF trn to CP, XLif of R*); end CP DLC

13 - 16 REVERSE TURN ½; 4 QUICK TUMBLE TURN; HOVER CORTE; BACK HOVER WOMAN TURN L 2 SLOW TO SHADOW;

13. **{Rev trn ½}** Fwd L comm LF trn, -, sd R cont trn (*W cl L heel trn*), bk L; end CP RLOD

- QQQQ 14. **{4 qk tumble trn}** Bk R trng ¼ LF keeping sd in twd ptr, sd & fwd L w/L sd stretch, fwd R outsd ptr rise maintaining L sd stretch rotate upper body LF bringing W in front of M, fwd L lowering changing to R sd stretch creating LF pivotg action (*Fwd L trng ¼ LF, sd & bk R, bk L under body with L sway, bk R lowering and changing from L to R sway with LF pivotg action*); end BJO DRC
15. **{Hvr corte}** Bk R comm LF trn, -, sd and fwd L w/hovering action cont body trn, rec R; end BJO DLW
- (SS) 16. **{Bk hvr W trn L 2 slo to SHDW}** Bk L, -, bk R with hovering action, rec L, (*W fwd R comm LF trn, -, sd & fwd R cont trn to SHDW, -*); end fcg Wall both w/R ft free

PART B

- 1 - 4** **MAN HOLD (WOMAN SYNCOPATED FRONT LIMP); MAN SYNCOPATED FRONT LIMP (WOMAN HOLD) TO SKTRS; OPEN RIGHT TURN; M HESITATION CHANGE (W QUICK BACK) TO CLOSED;**
- (&SQQ) 1. **{M hold W sync front limp}** M hold, -, -, - (*XRif/Sd L, -, XRif, sd L*);
- &SQQ 2. **{M sync front limp W hold}** XRif/Sd L, -, XRif, sd L (*W hold, -, -, -*); end SKTRS fcg wall
- (--)
3. **{Op R trn}** Fwd R comm RF trn, -, fwd & sd L cont trng, bk R (*Exact same footwork*); end SKTRS DRC
- SS 4. **{M hes chg W qk bk to CP}** Bk L comm upper body trn RF, -, sd & fwd R drwg L to R, - (*W bk L, bk R, bk & sd L, -*); end CP DLC
- (QSQS)
- 5 - 8** **TELEMARK TO SCP; NATURAL FALLAWAY WEAVE;; CHANGE OF DIRECTION;**
5. **{Tele to SCP}** Fwd L comm LF turn, -, fwd & sd R cont turn, fwd L (*Bk R, -, draw L heel past R turning LF cl L to R, sd & fwd R*); end SCP DLW
- SQQ 6-7. **{Nat falwy wev}** Thru R comm RF trn, -, fwd L cont trng RF, bk R (*thru L, fwd R toe pointing to M's L instep trng RF, bk L*) to SCP DRW; Bk L, trng W to CP bk R trng LF, cont LF trn sd & fwd L, fwd R (*bk R, trng LF to CP slip fwd L, cont LF trn sd & bk R, bk L*); end BJO DLW
- QQQQ
- SS 8. **{Chg of dir}** Fwd L, -, fwd R trng LF 1/4, draw L to R; end CP DLC
- 9 - 13** **CURVING 3 STEP; BACK 3 STEP; HESITATION CHANGE; DIAMOND TURN ½;;**
9. **{Curvg 3 stp}** Fwd L comm LF trn, -, fwd R with R sd stretch cont LF trn, with R sd stretch banking into the curve fwd L under body; end CP RLOD
- SS 10. **{Bk 3 stp}** Bk R, -, blendg to CP bk L, bk R; end CP RLOD
11. **{Hes chg}** Bk L comm upper body trn RF, -, sd & fwd R drwg L to R, -; end CP DLC
- 12-13. **{Diam trn ½}** Fwd L trn LF on the diagonal, -, cont LF trn sd R, bk L to BJO DRC; staying in BJO and trning LF bk R, -, sd L, fwd R; end BJO DRW
- 14 - 16** **QUICK DIAMOND 4; DIP & RECOVER; DOUBLE REVERSE SPIN TO DLW;**
- QQQQ 14. **{Qk diam 4}** Fwd L on the diag comm LF trn, cont LF trn sd R, bk L to CP, bk R; end CP DLW
- SS 15. **{Dip & rec}** Chk bk L, -, rec R, -; end CP DLW
- SS 16. **{Dbl rev}** Fwd L start LF trn, -, sd & fwd R arnd W, cont LF trn drawg L to R (*Bk R, -, cl L to R heel trn /sd & fwd R arnd M, XLif of R*); end CP DLW
- (SQ&Q)

