

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
FOOTWORK: Opposite unless indicated [*W's footwork in square brackets*]
SEQUENCE: WAIT A A (MOD) B C D B BRIDGE D B ENDING

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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 ½ 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;]

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

- 2 [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**