STROLLIN' WITH NOLA

Composer: Peter and Chris Lawrence, 920 Sarwood Avenue, Ottawa, Ontario, KIV 6X1 613-526-2824
Record: MCA-60683 Nola 6 May 1990 Presented at "Let's Have A Ball" in Montreal
Rhythm/Phase: Multi-rhythm (intro to West Coast Swing) Phase III+2 (Sugar Push, Rev Underarm Turn) [Phase IV with options]
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: INTRO AA(mod) BBBBBB(mod) BRIDGE CC AA(mod) END

INTRO

1-4 WAIT 2 MEAS IN BFLY FACING LOD:: SAND STEP TWICE::
1-4 Wait 2 meas facing pt in BFLY LOD; touch L toe to R instep, touch L heel to R instep, with heel lead L XIFR/sd R, L XIFR; touch R toe to L instep, touch R heel to L instep, with heel lead R XIIFL/sd L, R XIIFL;

PART A

1-8 SUGAR PUSH:: REV UA ARM TURN TWICE:: SUGAR PUSH [OPTION TUCK & SPIN];
REV UA ARM TURN:: WALK BK, TWO;
1-3 Release M's R W's L hnds (Sugar push) bk L RLOD, bk R, tch L, fwd L; XIRBL/sd L (W bk Lcl R), sd R (W fwd L), (Rev UA arm turn) small bk L, trg RF small sd and fwd R DRW (W fwd R, fwd L on M's R side); L/R, L in plc trng to fc RLOD (W fwd R/L, R under jnd hnds passing M and draping hnds on W's L shldr), XIRBL/sd L (W trn sharply LF to fc pt brk Lcl R), sd R (W fwd L);
4-6 (Rev w/arm trn) small bk L, trg RF small sd and fwd R DCL, L/R, L in plc trng to fc LOD trng RF; XIRBL/sd L, sd R, (Sugar push) bk L RLOD, bk R; tch L, fwd L, XIRBL/sd L (W bk Lcl R), sd R (W fwd L); [(Option tuck and spin) bk L RLOD, bk R; tch L, fwd L (W bk R and spin RF 1 full trn to fc ptr), XIRBL/sd L (W bk Lcl R), sd R (W fwd L)]
7-8 (Rev w/arm trn) small bk L, trg RF small sd and fwd R DRW, L/R, L in plc trng to fc RLOD trng RF; XIRBL/sd L, sd R, bk L LOD, bk R LOD;

PART A (MOD)

1-8 REPEAT MEAS 1-6 OF PART A COMM FCG RLOD:: FCG RLOD REV UA ARM TURN:: CK BK, REC TO CP;
1-6 Repeat meas 1-6 of Part A comm fcg RLOD::;
7-8 Repeat meas 4 of Part A; XIRBL/sd L, sd R, ck bk L RLOD, rec R to CP (last time thru rec R to BFLY);

PART B

1-4 FOXTROT BOX TRNG TO FC COH:: STROLLING VINE TO FC RLOD::
1-4 Blending to CP f/wd L LOD, -, sd R, cl L; bk R trng ¼LF, -, sd L, cl R; (strolling vine) sd L RLOD, XIRBL (W XIF) in SCAR, sd Lcl R, sd L prvq ¼LF; sd R RLOD, XLIRBL (W XIF) in BJO, sd Rcl L, sd R prvq ¼RF;
2nd time thru Part B commence facing RLOD and end facing LOD;;

PART B (MOD)

1-4 FOXTROT BOX TRNG TO FC COH:: STROLLING VINE WITH R CHASSE FINISH::
1-4 Repeat meas 1-3 of Part B;; sd R RLOD, XLIRBL (W XIF) in BJO, sd Rcl L, sd R;

BRIDGE

1-4 (RK REC) RF TRNG FALLAWAY RK REC:: VINE [OPTION SYNCOPATED VINE] UNWIND IN 4;
1-4 Blending to SCP bk L RLOD, rec R, in CP trng ¼RF sd Lcl R, sd L; trng ¼RF sd Rcl L, sd R, blending to SCP bk L RLOD, rec R; in CP sd L, XIRBL L (W XIB), sd L, XRIF L (W XIF) [(Option syncopated vine) sd L/XIRBL L (W XIB), -, sd L/XRIF L (W XIF), -]; unwind ½LF to fc LOD in CP (W fwd R, L, R, L);

PART C

1-8 STAIRS 8:: STEP KICK TWICE; FC KICK STEP TCH; STAIRS 8:: SAND STEP TWICE::
1-4 CP f/wd L LOD, cl R, sd L, cl R, fwd L, cl R, sd L, cl R; blend to SCP f/wd COH step L, kick R, step R, kick L; CP f/wd LOD step L, kick R bwn W's feet (W kick L outside M's R side); step R, tch L;
5-8 Repeat meas 1-2 of Part C; blend to BFLY and repeat meas 3-4 of Intro;

END

1-3 SAND STEP TWICE:: UNWIND IN 3 AND BUMP;
1-3 Repeat meas 3-4 of Intro; releasing hands M unwind ¼LF (W RF) to back-to-back pos,, and gently bump seats together with R hnd (W's L hnd) on hip and L arm (W's R arm) up and out in pushing action;