PART C

- 1 - 4** **SLOW FORWARD RIGHT LUNGE; SLOW RECOVER ROLL AND QUICK SLIP; ALL QUICK REVERSE TURN & BACK; TO OVERSWAY LINE;**
- SS 1. **{Slo fwd R lun}** Fwd L, -, flex L knee move sd & slightly fwd R keeping L sd twd ptr and as wt is taken on R flex R knee and make slight LF body trn & look at ptr (*W looks L*), -; end CP DLW
- S-Q 2. **{Slo rec roll & qk slp}** Rolling RF ¼ rec L, -, -, slp R past L trng LF ¼; end CP DLC
- QQQQ 3. **{All qk rev trn & back}** Fwd L blending to CP comm LF trn, sd R cont trn (*W cl L heel trn*), bk L, bk R comm LF trn; end CP RLOD
- S-- 4. **{to oversway line}** Sd & fwd L keeping knee soft & R leg extended RLOD, -, with slight LF rotation stretch L sd of body swvling W's R ft to CP, look toward & over W cont to sway (head well to L); end CP DLW

5 - 8 FALLAWAY RONDE & SLIP; TELEMARK TO SCP; NATURAL HOVER CROSS TO::

5. **{Fallwy ronde & slp}** Rec on R lead W to SCP ronde L counter clockwise and X bhd R no wt [with R sd stretch], -, bk L and rise trng LF [no sway], slip bk small R stp keeping L leg extended [with R sd stretch] (*Ronde R clockwise and X bhd L no wt, -, bk R start a LF trn on the ball of R ft [thighs locked and L leg extended], fwd L slip contg LF trn placing L ft near M's R ft*); end CP DLC
6. **{Tele to SCP}** Fwd L comm LF turn, -, fwd & sd R cont turn, fwd L (*Bk R, -, draw L heel past R turning LF cl L to R, sd & fwd R*); end SCP DLW
- SQQ
QQQQ 7-8. **{Nat hov X to}** Fwd R trning RF, -, sd L cont RF trn, sd & fwd R SCAR LOD (*Fwd L comm RF trn, -, fwd R cont RF trn, bk L*); Chk fwd L in SCAR DLW, recov R start RF body trn, sd L, cont RF body trn fwd R in BJO; end BJO DLC

PART D**1 - 4 DOUBLE TOP SPIN;; MINI TELESPIIN;;**

- QQQQ 1-2. **{Dbl top spn}** Trng 1/8 LF on R ft/bk L (*fwd R outsd ptr*), cont LF trn bk R, cont LF trn sd & fwd L, fwd R to BJO DRW; Trng 1/8 LF on R ft/bk L (*fwd R outsd ptr*), cont LF trn bk R, cont LF trn sd & fwd L, fwd R; end BJO DLC
- SQQ&
QQS 3-4. **{Mini telespn}** Fwd L trng LF, -, sd R trng 3/8 LF between steps 1 and 2, bk and sd L no wt light pressure inside edge of toe keeping L sd in to W/trn body LF no wt to ld W to CP comm LF spn; Fwd L cont LF spn on L drawing R to L under body, cl R, -, - (*Bk R comm LF trn, -, cl L to R heel trn trning 1/2 LF between steps 1 and 2, fwd R keeping R sd in to M/fwd L trng LF head to R; Fwd R to CP keeping head to L spinning LF draw L to R, cl L, -, -*); end CP DRC

5 - 8 CONTRA CHECK & SWITCH; NATURAL WEAVE;; CHANGE OF DIRECTION;

5. **{Contra ck & swch}** Comm LF upper body trn with strong R sd ld chk fwd L in CBMP, -, rec R comm strong RF trn leaving L ft almost in place, cont RF trn rec L (*Comm LF upper body trn with strong L sd ld bk R in CBMP looking well to the L, -, rec L comm RF trn leaving R ft almost in place, cont RF trn rec R between M's ft with soft knees throughout*); end CP DLW
- SQQ
QQQQ 6-7. **{Nat wev}** Fwd R start RF trn, -, sd L trning RF in momentary CP, bk R to BJO fc DRW (*Bk L, -, bk R heel trn trng RF, fwd L*); Bk L in BJO, bk R trn LF to fc DLW, sd & fwd L, fwd R; end BJO DLW
- SS 8. **{Chg of dir}** Fwd L, -, fwd R trng LF 1/4, draw L to R; end CP DLC

PART A (Mod)

1 - 4 DOUBLE REVERSE SPIN; REVERSE WAVE ½; OUTSIDE CHECK; OUTSIDE CHANGE TO SCP DLC;
5 - 8 PROMENADE WEAVE w/ CHASSE ENDING to SCP;; OPEN NATURAL; OUTSIDE SPIN to DRW;
9 - 12 TURNING LOCK; CURVED FEATHER; BACK TURNING WHISK; SLOW SIDE LOCK;
13 - 18 REVERSE TURN ½; 4 QUICK TUMBLE TURN; HOVER CORTE; BACK TWISTY VINE 4; BACK WHISK;
WING;

