11 MONTHS AND 29 DAYS

CHOREO: ROSE & RANDY WULF

RELEASED: SEPT 2014

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MUSIC: 11 Months and 29 Days
ARTIST: Johnny Paycheck

SOURCE: Rhapsody/Amazon

TIME: 3:45 as downloaded

RHYTHM/PHASE: West Coast Swing, phase V+2 (Whip w/inside turn, Whip w/outside turn)

FOOTWORK: Opposite unless indicated (W’s footwork in parentheses)

SEQUENCE: INTRO A B C A END

SPEED: As downloaded

INTRO

BK TO BK TRL FT HKD OVR LD M FCG RLOD

1-4 UNWIND; KBCGH 2X; WHP INSD TRN TO HNDSHK;;

1-4 Bk to bk trlg ft hkd ovr ld ft M fcg RLOD wait the count “a one two three four” and on start of music Slow unwind M LF (W RF) to LOP-FCG; Kck L fwd/take wgt on ball of that ft, replace wgt on R, Kck L fwd/take wgt on ball of that ft, replace wgt on R; Bk L, fwd R mvg twd W’s R sd into LCP, swvl 1/4 RF on R sd L [partial wgt]/rec R trng 1/4 RF, fwd L raising jnd ld hnds; ldg W’s LF undrm trn XRib of L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr LOP-FCG (fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M’s feet; fwd L comm LF undrm trn, fwd R trn 1/2 LF), chg hnds to R HNDSHK {Anchor Step}; sm bk R/w/toes trnd out and instep cl close to heel of L/rec slightly fwd L, slightly bk R;

PART A

1-4 FC LOOP SUGAR PUSH ~ TUCK & SPN;; SAILOR SHFFL 2X;

1-3 M fcg LOD Bk L, bk and sd R w/slight RF bdy trn plc jnd R hnds ovr M’s hd to neck and plc M’s free hnd to W’s R hip (fwd R, fwd L w/slight RF trn plc jnd hds over M’s hd to neck), tap L slightly fwd of R ft, fwd L (tap R slightly bk of L ft, bk R); {Anchor Step};, bk L, bk R bring ld hnd in to cntr ldg W to R sd; tap L to R w/l shldr ld, fwd L w/L sd ld to ld W’s spn (fwd R, fwd L slight trn LF to tight LOP-FCG; tch R to L, trn 1/2 RF fwr spn 1/2 RF to fc ptr), {Anchor Step};;

4 XLib/sd R, sd L, XRib/sd L, sd R;

5-8 WHP OUTSD TRN; SUGAR PUSH ~ KBCHG;;

5-6 Bk L, fwd R mvg twd W’s R sd into LCP, swvl 1/4 RF on R sd L [partial weight]/rec R trng 1/4 RF, stp fwrld L raising jnd ld hnds; ldg W’s RF undrm trn XRib L trng RF1/2, fwr L (fwd R, fwd L trng RF 1/2, bk R/cl L, fwr R between M’s feet; fwr L sprlg 3/4 RF undr jnd ld hnds, contg RF trn fwr R to fc ptr), {Anchor Step};;

7-8 Bk L, bk R, tap L slightly fwrld of R ft, fwrld L (fwr R, fwrld L, tap R slightly bk of L ft, bk R); {Anchor Step};, kck L ft fwrld/take wgt on ball of that ft, replace wgt on R ft;

9-12 L SD PASS ~ M’s UNDRM TRN;; SAILOR SHFFL 2X;

9-11 Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M’s L sd, sd L/cl R, fwr L trng 1/4 LF (fwr R, fwr L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); {Anchor Step};, bk L, fwrd and sd R twd W’s L sd raising jnd ld hnds comm RF trn; sd L cont trn/bk and sd R comp 1/2 RF trn, fwr L (fwr R, fwr L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]), {Anchor Step};;

12 M fcg LOD rpt meas 4 part A;
PART B

1-4  SUGAR PUSH ~ CHEEK TO CHEEK;; KBCHG 2X;
1-3 Rpt meas 7 part A; {Anchor Step};, bk L, rec fwd R comm RF trn; lift L knee up cont RF trn
tchg M’s L hip to W’s R hip, XLift R trng LF to fc ptr, {Anchor Step};
4 Rpt meas 2 Intro;
5-8  L SD PASS ~ WHIP TRN ~ KBCHG;;;
5-8 Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M’s L sd, sd L/cl R,
fwd L trng 1/4 LF (fwd R, fwd L comm LF trn, sd R cont trn/XLift cont trn, bk R comp 1/2
LF trn to fc ptr [French Cross]); {Anchor Step};, Bk L, slight XRift L mvg txd W’s R sd into
LCP; swvl 1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP, XRift L comm
RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG; {Anchor Step};, kck L fwd/take
wgt on ball of that ft, replace wgt on R;
9-12  UNDRM TRN M HK TRN ~ R SD PASS;; SAILOR SHFL 2X;
9-11 Bk L, raising jnd ld hnds and ldg W to pass M’s R sd XRift R to W’s R sd comm RF trn, sd
L/cl R, sd and fwd L comp 1/2 RF trn (fwd R, fwd L comm LF trn, sd R cont trn/XLift cont
trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); {Anchor Step};, Bk R bhd L comm RF trn and chg hnds
bhd M’s bk/sd L comp 1/2 RF trn, cl R and chg to R hnds jnd (W Anchor Step), fwd L, sm
bk R ldg W to pass (fwd R, fwd L comm LF trn, sd R cont trn/XLift cont trn, bk R comp 1/2
LF trn to fc ptr [French Cross]); {Anchor Step};, kck L fwd/take

