

Bulletproof

Released: July 2019
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 Music: "Bulletproof," by Pomplamoose. CD: **Best of 2018**, track 1. Available also as an mp3 from Amazon. See end of cue sheet for music link on Amazon. Preview Music on YouTube:
https://www.youtube.com/watch?v=CKeVQca3kQo&list=RDCKeVQca3kQo&start_radio=1
 Time/Speed: Time @ RPM: 3:08@45 as downloaded. Slow 4% to 3:28@43, or to suit
 Footwork: Woman's footwork opposite (except as noted in parentheses)
 Rhythm/Phase: Jive/Cha III+2 [Glide to the Side, Quick Side Breaks]
 Degree of difficulty: Average
 Sequence: Intro – A – B – A – B – B – Intl – C – B – End

INTRO**1-4 WAIT ; ; ; ;**

In CP fcg WALL ld ft free wait 4 meas thru the instrumental intro then begin on "Been there" ; ; ; ;

PART A [Jive]**1-4 CHASSE LEFT & RIGHT ; FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND BACK ; ; ;**

1 {Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R ;
 2-4 {Falwy Thrwy} Rk bk L to SCP, rec R, fwd & sd L/cl R, fwd & sd L leading W to trn 1/2 LF ; Sd & fwd R/cl L, sd & fwd R (*W rk bk R to SCP, rec L, fwd R/fwd L, fwd R trng 1/2 LF ; Sd & bk L/cl R, sd & bk L*) to LOP-FCG LOD,
 {Chg Hnds Bhd Bk} Rk apt L, rec R ; Fwd L stg 1/4 LF trn & plcg R hnd over W's R hnd/cl R, fwd L relsg L hnd & comp 1/4 LF trn to Tandem Pos in frnt of W, sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's back/cl L transferring W's R hnd to M's L hnd behind his bk, sd & bk R comp 1/4 LF trn to LOP-FCG RLOD (*W rk apt R, rec L ; Fwd R stg 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to Tandem Pos bhd M, sd & bk L stg 1/4 RF trn/cl R, sd and bk L comp 1/4 RF trn*) ;

5-8 CHANGE HANDS BEHIND BACK ~ START LEFT TO RIGHT WITH GLIDE TO THE SIDE ~ ROCK RECOVER TO ; ; ; ;

5-7 {Chg Hnds Bhd Bk} Rk apt L, rec R, fwd L stg 1/4 LF trn & plcg R hnd over woman's R hnd/cl R, fwd L rel L hnd & comp 1/4 LF trn to Tandem Pos in frnt of W ; Sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn (*W rk apt R, rec L, fwd R stg 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to Tandem Pos bhd M ; Sd & bk L stg 1/4 RF trn/cl R, sd & bk L comp 1/4 RF trn*) to LOP-FCG LOD,
 {Start L to R} Rk bk L, rec R ; Sd L/cl R, sd L comm 1/4 RF trn (*W rk bk R, rec L ; Fwd R/cl L, fwd R trng 3/4 LF undr jnd ld hnds*),
 {Glide to the Sd} Sd R, XLif ; sd R/cl L, sd R to CP WALL,
 8 {Rk Rec to} Rk bk L to SCP, rec R ;

9-12 THROWAWAY ; LINK ROCK ~ FALLAWAY ROCK ; ; ;

9 {Thrwy} In BFLY fwd & sd L/cl R, fwd & sd L ldg W to trn 1/4 LF, sd & fwd R/cl L, sd & fwd R (*W fwd R/fwd L, fwd R trng 1/4 LF, sd & bk L/cl R, sd & bk L*) ;
 10-12 {Link Rk} Rk bk L, rec R, sm trpl fwd L/R, L ; Sd R/L, R to CP (*W rk bk R, rec L, sm trpl fwd R/L, R ; Sd L/R, L to CP*),
 {Falwy Rk} Rk bk L to SCP, rec R to fc ptr ; sd L/cl R, sd L, sd R/cl L, sd R release hold ;

13-16 QUICK SIDE BREAKS ; RIGHT TURNING FALLAWAY TWICE ; ; ;

13 {Qk Sd Brks} Push stp L/push stp R, cl L/cl R, push stp L/push stp R, cl L/cl R ;

- 14-16 {**RF Trng Falwy**} Rk bk L to SCP, rec R to fc ptr, comm 1/4 RF trn sd L/cl R, comp trn sd L ; Comm 1/4 RF trn sd R/cl L, comp trn sd R (*W rk bk R to SCP, rec L to fc ptr, comm 1/4 RF trn sd R/cl L, comp trn sd R ; Comm 1/4 RF trn sd L/cl R, comp trn sd L*) to COH,
 {**RF Trng Falwy**} rk bk L to SCP, rec R to fc ptr ; Comm 1/4 RF trn sd L/cl R, comp trn sd L, comm 1/4 RF trn sd R/cl L, comp trn sd R (*W rk bk R to SCP, rec L to fc ptr ; Comm 1/4 RF trn sd R/cl L, comp trn sd R, comm 1/4 RF trn sd L/cl R, comp trn sd L*) to fc ptr & WALL ;