- QQQQ 16. **{Bk twsty vin 4}** XLib, sd R to fc Wall, XLif, sd R; end BJO DLW
17. **{Bk wsk}** Bk L, -, bk & sd R, XLib of R (*W fwd R, -, fwd & sd L, XRib of L*); end SCP LOD
- S--
(SQQ) 18. **{Wing}** Fwd R, -, draw L to R trn LF, cont LF trn tch L to R (*W fwd L begin to Xif of M, -, fwd R around M cont trn LF, fwd L arnd M*); end SCAR DLC

ENDING**1 - 6 TELEMARK to SCP; RUNNING OPEN NATURAL; BACK 3 STEP; IMPETUS to SCP; CHAIR & SLIP; BACK TO SLOW HINGE;**

- SQ&Q 1. **{Tele to SCP}** Fwd L comm LF turn, -, fwd & sd R cont trn, fwd L (*Bk R, -, draw L heel past R turning LF cl L to R, sd & fwd R*); end SCP DLW
2. **{Rung op nat}** Fwd R comm RF trn, -, fwd & sd L cont RF trn/cont RF trn sd & bk R, bk L (*Bk L trng RF, -, bk & sd R btwn M's feet trng RF/sd & fwd L, fwd R*); end BJO RLOD
3. **{Bk 3 stp}** Bk R, -, blend to CP bk L, bk R; end CP RLOD
4. **{Imp to SCP}** Start RF body trn bk L, -, cl R to L heel trn, fwd L in SCP DLC (*Fwd R between M feet, -, fwd L arnd M trng 1/2, trn to SCP fwd R DLC*); end SCP DLC
5. **{Chair & slp}** Lunge thru R DLC, -, recov L with rise, slip R bk trn LF 1/8 to CP COH (*Lunge thru L DLW, -, recov R with rise, trn body LF to slip fwd L to CP*); end CP COH
- SS 6. **{Bk to slo hinge}** Sd & bk L rotate slightly LF, -, lower slightly to extend the hinge line, -, (*W sd R comm LF trn, -, XLib of R lowering slightly & hd well to L xtndg R to RLOD, -*); end DRC

Canadian Man

INTRO

WAIT 2 MEASURES FACING PARTNER DLW;; TOGETHER TOUCH & SHAPE; FEATHER FINISH;

PART A

DOUBLE REVERSE SPIN; REVERSE WAVE $\frac{1}{2}$; OUTSIDE CHECK; OUTSIDE CHANGE TO SCP DLC;
PROMENADE WEAVE w/ CHASSE ENDING to SCP;; OPEN NATURAL; OUTSIDE SPIN end DRW;
TURNING LOCK; CURVED FEATHER; BACK TURNING WHISK; SLOW SIDE LOCK;
REVERSE TURN $\frac{1}{2}$; 4 QUICK TUMBLE TURN; HOVER CORTE; BACK HOVER WOMAN TURN L 2 SLOW
TO SHADOW;

PART B

M HOLD (W SYNCOPATED FRONT LIMP); M SYNCOPATED FRONT LIMP (W HOLD) TO SKATERS;
OPEN RIGHT TURN; M HESITATION CHANGE WOMAN QUICK BACK TO CLOSED;
TELEMARK TO SCP; NATURAL FALLAWAY WEAVE;; CHANGE OF DIRECTION;
CURVING 3 STEP; BACK 3 STEP; HESITATION CHANGE; DIAMOND TURN $\frac{1}{2}$;;
QUICK DIAMOND 4 (CP DLW); DIP & RECOVER DLW; DOUBLE REVERSE SPIN to DLW;

PART C

SLOW FORWARD RIGHT LUNGE; SLOW RECOVER ROLL AND QUICK SLIP; ALL QUICK REVERSE
TURN & BACK; TO OVERSWAY LINE;
FALLAWAY RONDE & SLIP; TELEMARK TO SCP; NATURAL HOVER CROSS TO;; END DLC

PART D

DOUBLE TOP SPIN;; MINI TELESPIN fc DRC;;
CONTRA CHECK & SWITCH fc DLW; NATURAL WEAVE;; CHANGE OF DIRECTION;

PART A (MOD)

DOUBLE REVERSE SPIN; REVERSE WAVE $\frac{1}{2}$; OUTSIDE CHECK; OUTSIDE CHANGE TO SCP DLC;
PROMENADE WEAVE w/ CHASSE ENDING to SCP;; OPEN NATURAL; OUTSIDE SPIN TO DRW;
TURNING LOCK; CURVED FEATHER; BACK TURNING WHISK; SLOW SIDE LOCK;
REVERSE TURN $\frac{1}{2}$; 4 QUICK TUMBLE TURN; HOVER CORTE; BACK TWISTY VINE 4; BACK WHISK;
WING;

ENDING

TELEMARK TO SCP; RUNNING OPEN NATURAL; BACK 3 STEP; IMPETUS TO SCP; CHAIR & SLIP;
BACK TO SLOW HINGE; M fcg DRC