



## 3 LITTLE BOXES

|  |   |
|--|---|
| <b>Choreographers:</b><br><b>Annette &amp; Frank Woodruff</b><br>Rue du Camp, 87<br>7034 Mons, Belgium | <b>Release Date:</b> May 2010   |
|  | <b>Rhythm &amp; Phase:</b> <b>Waltz III + 1 (Hesitation Change)</b>                     |
|  | <b>Music:</b> "Little Boxes" sung by Nina and Frederik (Theme from WEEDS)               |
|  | <b>Educational use:</b> Hover variations, Slip Pivot.                                   |
| Tel: 00 32 65 73 19 40   | <b>Footwork:</b> Opposite except where indicated ( <i>W's footwork in parentheses</i> ) |
| Fax: 00 32 65 73 19 41   | <b>Time &amp; Speed:</b> 2:10 at original speed – 4%                                    |
| <b>E-mail:</b> anfrank@voo.be  | <b>Sequence:</b> <b>Intro – Dance – Dance (1-33) - Ending</b>                           |

### INTRODUCTION

|              |                                  |  |
|--------------|----------------------------------|--|
|              | <b>Wait 2 notes</b>              | BFLY WALL wt 2 notes   |
| <b>1 - 2</b> | <b>Balance Left and Right ;;</b> | Sd L, XRib ( <i>W XLib</i> ), rec L ; sd R, Xlib ( <i>W XRib</i> ), rec R ;  |
| <b>3</b>     | <b>Twirl-Vine ;</b>              | Relg trl hnds sd L, XRib, sd L ( <i>W sd &amp; fwd R trn 1/2 RF undr ld hands, sd &amp; bk L trn 1/2 RF, sd &amp; fwd R</i> ) to SCP LOD ; |
| <b>4</b>     | <b>Pick Up ;</b>                 | Sm fwd R, sm sd L, cl R ( <i>W fwd L trng LF, fwd &amp; sd R contg LF trn in front of M, cl L</i> ) to CP DLC ;                            |

### DANCE

|              |                                     |   |
|--------------|-------------------------------------|---|
| <b>1 - 2</b> | <b>2 Left Turns ;;</b>              | Fwd L stg LF trn, sd R contg LF trn, cl L ; contg LF trn bk R, sd L contg LF trn, cl R to CP WALL ;   |
| <b>3</b>     | <b>Whisk ;</b>                      | Fwd L, fwd & sd R stg rise to ball of ft, Xlib ( <i>W XRib</i> ) cont to full rise to ball of ft to SCP DLW ;   |
| <b>4</b>     | <b>Hover Fallaway ;</b>             | In SCP thruout fwd R, fwd L risg to ball of ft & checking, rec R ;  |
| <b>5</b>     | <b>Back Hover Fallaway ;</b>        | In SCP thruout bk L, bk R w/ bdy rise checking, rec L ;   |
| <b>6</b>     | <b>Hover Fallaway ;</b>             | In SCP thruout fwd R, fwd L risg to ball of ft & checking, rec R ;  |
| <b>7</b>     | <b>Slip Pivot ;</b>                 | Bk L, bk R keepg L leg extended, fwd L ( <i>W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M's R ft, bk R</i> ) to BJO DLW ;  |
| <b>8</b>     | <b>Maneuver ;</b>                   | Fwd R trng RF, sd L in front of W, cl R ( <i>W fwd L, fwd R, cl L</i> ) to CP RLOD ;  |
| <b>9</b>     | <b>Spin Turn ;</b>                  | Stg RF upper bdy trn bk L & pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L ( <i>W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, bk L cont trn brush R to L, fwd R between M's ft</i> ) to CP DLW ; |
| <b>10</b>    | <b>Back ½ Box to SCAR ;</b>         | Bk R, sd L, cl R to SCAR DLW ;  |
| <b>11</b>    | <b>Cross Hover to SCP ;</b>         | XLif, sd & fw R hvrg, rec L ( <i>W XRib, sd &amp; bk L w/ strong RF trn, fwd R</i> ) to SCP LOD ;   |
| <b>12</b>    | <b>Chair Recover Side to BFLY ;</b> | Fwd lun R w/ bent knee, rec L to fc ptr, sd R to mom BFLY WALL ;  |
| <b>13</b>    | <b>Thru Recover Side to SCP ;</b>   | Thru L to mom LOP RLOD, rec R, sd L to SCP LOD ;  |
| <b>14</b>    | <b>Thru Semi Chasse ;</b>           | Thru R, sd & fwd L/cl R, sd & fwd L to SCP LOD ;  |
| <b>15</b>    | <b>Thru Face Close ;</b>            | Thru R, sd L trng to fc ptr, cl R to CP WALL ;  |
| <b>16-17</b> | <b>Balance Left and Right ;;</b>    | <b>In Closed Position</b> sd L, XRib ( <i>W XLib</i> ), rec L ; sd R, Xlib ( <i>W XRib</i> ), rec R;  |
| <b>18</b>    | <b>Canter ;</b>                     | Sd L, draw R, cl R ;  |
| <b>19</b>    | <b>Hover;</b>                       | Fwd L, fwd & sd R ( <i>W bk &amp; sd L &amp; brush R</i> ), rec L to SCP LOD ;  |
| <b>20</b>    | <b>Thru Hover to BJO ;</b>          | Thru R, fwd L risg, rec R ( <i>W thru L, fwd &amp; sd R trng LF risg &amp; brushg L, contg LF trn fwd L</i> ) to BJO LOD ;  |
| <b>21</b>    | <b>Back Hover to SCP ;</b>          | Bk L, sd & bk R risg, rec L ( <i>W fwd R, sd &amp; fwd L w/ slight rise, rec R</i> ) to SCP LOD ;   |