PART B [Cha]

1-4 BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;

- 1 {**Brk Bk to OP**} Swvl bk L, rec R, fwd L/cl R, fwd L ;
 2 {**Wlk 2 & Cha**} Fwd R, fwd L, fwd R/cl L, fwd R ;
 3-4 {**Slidg Dr 2X**} Rk apt L, rec R, XLif/sd R, XLif ; Rk apt R, rec L, XRif/sd L, XRif ;

5-8 CIRCLE AWAY AND TOGETHER ; ; SHOULDER TO SHOULDER TWICE ; ;

- 5-6 {**Circ Awy & Tog**} Circ LF awy from ptr in a circ pattern fwd L, fwd R, fwd L/cl R, fwd L ; Cont circ pattern twd ptr fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL ;
 7-8 {**Shldr to Shldr 2X**} Fwd L to BFLY SCAR, rec R to fc ptr, sd L/cl R, sd L ; Fwd R to BFLY BJO, rec L to fc ptr, sd R/cl L, sd R ;

REPEAT PART A [Jive]

1-4 CHASSE LEFT & RIGHT ; FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND BACK ; ; ;

5-8 CHANGE HANDS BEHIND BACK ~ START LEFT TO RIGHT WITH GLIDE TO THE SIDE ~ ROCK RECOVER TO ; ; ; ;

9-12 THROWAWAY ; LINK ROCK ~ FALLAWAY ROCK ; ; ;

13-16 QUICK SIDE BREAKS ; RIGHT TURNING FALLAWAY TWICE ; ; ;

REPEAT PART B [Cha]

1-4 BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;

5-8 CIRCLE AWAY AND TOGETHER ; ; SHOULDER TO SHOULDER TWICE ; ;

REPEAT PART B [Cha]

1-4 BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;

5-8 CIRCLE AWAY AND TOGETHER ; ; SHOULDER TO SHOULDER TWICE ; ;

INTERLUDE [Jive]

1-4 BASIC ROCK ~ ROCK RECOVER TWO TRIPLES ; ; ; ROCK THE BOAT TWICE ; ;

- 1-3 {**Bas Rk**} Rk apt L, rec R, sd L/cl R, sd L ; Sd R/cl L, sd R to CP,
 {**Rk Rec 2 Trpls**} rk bk L, rec R to SCP ; Fwd L/cl R, fwd L, fwd R/cl L, fwd R ;
 4 {**Rk the Boat 2X**} Fwd L w/ straight knee leaning fwd, w/ rkg motion & relaxed knees cl R leaning backward, fwd L w/ straight knee leaning fwd, w/ rkg motion & relaxed knees cl R leaning backward ;

5-8 THROWAWAY ; KICK BALL CHANGE ~ CHANGE LEFT TO RIGHT ; ; PROGRESSIVE ROCK ; ;

- 5 {**Thrwy**} Fwd & sd L/cl R, fwd & sd L ldg W to trn 1/2 LF, sd & fwd R/cl L, sd & fwd R (*W fwd R/fwd L, fwd R trning 1/2 LF, sd & bk L/cl R, sd & bk L*) ;
 6-7 {**Kbchg**} Kck L ft fwd/take wgt on ball of L foot, replace wgt on R foot,
 {**Chg L to R**} rk bk L, rec R ; Sd L/cl R, sd L comm 1/4 RF trn, sd R/cl L, sd R (*W rk bk R, rec L ; Fwd R/cl L, fwd R comm 3/4 LF trn under jnd ld hnds, sd L/cl R, sd L comp LF trn to fc M*) to BFLY WALL ;
 8 {**Prog Rk**} Rk L apt, XRif, rk L apt, XRif ;

PART C [Cha]

1-4 TRAVELING DOOR ; CUCARACHA ; CHASE WITH UNDERARM PASS ; ;

- 1 {**Trav Dr**} Rk sd L, rec R, XLif/sd R, XLif ;
 2 {**Cuca**} Sd R, rec L, cl R/sip L, sip R ;

- 3-4 {**Chs w/Undrm Pass**} Fwd L comm 1/2 RF trn keeping ld hnds jnd, rec fwd R, fwd L/cl R, fwd L ; Bk R raising jnd ld hands ldg W to trn LF, rec L, sm sd R/cl L, sm sd R (*W Bk R keeping ld hnds jnd, rec L, fwd R/cl L, fwd R twd M's L sd ; Fwd L, fwd R trng 1/2 LF under jnd ld hnds to fc ptr, sm sd L/cl R, sm sd L*) to COH ;

5-8 CHASE WITH UNDERARM PASS ; ; SPOT TURN TWICE ; ;

- 5-6 {**Chs w/Undrm Pass**} Fwd L comm 1/2 RF trn keeping ld hnds jnd, rec fwd R, fwd L/cl R, fwd L ; Bk R raising jnd ld hands ldg W to trn LF, rec L, sm sd R/cl L, sm sd R (*W Bk R keeping ld hnds jnd, rec L, fwd R/cl L, fwd R twd M's L sd ; Fwd L, fwd R trng 1/2 LF under jnd ld hnds to fc ptr, sm sd L/cl R, sm sd L*) to WALL ;

