

BE MY GUEST TONIGHT

Music: Alex Marshall
Cd: WRDMusic – The Ultimate Album 5
www.wrdmusic.com/the-ultimate-latin-album-5-bang-bang-2cd-limited-stock
Cd:2 Track # 13 Time 2:55 Slow Down w/ -7% to Time 3:12
Available from choreographer

Rhythm: Jive Phase: IV+2 (Chasse Rolls + Wip Turn) +1U (Travlg Sandstep)

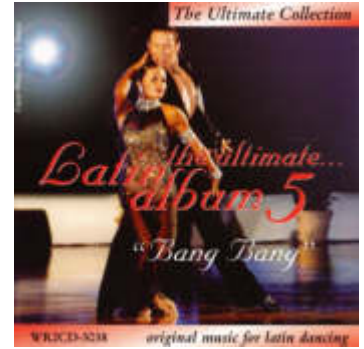
Footwork: Opposite except where (Noted)

Release Date: Jan 24

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Email: jos.dierickx@telenet.be

Sequence: INTRO ABC BC BC(1-12) END



INTRO

CP WALL LEAD FOOT FREE START WITH THE FIRST DRUM BEAT ~

{Wait} CP Wall ld ft free start with the first drum beat~

PART A

01-04 CHASSE LEFT & RIGHT ; CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT ; ;

{Chasse L & R} Blendg to loose CP sd L/cl R, sd L, sd R/cl L, sd R ; {Change R to L & L to R} Rk bk L SCP, rec R, fwd L/cl R, fwd L (W rk bk R, rec L, fwd R/cl L, fwd R trng ½ RF ifo M) ; Sd R/cl L, sd & fwd R to LOP-FCG LOD (W sd L/cl R, sd & bk L), rk apt L, rec R ; Sd L/R, L to LOP-FCG WALL (W fwd chasse R/L, R trng ¾ LF und ld hnds), sd chasse R/L, R ;

05-08 BACK BREAK INTO CHASSE ROLLS to LOD ; ; BACK BREAK INTO CHASSE ROLLS to RLOD ; ;

{Bk Break Into Chasse Rolls to Lod} Rb Bk L, rec R, L/R, relsg ld hnds L trng LF (W RF) to LOD & bk-to-bk ; Cont LF trn (W RF) R/L, R to fc-to-fc to Bfly, L/R, L to BFLY WALL ; {Bk Break Into Chasse Rolls to Rlod} Rk bk R, rec L, R/L, relsg trl hnds R trng RF (W LF) to RLOD & bk-to-bk ; Cont RF trn (W RF) L/R, L to fc-to-fc to Bfly, R/L,R to BFLY WALL ;

09-12 LINK & WIP TURN ; ; SHOULDER SHOVE ~ ROCK REC ; ;

{Link & Wip Trn} Rb Bk L, rec R, chasse fwd L/R, L to CP DRW ; XRib (W sd L), sd L (W fwd R btw M's ft), chasse sd & bk R/L, R to CP LOD ; {Shoulder Shove} Rk apt L, rec R relg trl hnds, trng ¼ RF (W trng ¼ LF) sd L/cl R, sd L to tch ld shldrs tog ; Trng ¼ LF (W trng ¼ RF) sd R/cl L, bk R to LOP-FCG WALL~, {Rock Rec} Rb Bk L, rec R ;

13-16 RIGHT TURNING FALLAWAY TWICE ROCK REC ; ; SWIVEL 4 to BFLY WALL ;

{Right Trng Fallaway Twice rk Bk & Rec} Chasse sd L/R,L trng ¼ RF, chasse sd R/L,R trng ¼ RF to end in Scp RLOD ; Rk bk L, rec R, chasse sd L/R,L trng ¼ RF ; Chasse sd R/L,R trng ¼ RF to end in SCP fcg LOD , rk bk L to SCP to LOD, rec R ; {Swiv 4 to Bfly Wall} [QQQQ] Swiv on ld ft away from ptr fwd L, swiv on trl ft twd ptr fwd R, swiv fwd L, R to BFLY WALL ;

PART B

01-04 STEP KICK TWICE & AWAY KICK FACE POINT ; ; SAILORS SHUFFLES ; ;

{Step Kick x 2 & Away Kick fc Pt} Stp ipl L, kick R fwd betwn W's legs, stp R, kick L fwd (W kick R fwd betwn M's legs) ; Sd L blendg to OP, kick R fwd twd LOD, rec R to fc ptn, pt L sd ; {Sailors Shuffles} XLib/sd R, sd L, XRib/sd L, sd R ; Repeat meas 3 Part B ; ;

