



In The Morning



Choreographer: Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430

Email: jim@kallingkline.com, **Released:** April, 2019

Artist: Flatt Lonesome, **Time:** 2:58, **Speed:** Increase 15% (about 52 RPM)

Album: Runaway Train, Track 6 (2015)

Download: https://www.amazon.com/dp/B013GK2GES/ref=dm_ws_tlw_trk6

Preview: <https://www.youtube.com/watch?v=OBXnTvEbmKE>

Rhythm: Waltz, Phase 3 **Difficulty:** Easy

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Sequence: INTRO, A, B, C, A, B, C (MOD), END

INTRODUCTION

1-4 WAIT 2 ;; WHISK ; PICK-UP SIDE CLOSE ;

1-2 {Wait 2} (OP FCG LOD) wait 2 measures ;;

3-4 {Whisk} fwd L, fwd & sd R, XLIB in tight SCP; {Pickup} sm thru R trng LF, sd L, cl R (W thru L trng in frnt of M to fc RLOD, sd R, cl L) to CP LOD;

PART A

1-4 2 FORWARD WALTZES (SCAR) ;; CROSS HOVER (SCP) ; THRU CHASSE (SCP) ;

1-2 {Forward Waltz} in CP LOD fwd L, fwd R, fwd L; fwd R, fwd L, fwd R blndg to SCAR DLW;

3-4 {Cross Hover} XLIF of R (W XRIB), -, sd R with a slight rise trng 1/4 LF (W trng RF), rec L to SCP LOD; {Thru Chasse SCP} thru R comm trn to fc, sd L/cl R, sd L to SCP ;

5-8 MAN ROLL ACROSS ; LADY ROLL ACROSS ; THRU CHASSE (BJO) ; FORWARD & POINT ;

5-6 {Man Roll Across} roll across line of prog in front R, L, R (W fwd L, R, L) to L 1/2 OP; {Lady Roll Across} fwd L, R, L (Roll across in front R, L, R) to 1/2 OP;

7-8 {Thru Chasse to BJO} thru R trng to fc ptrn, sd L/cl R, sd & fwd L trng to BJO (thru L trng to fc ptrn, sd R/cl L, sd & fwd trng RF to BJO); {Forward & Point} fwd R, pt L,-;

9-12 BACK HOVER (SCP) ; THRU FACE CLOSE ; BOX (SCAR) ;;

9-10 {Back Hover SCP} bk L, sd & bk R w/ slight rise, rec L (W fwd R, sd & fwd L rising & trng RF, rec R) to SCP LOD; {Thru Face Close} XRIFL (W XLIFR), fwd L to fc ptr, cl R to CPW;

11-12 {Box} fwd L, sd R, cl L,-; bk R, sd L, cl R tng to SCAR DRW,-;

13-16 TWINKLE (BJO) ; MANUEVER ; 2 RIGHT TURNS ;;

13-14 {Twinkle BJO} fwd L, trng LF stp R, fin trn stp L to BJO; {Manuever} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD;

15-16 {Right Turns} bk L trng RF, sd R, cl L; fwd R trng RF, sd L, cl R;

PART B

1-4 TWISTY BALANCE LEFT & RIGHT ;; TWISTY VINE 3 (BJO) ; FORWARD & POINT ;

1-2 {Twisty Balance Left & Right} sd L w/slight RF body trn, XRIB, trng slightly LF rec L (sd R w/slight RF body trn, XLIF, trng LF rec R) to BFLY; sd R w/slight LF body trn, XLIB, trng slightly RF rec L (sd L w/slight LF body trn, XLIF, trng RF REC R) to BFLY;

3-4 {Twisty Vine} sd L w/slight RF body trn, XRIB, trng slightly LF sd & fwd L (sd R w/slight RF body trn, XLIF, trng LF sd & bk R) trng to BJO DLW; {Forward & Point} in BJO DLW fwd R, pt L,-;

5-8 BACK CHASSE (SCAR) ; FORWARD & POINT ; BACK CHASSE (BJO) ; FORWARD FACE CLOSE ;

- 5-6 {Back Chasse SCAR} bk L slight RF trn to fc ptr, sd R/cl L, slight RF trn sd & fwd R (fwd R slight RF trn to fc ptr, sd L/cl R, slight RF trn sd & bk L) to SCAR DRW; {Forward & Point} in BJO DLW fwd L, pt R,-;
- 7-8 {Back Chasse BJO} bk R w/slight LF trn to CP WALL, sd L/cl R, w/slight LF trn sd & fwd L (fwd L w/slight LF trn to CP, sd R/cl L, w/slight LF trn sd & bk R) to BJO DLW; {Forward Face Close} XRIFL (W XLIFR), fwd L to fc ptr, cl R;

PART C

1-4 INTERRUPTED BOX ;;;:

- 1-2 {Begin Interrupted Box} fwd L, sd R, cl L; bk R, sd L, cl R (W fwd L, comm RF 1/2 circ und ld hnds fwd R, cont trng fwd L);
- 3-4 {Finish Interrupted Box} fwd L, sd R, cl L (W circ RF 1/2 fwd R, fwd L, fwd R to CP); bk R, sd L, cl R;

5-8 HOVER ; MANUEVER ; SPIN TURN ; BACK 1/2 BOX ;

- 17-18 {Hover} fwd L, sd & fwd R w/ rise, rec L to SCP LOD; {Manuever} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD;
- 19-20 {Spin Turn} bk L pvtg RF 1/2, fwd R w/rise, sd & bk L to CP LOD; {Back 1/2 Box} bk R, sd L, cl R;

**REPEAT PART A
REPEAT PART B**

PART C (MODIFIED)

1-4 INTERRUPTED BOX ;;;:

- 1-2 {Begin Interrupted Box} fwd L, sd R, cl L; Bk R, sd L, cl R (W fwd L, comm RF 1/2 circ und ld hnds fwd R, fwd L);
- 3-4 {Finish Interrupted Box} fwd L, sd R, cl L (W circ RF 1/2 fwd R, fwd L, fwd R to CP); Bk R, sd L, cl R;

5-9 CANTER ; HOVER ; MANUEVER ; SPIN TURN ; BACK 1/2 BOX & HOLD ;

- 5-6 {Canter} sd L, draw R to L, cl R; {Hover} fwd L, sd & fwd R w/ rise, rec L;
- 7-8 {Manuever} fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD; {Spin Turn} bk L pvtg RF 1/2, fwd R w/rise, sd & bk L;
- 9 {Back 1/2 Box} bk R, sd L, cl R & hold ;

ENDING

1-4 2 FORWARD WALTZES (SCAR) ;; CROSS HOVER (SCP) ; THRU FACE CLOSE ;

- 1-2 {Forward Waltz} in CP fcg LOD fwd L, fwd R, fwd L: fwd R, fwd L, fwd R trng slight RF blndng to SCAR DLW;
- 3-4 {Cross Hover} XLIF of R (W XRIB), -, sd R with a slight rise trng 1/4 LF (W trng RF), rec L to SCP LOD; {Thru Face Close} thru R, fwd L to fc ptr, cl R;

5 DIP BACK & HOLD ;

- 5 {Dip Back} bk L relaxing knee w/ R leg extended, hold,-;

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Jim & Kathie Kline

Flatt Lonesome; Runaway Train, Track 6 (2015); Speed 115%

Phase III

Sequence; INTRO, A, B, C, A, B, C (MOD), END

INTRODUCTION

1-4 ___ WAIT 2 ;; WHISK ; PU SD CL ;

PART A

1-4 ___ 2 FWD WZ (SCAR) ;; X HOVER (SCP) ; THRU CHASSE (SCP) ;

5-8 ___ MAN ROLL ACRS ; LADY ROLL ACRS ; THRU CHASSE (BJO) ; FWD & PT ;

9-12 ___ BK HOVER (SCP) ; THRU FC CL ; BOX (SCAR) ;;

13-16 ___ TWNKL (BJO) ; MANUV ; 2 RT TRNS ;;

PART B

1-4 ___ TWST BAL L & R ;; TWST VN 3 (BJO) ; FWD & PT ;

5-6 ___ BK CHASSE (SCAR DRW) ; FWD & PT ;

7-8 ___ BK CHASSE (BJO DLW) ; FWD FC CL ;

PART C

1-4 ___ INTERRUPTED BOX ;;;;

5-8 ___ HOVER ; MANUV ; SPIN TRN ; BK 1/2 BOX ;

PART A

1-4 ___ 2 FWD WZ (SCAR) ;; X HOVER (SCP) ; THRU CHASSE (SCP) ;

5-8 ___ MAN ROLL ACRS ; LADY ROLL ACRS ; THRU CHASSE (BJO) ; FWD & PT ;

9-12 ___ BK HOVER (SCP) ; THRU FC CL ; BOX (SCAR) ;;

13-16 ___ TWNKL (BJO) ; MANUV ; 2 RT TRNS ;;

PART B

1-4 ___ TWST BAL L & R ;; TWST VN 3 (BJO) ; FWD & PT ;

5-6 ___ BK CHASSE (SCAR DRW) ; FWD & PT ;

7-8 ___ BK CHASSE (BJO DLW) ; FWD FC CL ;

PART C (MODIFIED)

1-4 ___ INTERRUPTED BOX ;;;;

5-7 ___ CANTER ; HOVER ; MANUV ;

8-9 ___ SPIN TRN ; BK 1/2 BOX & HOLD ;

ENDING

1-4 ___ 2 FWD WZ (SCAR) ;; X HOVER (SCP) ; THRU FC CL ;

5 ___ DIP BK & HOLD ;