REPEAT PART B [Cha]

1-4 BREAK BACK TO OPEN ; WALK & CHA ; SLIDING DOOR TWICE ; ;

5-8 CIRCLE AWAY AND TOGETHER ; ; SHOULDER TO SHOULDER TWICE ; ;

END [Cha]

1-4 BASIC ; ; CRAB WALKS ; ;

- 1-2 {**Bas**} Fwd L, rec R, sd L/cl R, sd L ; Bk R, rec L, sd R/cl L, sd R ;
3-4 {**Crb Wlks**} XLif, sd R, XLif/sd R, XLif ; Sd R, XLif, sd R/cl L, sd R ;

5-8 SPOT TURN TWICE ; ; NEW YORKER ; FENCE LINE IN 3 & HOLD ;

- 5-6 {**Spt Trn 2X**} Swvlg 1/4 on ball of R ft stp fwd L trng 1/2, rec R trng 1/4 to fc ptr, sd L/cl R , sd L ; Swvlg 1/4 on ball of L ft stp fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R/cl L , sd R ;
7 {**NY**} Swvlg on R ft bring L ft thru with straight leg to a sd by sd pos, rec R swvl to fc ptr, sd L/cl R, sd L ;
8 {**Fnc Line in 3**} XLun thru R w/ bent knee looking LOD, rec L trng to fc ptr, stp sd R & HOLD, -;

Amazon Music link: https://www.amazon.com/dp/B07KMHD6F7/ref=dm_ws_tlw_trk1

Pomplamoose

Pioneering the style of "VideoSongs" on YouTube, Pomplamoose is a San Francisco-based indie-pop-rock-duo composed of Jack Conte and Nataly Dawn. With the debut of their online presence in the summer of 2008, Pomplamoose (a derivation of the French word for grapefruit, *pamplemousse*) has garnered a significant fan following ever since. Veering away from the traditional model, Pomplamoose remains unsigned to this day, successfully making a living from album sales, licensing deals, touring, and the enthusiastic support of their fans.



QUICK CUES**INTRO**

- 1-4 **WAIT ; ; ; ;**
In CP fcg WALL Id ft free wait 4 meas thru the instrumental intro then begin on "Been there" ; ; ; ;

PART A [Jive]

- 1-4 **CHASSE LEFT & RIGHT ; FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND BACK ; ; ;**
5-8 **CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT WITH GLIDE TO THE SIDE ~ ROCK RECOVER TO ; ; ; ;**
9-12 **THROWAWAY ; LINK ROCK ~ FALLAWAY ROCK ; ; ;**
13-16 **QUICK SIDE BREAKS ; RIGHT TURNING FALLAWAY TWICE ; ; ;**

PART B [Cha]

- 1-4 **BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;**
5-8 **CIRCLE AWAY AND TOGETHER ; ; ; SHOULDER TO SHOULDER TWICE ; ; ;**

REPEAT PART A [Jive]

- 1-4 **CHASSE LEFT & RIGHT ; FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND BACK ; ; ;**
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9-12 **THROWAWAY ; LINK ROCK ~ FALLAWAY ROCK ; ; ;**
13-16 **QUICK SIDE BREAKS ; RIGHT TURNING FALLAWAY TWICE ; ; ;**

REPEAT PART B [Cha]

- 1-4 **BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;**
5-8 **CIRCLE AWAY AND TOGETHER ; ; ; SHOULDER TO SHOULDER TWICE ; ; ;**

REPEAT PART B [Cha]

- 1-4 **BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;**
5-8 **CIRCLE AWAY AND TOGETHER ; ; ; SHOULDER TO SHOULDER TWICE ; ; ;**

INTERLUDE [Jive]

- 1-4 **BASIC ROCK ~ ROCK RECOVER TWO TRIPLES ; ; ; ; ROCK THE BOAT TWICE ;**
5-8 **THROWAWAY ; KICK BALL CHANGE ~ CHANGE LEFT TO RIGHT ; ; ; PROGRESSIVE ROCK ;**

PART C [Cha]

- 1-4 **TRAVELING DOOR ; CUCARACHA ; CHASE WITH UNDERARM PASS ; ;**
5-8 **CHASE WITH UNDERARM PASS ; ; ; SPOT TURN TWICE ; ; ;**

REPEAT PART B [Cha]

- 1-4 **BREAK BACK TO OPEN ; WALK 2 & CHA ; SLIDING DOOR TWICE ; ;**
5-8 **CIRCLE AWAY AND TOGETHER ; ; ; SHOULDER TO SHOULDER TWICE ; ; ;**

END [Cha]

- 1-4 **BASIC ; ; ; CRAB WALKS ; ; ;**
5-8 **SPOT TURN TWICE ; ; ; NEW YORKER ; FENCE LINE IN 3 ;**