|         |                              |  |
|---------|------------------------------|--|
| 22      | <b>Thru Chasse to BJO ;</b>  | Thru R, sd L/cl R, sd & fwd L ( <i>W trng LF sd R/cl L, sd &amp; bk R</i> ) to BJO LOD;  |
| 23      | <b>Forward Face Close ;</b>  | Fwd R, sd L trng ¼ RF to fc ptr, cl R ;  |
| 24      | <b>Canter ;</b>              | Sd L, draw R, cl R ;   |
| 25      | <b>Twirl-Vine ;</b>          | Relg trl hnds sd L, XRib, sd L ( <i>W sd &amp; fwd R trn 1/2 RF undr ld hands, sd &amp; bk L trn 1/2 RF, sd &amp; fwd R</i> ) to SCP LOD ; |
| 26      | <b>Thru Face Close ;</b>     | Thru R, sd L trng to fc ptr, cl R to CP WALL ;   |
| 27 - 30 | <b>Left Turning Box ;;;;</b> | Fwd L trn 1/4 LF, sd R, cl L to CP LOD ; Bk R trn 1/4 LF, sd L, cl R to CP COH ; Repeat meas 27-28 to CP WALL ;;                           |
| 31      | <b>Hover ;</b>               | Fwd L, fwd & sd R ( <i>W bk &amp; sd L &amp; brush R</i> ), rec L to SCP LOD ;   |
| 32      | <b>Thru Semi Chasse ;</b>    | Thru R, sd & fwd L/cl R, sd & fwd L to SCP LOD ;   |
| 33      | <b>Thru Point ;</b>          | Thru R, pt L fwd, hold ;   |
| 34      | <b>Slip Pivot ;</b>          | Rpt meas 7-8 ;;  |
| 35      | <b>Maneuver ;</b>            |  |
| 36      | <b>Hesitation Change ;</b>   | Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;  |

### ENDING

|   |                                   |  |
|---|-----------------------------------|--|
| 1 | <b>Twirl-Vine 2 &amp; Apart ;</b> | Sd L, XRib ( <i>W sd &amp; fwd R trn 1/2 RF undr ld hands, sd &amp; bk L trn 1/2 RF, sd &amp; fwd R</i> ), chg handhold to trl hnds jnd apt L/pt R twd ptr ; |
|---|-----------------------------------|--|

The song “Little Boxes” was written in 1962 by Malvina Reynolds. The idea came to her as she and her husband were driving South from San Francisco through Daly City. The song was sung by many artists but the fact that it was used as the opening theme song for the television series [Weeds](#) is what gave it a second life. The version used for the dance is by a Danish singing duo who was very popular in the early 60s.



The duo consisted of Frederik, Baron van Pallandt and his wife born Nina Magdelene Møller-Hasselbalch. Their repertoire consisted of a blend of folk music, calypsos and standards. They began singing together at the age of four, but since Frederik's father was the Dutch ambassador to Denmark, his family moved away and the children lost contact with each other until 1957 when Frederik showed up at Nina's parents home and played his guitar for her. To his surprise Nina began singing to it, and it was at that moment that they decided to sing together. Within a matter of months they had become great favourites throughout Europe. They married in 1960 and in 1961 had their own series on British Television, *Nina and Frederik at home*. They had three children but parted in 1969, and divorced in 1975. Frederik van Pallandt joined a major Australian crime syndicate and was shot dead with his second wife in 1994. Nina appeared in several movies and contributed the song "Do You Know How Christmas Trees Are Grown?" to the James Bond movie, *On Her Majesty's Secret Service*

**3 LITTLE BOXES – Woodruff – WZ III + 1 (Hesitation Change) – 2:07**

**INTRO (4 meas)**

BFLY WALL Wait 2 notes ~ Bal L & R ;; Twirl Vine ; Pick up ;

**DANCE (36 meas)**

2 L Turns ;; Whisk ; Hover Fallaway ; Bk Hover Fallaway ;  
Hover Fallaway ; Slip Pivot ; Manuver ; Spin Turn ;  
Bk ½ Box to SCAR ; Cross Hover to SCP ; Chair Rec Side to BFLY ;  
Thru Rec Side to SCP ; Thru Semi Chasse ; Thru Fc Cl ;  
Bal L & R ;; Canter ; Hover ; Thru Hover to BJO ; Bk Hover to SCP ;  
Thru Chasse to BJO ; Forward Fc Cl ; Canter ; Twirl Vine ;  
Thru Fc Cl to CP ; L Turning Box ;;;; Hover ; Thru Semi Chasse ;  
Thru Point ; Slip Pivot ; Manuver ; Hesitation Change ;

**DANCE (1-33)**

2 L Turns ;; Whisk ; Hover Fallaway ; Bk Hover Fallaway ;  
Hover Fallaway ; Slip Pivot ; Manuver ; Spin Turn ;  
Bk ½ Box to SCAR ; Cross Hover to SCP ; Chair Rec Side to BFLY ;  
Thru Rec Side to SCP ; Thru Semi Chasse ; Thru Fc Cl ;  
Bal L & R ;; Canter ; Hover ; Thru Hover to BJO ; Bk Hover to SCP ;  
Thru Chasse to BJO ; Forward Fc Cl ; Canter ; Twirl Vine ;  
Thru Fc Cl to CP ; L Turning Box ;;;; Hover ; Thru Semi Chasse ;  
Thru Point ;

**ENDING (1 meas)**

Twirl Vine 2 & Apart ;