

ON AND ON III

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Record : STAR 206 "ON AND ON" Flip of "THIS CAN'T BE LOVE" Speed:45 RPM

Rhythm:RUMBA Phase -III Footwork:Opposite, directions for M.

Seq.:INTRO-A-A-B-A-B(1-9)-END

INTRO

1--4 WAIT 2 MEAS;; CUCA TWICE;;

1-4 in BFY WALL wait 2 meas;; Sd L,rec R,cl L,-; Sd R,rec L,cl R,-;

PART A

1--4 BAS;;NY TWICE;;

1-4 in BFY WALL fwd L,rec R,sd L,-; Bk R,rec L,sd R,-; XLIF to sd by sd,rec R to fc,sd L,- to BFY WALL; XRIF to sd by sd,rec L to fc, sd R,-;

5--8 BRK BK to OP; PROG WK 3; CIRC AWY&TOG to BFY WALL;

5-8 XLIB to OP LOD,rec R,fwd L,-; Fwd R,fwd L,fwd R,-; Circ awy fwd L,R,L,-; Circ tog fwd R,L,R,- to BFY WALL;

9-12 1/2 BAS; UNDREM TRN to TAMARA; WHEEL 1/2; WRAP;

9-12 Fwd L,rec R,sd L,-;Bk R,rec L,cl sd R,- (W under jnd lead hnds XLIF trng 1/2 RF,rec R contg trng RF,fwd R) to TAMARA WALL; Maintng pos both wheel fwd L,R,L,- M fc COH; Contg fwd wheel fwd R,L,R(W wrapped LF L,R,L,- to WRAPPED WALL;

13-16 WHEEL 1/2; UNWRAP to BFY/WALL; 1/2 BAS; FNC LINE;

13-16 Cong fwd wheel in wrapped pos. L,R,L fc COH,-; Cont fwd wheel R,L,R(W unwrap RF L,R,L keeping both hnds jnd),- to low BFY WALL; Fwd L,rec R,sd L,-; XRIF,rec L,sd R,-;

PART B

1--4 CHASE;;;:

1-4 inBFY WALL fwd L trng 1/2 RF both fc COH(W no trn),rec R,fwd L,-; Fwd R trng 1/2 LF(W trng 1/2 RF) both fc WALL,rec L,fwd R,-; Fwd L(W fwd R trng 1/2 LF) ,rec R,fwd L,-; Bk R,rec L,fwd R,- to BFY WALL;

5--8 TWISTY VIN 3; SHLDR TO SHLDR; CRAB WK;;

5-8 Sd L,XRIB(W XLIF),sd L,-; Rk fwd R(W rk bk L) to BFY BJO,rec L to fc,sd R,-; XLIF,sd R,XLIF,-; Sd R,XLIF,sd R,-;

9-13 REV UNDRM TRN; UNDRM TRN; BAS;; SD CL SD CL;

9-13 XLIF,rec R,sd L(W LF XRIF,rec trn L,sd R),-; XRIB,rec L,sd R,-(W under jnd lead hnds XLIF trng 1/2 RF,rec R contg trng RF,sd R),- to BFY WALL; Repeat meas 1-2 of PART A;; Sd L,cl R,sd L,cl R;

END

1 X LUNGE w/ARM CIRC &HOLD

1 Contg jnd lead hnds XRIF twd LOD& trail arm circ CCW(W CW),lunge sd & contg arm circ , look RLOD & extend trail hnds twd RLOD,hold;