PART C [M FCG RLOD]

1-4  START TUMMY WHIP; SWTHRTS 2X;; FIN TUMMY WHIP;
1 Bk L relg ld hnds, slight XRift L mvg txd the W’s R sd pleg R hnd on W’s R hipbone, swvl
1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to Tandum W’s L sd (fwd R, fwd
L, fwd R/cl L, bk R);
2-3 Relg W’s hip ck fwd R w/L sd ld into contra ck like action, rec L straightening bdy, sd R/cl L,
sd R (bk L w/R sd ld into a contra ck like action, rec R, straightening bdy, sd L/cl R, sd L); Ck
fwd L w/R sd ld into contra ck like action, rec R straightening bdy, sd L/cl R, sd L (bk R w/L
sd ld into a contra ck like action, rec L straightening bdy, sd R/cl L, sd R);
4 XRift L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG (bk L, bk R),
{Anchor Step};.
5-8  SURPRISE WHIP;; CHKN WLKS 2 SLO & 4 QK;;
5-6 Bk L, slight XRift L mvg txd W’s R sd into LCP, swvl 1/4 RF on R sd L [partial weight]/rec
R trn 1/4 RF, fwd L to CP (fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M’s feet); trng
upper bdy strongly to the R ldg W to trn sharply RF fwd R outsd ptr ckg motion and stopping
W w/M’s R hnd on W’s bk ending in an L-shaped SCP looking at ptr, rec bk L raising jnd ld
hnds (swvl RF on supporting ft bk L, rec fwd R trn 1/2 RF undr jnd ld hnds to fc ptr),
{Anchor Step};.
7-8 M fcd LOD w/lh hnds jnd pulling W fwd (resisting pull) Bk L, -, bk R, -; Bk L, bk R, bk L,
bk R;
9-11  M’s UNDRM TRN ~ PASSING TUCK & SPIN;;;
9-11 Bk L, fwd and sd R twd W’s L sd raising jnd ld hnds comm RF trn, sd L cont trn/bk and sd R
comp 1/2 RF trn, fwd L (fwd R, fwd L comm LF trn, sd R cont trn/XLift cont trn, bk R comp
1/2 LF trn to fc ptr [French Cross]); {Anchor Step};, Bk L trng slightly LF, bk R; tch L
tucking W in, trng LF fwd L relg hnds (W fwd R, fwd L trng LF to fc M, tap R, fwd R trng
RF 1/2 to fc M), {Anchor Step};;
12-16 **UNDRM TRN ~ TRPL TRAV & ROLL ~ KBCHG;;; ;**
12-16 Rpt meas 9 Part B; Sd R/cl L, sd and fwd R comm RF trn 1/4, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a Left Hand Star; sd L/cl R, sd L trn 1/2 LF to a Right Hand Star, sd R/cl L, sd R trn 1/2 RF to a Left Hand Star; sd L/cl R, sd and fwd L comm LF trn 1/4, fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; {Anchor Step},, kck L ft fwd/take wgt on ball of that ft, replace wgt on R ft;

17-19 **SUGAR PUSH ~ SUGAR BUMP;;;**
17-19 Rpt meas 7 part A; {Anchor Step},,. Bk L, rec fwd R comm RF trn ¼; Lift L knee up cont RF trn tchg L hip to W’s R hip cont to trn RF rolling bottoms, relg ld hnds fwd L cont RF trn to fc ptr jng ld hnds, {Anchor Step};.

20-24 **TUMMY WHIP ~ TRPL TRAV & ROLL;;; ;**
20-24 Bk L relg ld hnds, slight XRif L mvg twd W’s R sd plcg R hnd on W’s R hipbone, swvl 1/4 RF on R  sd L [partial weight]rec R trn 1/4 RF, fwd L to W’s L sd; relg W’s hip XRib L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG, Sd R/cl L, sd and fwd R comm RF trn 1/4; fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a Left Hand Star, sd L/cl R, sd L trn 1/2 LF to a Right Hand Star; sd R/cl L, sd R trn 1/2 RF to a Left Hand Star, sd L/cl R, sd and fwd L comm LF trn 1/4; fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds, {Anchor Step};.

PART B M FCG RLOD REPEAT TO HANDSHAKE;;; ;;;; ;;;
PART A REPEAT;;;; ;;;;; ;

END [M FCG LOD]

1-5 **UNDRM TRN ~ TRPL TRAV w/ROLLS ~ WLK TOG XRif L;;; ;**
1-5 Rpt meas 12-15 ½, Part C;;;;,. Fwd L, XRif L (fwd R, XLif R);

6 **UNWIND TO BK TO BK & HOLD;**
6 M LF trn (W RF trn),-, end bk to bk, hold;