A BRAND NEW ME

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Music: Whole New Thang by Cat Beach
From the CD album Love Me Out Loud
Available from iTunes Music Downloads

Rhythm/Phase: Jive  Phase IV + 1 (She Go, He Go)
Music Speed: As downloaded
Footwork: Opposite throughout directions for M (and for W where noted).
Sequence: Introduction A B A C D A B Ending

. . . . . . INTRODUCTION (2 Measures) . . . . .
CP WALL W/ LEAD FEET FREE WAIT 2 MEAS;;
[1 & 2] In clsd pos fcng wall with lead feet free wait 2 measures;;

. . . . . . PART A (12 Measures) . . . . .
CHASSE L & R; FALLAWAY THROWAWAY;; CHNG L TO R FC WALL;; CHNG HNDS BHND BACK FC COH;; CHNG L TO R FC LOD;; AMERICAN SPIN;; LINK TO CONTINUOUS CHASSE;; RK REC TO JIVE WALKS;;
[CHASSE L & R] In clsd pos fcng wall sd L/cl R, sd L, sd R/cl L, sd R;
[FALLAWAY THROWAWAY] Rk bk L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R commence up to 1/4 lf turn on triples, (W rk bk R, rec L, pick up R/L, R; Sd & bk L/cl R, sd L commence up to 1/2 turn on the triples,)
[CHNG L TO R FC WALL] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 rf turn (W commence up to 3/4 if turn under joined lead hands); Sd R/cl L, sd R to end fcng partner & wall,
[CHNG HNDS BHND BACK FC COH] Rk bk L, rec R, slightly fwd L/cl R, fwd L commence 1/4 if turn; Slightly sd & bk R/cl L, sd R complete 1/4 if turn to fc partner & COH,
[CHNG L TO R FC LOD] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 if turn (W commence up to 3/4 if turn under joined lead hands); Sd R/cl L, sd R to end fcng partner & LOD,
[AMERICAN SPIN] Rk bk or apart L, rec R, sd L/cl R to left, sd L; Sd R/cl L to right, sd R, (W rk bk or apart R, rec L, sd R/cl L to right, sd R spinning rf one full turn; Sd L/cl R to left, sd L,)
[LINK TO CONTINUOUS CHASSE] Rk bk L, rec R, small triple fwd L/R, L to clsd pos wall; Sd R/cl L, sd R/cl L, sd R/cl L, sd R;
[RK REC TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R;

. . . . . . PART B (8 Measures) . . . . .
THROWAWAY; LINDY CATCH;; SHE GO, HE GO TWICE;; LINK ROCK CP WALL;; RK & REC TO FC,
[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 lf turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples;)
[LINDY CATCH] Rk apart L, rec R, fwd L/R, L moving rf around W catching her at waist with right hand releasing left hand M is in back of W with right arm around her waist; Fwd R, fwd L continuing around W, fwd R/L, R to left opn fcng pos; (W rk apart R, rec L, fwd R/L, R with W now in front of M; Bk L, R still fcng same direction no turn, bk L/R, L to left opn fcng partner;)
[SHE GO, HE GO TWICE] Rk apart L, rec R, fwd L/cl R, fwd L turning rf 1/8 to 1/4 to look at W's back; Fwd R turning If 5/8 to 3/4 turn under joined lead hands/cl L, sd R to end fcng partner & LOD, - - Repeat to end fcng partner & LOD;-, (W rk apart R, rec L, fwd R turning if 1/2 under joined lead hands/cl L, fwd R complete If turn; Sd L/cl R, sd L to end fcng partner & LOD, - - Repeat to end fcng partner & RLOD;;)
[LINK ROCK CP WALL] Rk bk L, rec R, small triple fwd L/R, L; Sd R/L, R blind clsd pos wall,
[RK & REC TO FC] Rk bk L, rec R to fc partner & wall,
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. . . . .  PART C (12 Measures) . . . . .
SD TCH & RT CHASSE; RK TO PRETZEL TURN; DBL ROCK IT; UNWRAP THE PRETZEL; RT TURNING FALLAWAY TWICE; RK TO JIVE WALKS; SWIVEL WALK 4; THROWAWAY; KICK BALL CHNG TWICE;
[SD TCH & RT CHASSE] In clsd pos fcng wall sd L, tch R to left, sd R/cl L, sd R;
[RK TO PRETZEL TURN] Rk bk L, rec R turning right to fc partner, sd L/cl R, sd L turning 1/2 rf keeping M's left and W's right hands joined [partners are in a back to back pos]; sd R/cl L, sd R turning up to 1/4 rf [partners are in a back to back "V" pos with M's left and W's right hands joined bhnd backs],
[DBL ROCK IT] Toward LOD rk fwd L, rec R, rk fwd L, rec R;
[UNWRAP THE PRETZEL] Sd L/cl R, sd L turning 1/2 if to fc partner still retaining M's left and W's right hands, sd R/cl L, sd R;
[RT TURNING FALLAWAY TWICE] Rk bk L to semi-clsd pos, rec R to fc, commence 1/4 rf turn sd L/cl R, complete turn sd L; Commence 1/4 rf turn sd R/cl L, complete turn sd R end semi-clsd pos fcng RLOD, - - Repeat to end semi-clsd pos fcng LOD;
[RK TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R,
[SWIVEL WALK 4] Placing each foot directly in front of the other swivel walk fwd L, R, L, R;
[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 lf turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples);
[KICK BALL CHNG TWICE] Kick L foot fwd/take weight on ball of L foot, chng weight to R foot, kick L foot fwd/take weight on ball of L foot, chng weight to R foot;

. . . . .  PART D (8 Measures) . . . . .
LINK ROCK SEMI; RK REC & WALK 2; 2 FWD TRIPLES; THROWAWAY; CHNG L TO R BFLY WALL; PROGRESSIVE ROCK 8 BLND CP WALL;
[LINK ROCK SEMI] Rk bk L, rec R, small triple fwd L/R, L; Sd R/cl L, sd R blnd semi-clsd pos LOD,
[RK REC & WALK 2] Rk bk L, rec R, walk fwd L, R;
[2 FWD TRIPLES] In semi-clsd pos LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R;
[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 if turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples);
[CHNG L TO R BFLY WALL] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 rf turn; Sd R/cl L, sd R end bfly pos fcng partner & wall, (W rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 if turn under joined lead hands; Sd L/cl R, sd l complete lf turn to fc partner,)
[PROGRESSIVE ROCK 8 BLND CP WALL] In bfly pos & side-stepping left ever so slightly down LOD rk apart L, rec R, rk apart L, rec R; Rk apart L, rec R, rk apart L, rec R blnd clsd pos wall;

. . . . .  ENDING (8 Measures) . . . . .
BASIC ROCK SEMI; RK TO JIVE WALKS; ROCK THE BOAT TWICE; 2 FWD TRIPLES; POINT STEPS TWICE; POINT LOD & FREEZE;
[BASIC ROCK SEMI] Rk apart L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R blnd semi-clsd pos LOD,
[RK TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R,
[ROCK THE BOAT TWICE] Fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R leaning backward, fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R leaning backward;
[2 FWD TRIPLES] In semi-clsd pos LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R;
[POINT STEPS TWICE] Point L fwd with outside edge of foot in floor contact, step fwd L, point R thru with outside edge of foot in floor contact in line with weighted foot, step fwd R; Repeat;
[POINT LOD & FREEZE] Toward LOD point L fwd with outside edge of foot in floor contact, -, -, -;