



I DO, I DO, I DO, I DO, I DO

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Record:	Atlantic OS-13197 Artist: ABBA	Speed: 45 rpm's
Music is available for download from Walmart and other music sites.		
Footwork:	Opposite-direction for man except where noted	
Phase:	Easy Phase IV Foxtrot	Released: Jul 2006
Ph IV fig:	Diamond Turn, In & Out Runs & Telemark	
Sequence:	INTRO - A - B - A(9-16) - C - B - A(9-16 MOD) - A(MOD) - END	

INTRO

1 - 4 LOP FCG DLW WAIT TWO MEASURES;; TOGETHER TOUCH; BOX FINISH;

1 - 4 In LOP fcg DLW wait two measures;; [Together Touch] Fwd L to CP,-, tch R to L,-;
[Box Finish] Bk R trng 1/4 LF to fc DLC,-, sd L, cl R;

PART A

1 - 4 DIAMOND TURN/CP-LOD;;;:

1 - 4 [Diamond Turn] fwd L DC starting LF trn, -, cont LF trn sd R, bk L to Contra BJO fcg DRC; bk R DW trng lf, -, sd L cont. LF Trn, fwd R fcg DRW; fwd L DRW trn LF, -, sd R cont LF trn, bk L to fc DLW; bk R DRC trng LF, -, sd L, fwd R to end CP fcg LOD;

5 - 8 PROGRESSIVE BOX;; TWO LEFT TURNS/CP-WALL;;:

5 - 8 [Progressive Box] CP/LOD fwd L,-, sd R, cl L; fwd R,-, sd L, cl R; [Two Left Turns] Fwd L trng 3/8 LF,-, sd R, cl L; bk R trng 3/8 LF, -, sd L, cls R to L blending to CP/DLW;

9 - 12 HOVER; IN & OUT RUNS;; MANUEVER, SIDE, CLOSE;

9 - 12 [Hover] Fwd L,-, sd R rising, rec sd & fwd L in SCP; [In & Out Runs] Fwd R trng RF,-, sd & bk L dlw to CP, bk R to CBJO/RLOD; (W fwd L,-, fwd R to CP, fwd L to CBJO;) Bk L trng RF,-, cont RF trn sd & fwd R to CP, fwd L(W fwd R) to SCP dlw; [Manuv, Side, Close] Fwd R,-, trng RF to CP/RLOD, sd L ,cl R;

13 - 16 TWO RIGHT TURNS/WALL;; TWIRL VINE THREE; THRU, FACE, CLOSE;

13 - 16 [Two Right Turns] Bk L,-, starting RF trn sd R, cl L; Fwd R,-, trng 1/2 RF to CP/LOD sd L, cls R; [Twirl Vine 3] Sd L,-, XRib,sd L (W sd & fwd trng RF,-, sd & bk trng RF, sd R); [Thru, face, close] Thru R,-, sd L, cl R;

NOTE: The modification of measure 16 when the sequence calls for part A to be modified is to change from a THRU, -, FACE, CLOSE to a PICKUP, -,SIDE, CLOSE.

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PART B

1 - 4 WHISK; WING; TELEMARK TO SEMI; HOVER FALLAWAY:

1 - 4 [Whisk] Fwd L,-, Fwd R & sd rise, XLib; [Wing] step thru on R and hold 3 counts, (W thru on L IF of M, -, fwd R on around M to SCAR/DLW, cls L to R; [Telemark] Fwd L trng LF,-, cont LF trn sd R, sd & fwd L to SCP; (W bk R trn LF, -, cls L to R w/ heel trn , cont trn sd & fwd R; [Hover Fallaway] Fwd R,-, fwd L rising, rec bk R;

5 - 8 SLIP PIVOT/BANJO; MANUVER, SIDE, CLOSE; SPIN TURN/WALL;

BOX FINISH:

5 - 8 [Slip Pivot] Bk L (W bk R trng LF),-, bk R trng LF to CP(W swvl LF fwd to CP, sd & fwd L to BJO; [Manuver] Fwd R trng RF,-, sd L,cl R to CP/RLOD; [Spin Turn] Bk L toe pvt 1/2 RF to fc LOD,-, fwd rise R between W's feet heel to toe cont trn leave L leg bk & sd, rec sd & bk L blending to CP/WALL (fwd between M's feet pvt 1/4 RF,-, bk L toe cont trn, fwd R); [Box Finish] Bk R trng 1/4 LF to fc DLW,-, sd L, cl R;

PART C

1 - 4 HOVER/SCP; MANUVER, SIDE, CLOSE; OPEN IMPETUS:

PICKUP, SIDE, CLOSE/SCAR:

1 - 4 [Hover] Fwd L,-, sd R rising, rec sd & fwd L in SCP; [Manuv, Side, Close] Fwd R,-, Trng RF to CP/RLOD sd L ,cl R; [Impetus] Bk L trng RF,-, cl R to L cont RF trn on L heel transfer wgt to R, cont body trn RF sd & fwd L to SCP (W fwd R outsd ptr trn RF,-, sd & fwd L trn RF brush R to L, trn RF sd & fwd R to SCP); (Pkup sd cl) thru R picking W up to SCAR diag LOD/WALL, -, sd L, cl R ;

5 - 8 CROSS HOVER/BANJO; CROSS HOVER/SCAR; CROSS HOVER/SEMI;

MANUVER, SIDE, CLOSE:

5 - 8 [X Hover/BJO] XLif,-, sd R rise, rec L to BJO; [X Hover/SCAR] XRif,-, sd L rise, rec R to SCAR; [X Hover/SCP] XLif,-, sd R rise, rec L SCP; [Manuv, Side, Close] Fwd R,-, trng RF to CP/RLOD, sd L ,cl R;

9 - 10 SPIN TURN/WALL; BACK HALF BOX; TWIRL VINE THREE;

THRU, FACE, CLOSE:

9 - 10 [Spin Turn] Bk L toe pvt 1/2 RF to fc LOD,-, fwd R rising between W's feet heel to toe cont trn leave L leg bk & sd, rec sd & bk L blending to CP/WALL (fwd between M's feet pvt 1/4 RF,-, bk L toe cont trn, fwd R); [Back 1/2 Box] Bk R,-, sd L, cl R to L; [Twirl Vine 3] sd L,-, XRib,sd L (W sd & fwd trng RF,-, sd & bk trng RF, sd R); [Thru, face, close] Thru R,-, sd L, cl R;

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ENDING

1 - 4 FORWARD & RUN TWO TWICE;; TWO LEFT TURNS;;

1 - 4 [Fwd, Run 2] fwd L,-, fwd R, fwd L; [Fwd, Run 2] Fwd R,-, fwd L, fwd R;
[Two Left Turns] Fwd L trng 3/8 LF,-, sd R, cl L; bk R trng 3/8 LF, -, sd L, cls R to
L blending to CP/DLW;

5 - 8 TWIRL VINE THREE; THRU, FACE, CLOSE; HOVER TO SEMI; CHAIR & HOLD;

5 - 8 [Twirl Vine 3] Sd L,-, XRib,sd L (W sd & fwd trng RF,-, sd & bk trng RF, sd R);
[Thru, face, close] Thru R,-, sd L, cl R; [Hover] Fwd L,-, sd R rising, rec sd & fwd L
In SCP; [Chair & Hold] lunge thru R relaxing knee & hold;