FALLEN 4 YOU

Released: May 2026
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Music: Fallen Artist: Lauren Wood Album: Cat Trick U. S. Release, Track 7,
Single available for download at Play Cat Trick by Lauren Wood on Amazon Music
YouTube video at Lauren Wood - Fallen (Pretty Woman) (1990)
Time: As downloaded 3:41, Cut at 3:18, fade from 3:10-3:18 Recommend speed: 42.6 in Dancemaster)
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm: Rumba Phase: IV +1 (Cuddles) +1 (Twisty Serpiente)
Difficulty: Average
Sequence: INTRO, A, B, A(1-8), C, B, BRG, A, D, END

INTRO

	1-4	**(BFLY/WALL) LD FT FREE WAIT 2 MEAS;; ½ BASIC; UNDERARM TURN TO WOMAN'S TAMARA;**
	(1-2)	**{BFLY/WALL Wait 2 Meas}** Wait;;
QQS	(3)	**{½ Basic}** Fwd L, recover R, sd L,-;
QQS	(4)	**{Underarm Turn}** Raising joined ld hands keeping trail hands joined low trn body slightly RF bk R, recover L squaring body to fc ptr, cl R keeping ld hands raised to Tamara (swiveling ¼ RF fwd L trng ½ RF, recover R trng ¼ RF to fc ptr, sd L keeping ld hands joined to W's Tamara),-;
	5-8	**WHEEL 3; UNWRAP & REWRAP; WHEEL 3; UNWRAP (BFLY/WALL);**
QQS	(5)	**{Wheel 3}** Moving CW fwd L, fwd R, fwd L (moving CW fwd R, fwd L, fwd R) COH,-;
QQS	(6)	{**Unwrap & Rewrap**} Cont CW movement fwd R leading W to comm LF trn undr joined ld hands to unwrap, fwd L leading W cont LF trn undr joined ld hands, fwd R to wrap (fwd L comm ½ LF trn, fwd R cont LF trn, sd L trng LF undr ld hands) WRAPPED/WALL,-;
QQS	(7)	{**Wheel 3**} In wrapped position moving CW fwd L, fwd R, fwd L (bk R, bk L, bk R) both fc COH,-;
QQS	(8)	**{Unwrap}** Fwd R lead W to trn RF undr joined ld hands, fwd L, sd R (bk L, sd & fwd R comm RF trn undr joined ld hands, cont trn sd & fwd L to fc ptr) BFLY/WALL,-;

PART A

	1-4	**½ BASIC; THRU SERPIENTE;; FENCE LINE;**
QQS	(1)	**{½ Basic}** Fwd L, recover R, sd L,-;
QQS QQS	(2-3)	**{Thru Serpiente}** Thru R, sd L, behind R, fan L CCW; behind L, sd R, thru L, fan R CCW (thru L, sd R, behind L, fan R CW; behind R, sd L, thru R, fan L CW);
QQS	(4)	**{Fence Line}** X lunge thru R w/bent knee looking in the direction of lunge, recover L trng to face partner, sd R (X lunge thru L w/bent knee looking in the direction of lunge, recover R trng to face partner, sd L),-;
	5-8	**M FRONT TWISTY SERPIENTE to RLOD;; SHOULDER TO SHOULDER (2X);;**
QQS QQS	(5-6)	**{Twisty Serpiente}** Thru L, sd R, behind L, fan R CW; behind R, sd L, thru R, fan L CW (behind R, sd L, thru R, fan L CW; thru L, sd R, behind L, fan R CW);
QQS QQS	(7-8)	**{Shoulder-Shoulder (2X)}** Fwd L to BFLY/SCAR, recover R to fc, sd L,-; fwd R to BFLY/BJO, recover L to fc, sd R,-;
	9-12	**REVERSE UNDERARM TURN; UNDERARM TURN; LARIAT ½ MAN FACE COH; FENCE LINE;**
QQS	(9)	**{Rev Underarm Turn}** Raising joined ld hands XLif, recover R, sd L (Swiveling ¼ LF fwd R trng ½ LF under ld hands, recover L trng ¼ LF to fc ptr, sd R),-;
QQS	(10)	**{Underarm Turn}** Raising joined ld hands trn body slightly RF bk R, recover L squaring body to fc ptr, sd R (Swiveling ¼ RF fwd L trng ½ RF under joined ld hands, recover R trng ¼ RF to fc ptr, sd L),-;
QQS	(11)	**{Lariat ½ }** Raising joined ld hands sd L, recover R, cl L, sharply swiveling ½ LF under joined ld hands to fc COH (fwd R, fwd L, fwd R trng RF to fc ptr & WALL) BFLY/COH,-;

