



OLD FLAME

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Music:	"Old Flame"		Artist:	Alabama
	CD: "For The Record" Disc #1 Track #6		Speed:	As On CD
	Downloadable from Wal-Mart & Others			
Phase:	Two-Step Phase II+1 (Whaletail)		Released:	May 2008
Footwork:	Opposite direction for man except where noted			
Sequence:	INTRO - A - B - INTER - A - B - B(1 - 8) - END			

INTRO

1 - 4 WAIT 2;; APART POINT; TOGETHER TOUCH;

1 - 4 wait 2 meas;; [Apart Point] apt on L, -, pt R twd ptr & wall, -; [Together Touch] step tog on R blending to CP/WALL, -, tch L to R, -;

5 - 8 TRAVELING BOX;;;;

5 - 8 [Traveling Box] in CP WALL sd L, cl R, fwd L blending to RSCP/RLOD, -; in RSCP RLOD fwd R, -, fwd L (W may twirl RF L, -, R, -;), blending to CP/WALL-; in CP WALL sd R, cl L, bk R blending to SCP-LOD, -; in SCP LOD fwd L, -, fwd R blending to CP/WALL;

PART A

1 - 4 2 FORWARD 2-STEPS;; DOUBLE HITCH;;

1 - 4 [2 Fwd 2's] fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -; [Dbl Hitch] fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;

5 - 8 CIRCLE CHASE;;;;

5 - 8 [Circle Chase] cir LF twd COH fwd L, cl R, fwd L (W follows M twd COH), -; fwd R, cl L, fwd R, -; cir bk twd WALL fwd L, cl R, fwd L (W now being chased by M), -; fwd R, cl L, fwd R (W trns to fc COH on last stp) blending to BFLY/WALL, -;

9 - 12 TRAVELING DOOR TWICE;;;;

9 - 12 [Traveling Door] rk sd L, -, rec R, -; XLIFR, sd R, XLIFR, -; rk sd R, -, rec L, -; XRIFL, sd L, XRIFL, -;

13 - 16 2 TURNING 2-STEPS;; TWIRL 2; WALK & PICKUP;

13 - 16 [2 Trng 2's] sd L, cl R, fwd L pvtg RF 1/2, -; sd R, cl L, fwd R pvtg RF 1/2, -; [Twirl 2] fwd L, -, fwd R, - (W fwd R trng RF undr ld hnds, -, cont trn sd & bk L, -); [Walk & Pkup] fwd L ldg W in frnt (W trns LF in frnt of M), -, fwd R (W to CP LOD), -;

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PART B

1 - 4 2 FORWARD 2-STEPS;; PROGRESSIVE SCISSORS TO SCAR & BANJO CHKG;;

1 - 4 [2 Fwd 2's] fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ; [Prog Scis/Scar & Bjo Chkg] sd L, cl R, fwd XLIFR to SCAR, - ; sd R, cl L, fwd XRIFL to BJO chkg, - ;

5 - 8 WHALETAIL;; 2 FORWARD LOCKS; WALK 2 TO BFLY;

5 - 8 [Whaletail] in BJO XLIBR, sd R, fwd L, lk RIBL; sd L, cl R, XLIBR, sd R; [2 Fwd Lk's] fwd L, lk R in bk of L, fwd L, lk R in bk of L; [Walk 2 to BFLY] fwd L, - , fwd R trng to fc ptr blending to BFLY, - ;

9 - 12FACE TO FACE; BACK TO BACK; B-BALL TRN;;

9 - 12 [Fc/Fc] sd L, cl R, sd L trng LF 1/2, - ; [Bk/Bk] sd R, cl L, sd R trng RF 1/2, - ; [B-Ball Trn] fwd L trng 1/4, - , rec R trng 1/4, - ; fwd L trng 1/4, - , rec R trng 1/4 end in CP/WALL, - ;

13 - 16 2 TURNING 2-STEPS;; TWIRL 2; WALK 2;

13 - 16 [2 Trng 2's] sd L, cl R, fwd L pvtg RF 1/2, - ; sd R, cl L, fwd R pvtg RF 1/2, - ; [Twirl 2] fwd L, - , fwd R, - (W fwd R trng RF undr ld hnds, - , cont trn sd & bk L, -); [Walk 2] fwd L, - , fwd R, - ;

INTER

1 - 4 CIRCLE AWAY 2 2-STEPS;; STRUT TOGETHER 4;;

1 - 4 [Cir Away 2 2's] circ LF twd COH (W twd WALL) fwd L, cl R, fwd L, - ; cont twd COH fwd R, cl L, cont trng LF fwd R to fc ptr, - ; [Strut Together 4] trng to fc ptr fwd L, - , fwd R, - ; fwd L, - , fwd R, - ;

END

1 - 2 TWIRL 2; APART POINT;

1 - 2 [Twirl 2] fwd L, - , fwd R, - (W fwd R trng RF undr ld hnds, - , cont trn sd & bk L, -); [Apart Point] bk L, - , pt R twd ptr, - ;