05-08 LINK ROCK ~ JIVE WALKS ; ; ; SWIVEL 4 ;

{Link Rk} Rk apt L, rec R, small triple fwd L/R, L to CP Wall ; Sd R/cl L, sd R~ {Jive Walks} Blend to SCP Rk bk L, rec R ; Fwd L/cl R, fwd L, R/cl L,fwd R ; {Swiv 4} Repeat meas 16 A ;

09-12 WINDMILL & ROCK REC ; ; CHASSE L & R ; PROGRESSIVE ROCK ;

{Windmill & Rk Rec} Rk apt L, rec R to slight bfly scar fwd & sd L/R, L stretchg arms out trng ¼ LF incling body slightly to L (W fwd & sd R/L, R incling body slightly to R) ; Trng ¼ LF fwd & sd R/L, R (W sd & bk L/R, L) straighteng body, rk apt L, rec R to BFLY COH ; {Chasse L & R} Repeat meas 1 Part A ; {Progr Rk} Rk apt L, XRif (W XLif), rk apt L, XRif (W XLif) to BFLY COH ;

13-16 WINDMILL & ROCK REC ; ; TRAVELING SANDSTEP TWICE ; ;

{Windmill & Rk Rec} Repeat meas 9,10 Part B to BFLY WALL; ; **{Travelg Sandstep x 2}** Swvlg RF (*W LF*) on R tch L toe to instep of R ft, swvlg LF (*W RF*) on R sd L, swvlg RF (*W LF*) on L tch heel to floor toe ptd to DRW, swvlg LF (*W RF*) on L XRif ; Repeat meas 15 Part B ; ;

PART C

01-04 CHASSE L & R ; PRETSEL TURN ; ; ;

{Chasse L & R} Repeat meas 1,2 Part A ; **{Pretzel Trn}** Rk bk L to SCP, rec R, trng twd each other [M RF & W LF] & retaining ld hnds jnd low thruout sd chasse L/R, L ; Contg trn sd chasse R, L, R to end in slight V-bk-to-bk pos DLC (*W DLW*) w/ ld hnds still jnd bhd bk xtndg free hnd fwd dip fwd L, rec R ; Trng awy from each other [M LF & W RF] sd chasse L/R, L, contg trn sd chasse R/L, R to BFLY WALL ;

05-08 CHANGE HANDS BEHIND BACK TWICE ; ; ; ROCK REC & KICK BALL CHANGE to CP WALL ;

{Change Hnds Behind Bk x 2} Rk bk L, rec R, chasse fwd L/R, L trng $\frac{1}{4}$ LF (*W chasse fwd trng $\frac{1}{4}$ RF*) ; Chasse sd & bk R/L, R trng $\frac{1}{4}$ LF end fcg ptr LOP COH (*W sd & bk L/R, L trng $\frac{1}{4}$ RF*), rk bk L, rec R ; chasse fwd L/R, L trng $\frac{1}{4}$ LF (*W chasse fwd trng $\frac{1}{4}$ RF*) ; Chasse sd & bk R/L, R trng $\frac{1}{4}$ LF end fcg ptr CP WALL [Man changes W's rt hnd to his rt hnd on the first triple & bk to his lft hnd on second triple - this is done behind his bk, W uses rt hnd throughout] **{Rock, Rec & Kick Ball Change}** Rk bk L, rec R, kick L ft fwd, step/step in place L/R to CP WALL ;

09-12 CHASSE L & R ; PRETSEL TURN ; ; ;

{Chasse L & R} Blend to fc & repeat meas 1 Part B ; **{Pretzel Trn}** Repeat meas 2,3 &4 Part B ; ; ;

13-16 BASIC ~ ROCK RECOVER Into 4 POINT STEPS to BFLY WALL ; ; ; ;

{Basic} Rk apt L, rec R, sd L/R, sd L ; sd R/cl L, sd R to CP WALL ; **{Rk Rec Into 4 Point Steps to Bfly Wall}** Rk bk L to SCP LOD, rec R ; [SS;SS] Pt L fwd w/ outsd edge of ft in contact w/ floor look to LOD, fwd L, pt R thru w/ outsd edge of ft in contact w/ floor look to RLOD ovr insd shldr, fwd R ; Pt L fwd w/ outsd edge of ft in contact w/ floor look to LOD, fwd L, pt R thru w/ outsd edge of ft in contact w/ floor look to RLOD ovr insd shldr, fwd R swiv to BFLY WALL ;

ENDING

01 WRAP 2 POINT & LOOK ;

{Wrap 2 Point & Look} Leadg W to wrap LF step ipl L, R, point L to sd look at W (*W wrap LF under lead hnds ipl R, L, point R to sd look at M*) ;