QQS	(12)	**{Fence Line}** X lunge thru R w/bent knee looking in the direction of lunge, recover L trng to face partner, sd R (X lunge thru L w/bent knee looking in the direction of lunge, recover R trng to face partner, sd L),-;
	13-16	**AIDA; HIP ROCK 3 TO FACE (CP/COH); BASIC CROSS BODY (HNDSHK/WALL);**
QQS	(13)	**{Aida}** Thru L trng LF, sd R continue LF trn, bk L (thru R trng RF, sd L continue RF trn, bk R) bk to bk V/RLOD,-;
QQS	(14)	**{Hip Rock 3}** Rk fwd R rolling hip sd & bk, recover L with hip roll, recover R trng RF to fc ptr (rk fwd L rolling hip sd & bk, recover R with hip roll, recover L trng LF to fc ptr) CP/COH,-;
QQS QQS	(15-16)	**{Basic Cross Body}** Fwd L, rec R trn ¼ LF body trns less, sd L,-; bk R cont LF trn, small fwd L fc WALL, sd R (bk R, rec L, fwd R twd M stay on R sd in "L" pos,-; fwd L comm LF trn, fwd R trn ½ LF end with R ft bk, sd L) HNDSHK/WALL,-;

PART B

	1-4	**FLIRT TO FAN;; HOCKEY STICK OVER TURN;;**
QQS QQS	(1-2)	**{Flirt to Fan}** Fwd L, recover R, cl L (bk R, recover L, fwd R trng ½ LF) to VARS/WALL,-; bk R, rec L, strong sd R leading partner across in front of man changing to ld hands joined (bk L, fwd R, strong sd L turning RF ¼ leaving right ft extended fwd with no weight) FAN POS,-;
QQS QQS	(3-4)	**{Hockey Stick}** Rk fwd L, recov R, cl L to R bring joined lead hnds up and btwn faces twd RLOD (cl R to L, fwd L, fwd R),-; Trn slight RF small chk bk R under body, recover L to DRW leading W LF under joined lead hnds, sd R (fwd L begin slight LF trn, fwd R to DRW LF trn under lead hnds, sd L) BFLY/WALL,-;
	5-8	**ALEMANA;; ALTERNATIVE BASIC; UNDERARM TURN (BFLY);**
QQS QQS	(5-6)	**{Alemana}** Rk fwd L, recover R, lifting lead hnds to palm to palm cl L (rk bk R, recover L, fwd R twd M's L side),-; Rk bk R leading W RF under join lead hnds, recov L, sd R (fwd L DLC trn RF ½ under join lead hnds brushing R to L, fwd R DRW cont RF trn brushing L to R to fc ptr, sd L) BFLY/WALL,-;
QQS	(7)	**{Alternative Basic}** Cl L to R, cl R, sd L BFLY/WALL,-;
QQS	(8)	**{Underarm Trn}** Raising joined ld hands trn body slightly RF bk R, recover L squaring body to fc ptr, sd R (Swiveling ¼ RF fwd L trng ½ RF under joined ld hands, recover R trng ¼ RF to fc ptr, sd L) BFLY/WALL,-;

REPEAT PART A 1-8;;;;;;;;

PART C

	1-4	**START A CHASE TO (TANDEM/WALL);; SOLO FENCE LINE (2X);;**
QQS QQS	(1-2)	**{Start a Chase}** No hands joined fwd L trng RF ½, recover R, fwd L,-; fwd R trng LF ½, recover L, fwd R (bk R, recover L, fwd R,-; fwd L trng RF ½, recover R, fwd L) TANDEM/WALL,-;
QQS QQS	(3-4)	**{Solo Fence Line}** X lunge thru L w/bent knee looking in the direction of lunge, recover R, sd L (X lunge thru R w/bent knee looking in the direction of lunge, recover L, sd R),-; X lunge thru R w/bent knee looking in the direction of lunge, recover L, sd R (X lunge thru L w/bent knee looking in the direction of lunge, recover R, sd L),-;
	5-8	**BOTH TURN TO COH; CUCARACHA CROSS (2X);; FINISH CHASE MAN FACE WALL (HNDSHK);**
QQS	(5)	**{Both Turn to COH}** Fwd L trng RF ½, recover R, fwd L (fwd R trng LF ½, recover L, fwd R),-;
QQS QQS	(6-7)	**{Cucaracha Cross}** Sd R, recover L, XRif of L (sd L, recover R, XLif of R),-; sd L, recover R, XLif of L (sd R, recover L, XRif of L),-;
QQS	8	**{Finish Chase}** Fwd R trng LF ½, recover L, fwd R (fwd L, recover R, bk L) HNDSHK/WALL,-;

REPEAT PART B END CP/WALL;;;;;;;;

BRIDGE

	1	**CORTE & RECOVER;**
SS	(1)	**{Corte & Recover}** Bk & sd L using lowering action with supporting leg relaxed,-, recover R,-;

REPEAT PART A ENDING (BFLY/WALL);;;;;;;;;;;;;;;;

PART D

	1-4	**BASIC;; NEW YORKER; AIDA;**
QQS QQS	(1-2)	**{Basic}** Fwd L, recover R, sd L,-; bk R, recover L, sd R,-;
QQS	(3)	**{New Yorker}** Swiveling ¼ RF thru L with straight leg to a sd by sd position, recover R trng LF to fc ptr, sd L (swiveling ¼ LF thru R with straight leg to a sd by sd pos, recover L trng RF to fc ptr, sd R),-;
QQS	(4)	**{Aida}** Thru R trng RF, sd L continue RF trn, bk R to bk-bk V pos (thru L trng LF, sd R continue LF trn, bk L) to bk to bk V/RLOD,-;
	5-8	**HIP ROCK 3 to FACE (CP); SIDE WALK 3 to RLOD; CUDDLES (2X);;**
QQS	(5)	**{Hip Rock}** Rk fwd L rolling hip sd & bk, recover R with hip roll, recover L trng LF to fc ptr (rk fwd R rolling hip sd & bk, recover L with hip roll, recover R trng RF to fc ptr) CP/WALL,-;
QQS	(6)	**{Side Walk}** Sd R, cl L, sd R,-;
QQS QQS	(7-8)	**{Cuddles}** Sd L trng the upper body RF to lead the W's opening out, rec R to lead the W's return to fc and straightening body, cl L (swiveling up to ½ RF on L sd R, rec L starting LF trn, fwd & sd R) to CUDDLE POS,-; sd R trng the upper body LF to lead the W's opening out, rec L to lead the W's return to fc and straightening body, cl R (swiveling up to ½ LF on R sd L, rec R starting RF trn, fwd & sd L) BFLY/WALL,-;

END

	1-4	**½ BASIC; UNDERARM TURN to TAMARA; WHEEL 3; UNWRAP & REWRAP;**
QQS QQS QQS QQS	(1-4)	Repeat Intro measures 3-6;;;;
	5-8	**WHEEL 3; UNWRAP to BFLY/WALL; BASIC;;**
QQS QQS	(5-6)	Repeat Intro measures 7-8;;
QQS QQS	(7-8)	Repeat Part D measures 1-2;;
	9-12	**NEW YORKER; AIDA; HIP ROCK 3; BK to AIDA LINE & HOLD;**
QQS QQS	(9-10)	Repeat Part D measure 3-4;;
QQS	(11)	**{Hip Rock 3}** Rk fwd L rolling hip sd & bk, recover R w/ hip roll, recover L w/hip roll (rk fwd R rolling hip sd & bk, recover L w/hip roll, recover R w/hip roll),-;
S- --	(12)	**{Aida Line}** Rk bk R (rk bk L) bk to bk V/RLOD,-,-,-;

QUICK CUES

INTRO

(BFLY/WALL) LD FT FREE WAIT 2 MEAS;; ½ BAS; UNDRM TRN TO W'S TAMARA;
WHEEL 3 (COH); UNWRAP & REWRAP (WALL); WHEEL 3 (COH); UNWRAP (BFLY/WALL);

PART A

½ BAS; THRU SERP;; FENCE LINE;
M FRONT TWISTY SERP to RLOD;; SHLDR TO SHLDR (2X);;
REV UNDRM TRN; UNDRM TRN; LARIAT ½ M TRN TO FC (COH); FENCE LINE;
AIDA; HIP RK 3 TO FC (CP/COH); CROSS BODY (HNDSHK/WALL);;

PART B

FLIRT TO FAN;; HOCKEY STICK OVRTRN (BFLY/WALL);;
ALEMANA;; ALTERNATIVE BASIC; UNDRM TRN (BFLY/WALL);

PART A (1-8)

½ BAS; THRU SERP;; FENCE LINE;
M FRONT TWISTY SERP to RLOD;; SHLDR TO SHLDR (2X) (BFLY/WALL);;

PART C

START A CHASE (TANDEM/WALL);; SOLO FENCE LINE (2X);;
BOTH TRN (COH); CUCA X (2X);; MAN TRN FIN CHASE (HNDSHK/WALL);

PART B

FLIRT TO FAN;; HOCKEY STICK OVRTRN (BFLY/WALL);;
ALEMANA;; ALTERNATIVE BASIC; UNDRM TRN (CP/WALL);

BRIDGE

CORTE & REC;

PART A

½ BAS (BFLY/WALL); THRU SERP;; FENCE LINE;
M FRONT TWISTY SERP to RLOD;; SHLDR TO SHLDR (2X);;
REV UNDRM TRN; UNDRM TRN; LARIAT ½ M TRN TO FC COH; FENCE LINE;
AIDA; HIP RK 3 TO FC (CP/COH); CROSS BODY (BFLY/WALL);;

PART D

BAS;; NY; AIDA;
HIP RK 3 to FC (CP/WALL); SD WLK 3 to RLOD; CUDDLES(2X) (BFLY/WALL);;

END

½ BAS; UNDRM TRN TO W'S TAMARA; WHEEL 3 (COH); UNWRP & REWRAP (WALL);
WHEEL 3 (COH); UNWRAP (BFLY/WALL); BAS;;
NY; AIDA; HIP RK 3; BK TO AIDA LN & HOLD;