INTRODUCTION

1-2 BACK TO BACK (M FCG COH) LEAD FEET FREE WAIT; CROSS AND UNWIND TO LOOSE CP;
1  {wait} Bk to bk M fchg COH both lead ft free wait;
2  {x unwind} XLIB, -, sharply trn 1/2 RF on L toe & R foot, transfering weight to R (XRIF, -), sharply trn 1/2 LF on R toe and L ft, transferring weight to L;)

1-4 CHASSE LEFT & RIGHT: CHANGE RIGHT TO LEFT – CHANGE LEFT TO RIGHT;;;
1  {chasse L & R} Blending to lose CP sd L/cl R, sd L, sd R/cl L, sd R; Repeat meas 9;
2  {2 fwd triples} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
3  {swivel 4} Fwd L, fwd R, fwd R (W swiveling fwd R, L, R, L);

5-8 RIGHT TURNING TRIPLES; RIGHT TURNING FALLAWAY ROCK RECOVER;; 2 POINT STEPS;
5  {R trng triples} Trng ½ RF sd L/cl R, sd L, cont trng ½ RF to fc COH sd R/cl L, sd R;
6-7  {R trng fallaway rk rec} Trng to SCP RLOD rk bk L, rec R, trng ½ RF sd L/cl R, sd L;
7-8  {2 pt sps} Pt L, fwd L, pt R, fwd R;

13-16 RIGHT TURNING TRIPLES; RIGHT TURNING FALLAWAY ROCK RECOVER;; 2 POINT STEPS;
13  {R trng triples} Trng ½ RF sd L/cl R, sd L, cont trng ½ RF to fc COH sd R/cl L, sd R;
14-15  {R trng fallaway rk rec} Trng to SCP RLOD rk bk L, rec R, trng ½ RF sd L/cl R, sd L;
15-16  {2 pt sps} Pt L, fwd L, pt R, fwd R;

PART B

1-4 PRETZEL TURN; DOUBLE ROCK; UNWRAP TOSCP; DOUBLE ROCK;
1  {pretzel trn} Keeping M’s L & W’s R hnds M trn RF (W (LF) L/R, L, R/L, R end both fchg LOD hnds joined beh bk free hnd exended LOD;
2  {dbl rk} Rk fwd L, rec R, rk fwd L, rec R;
3  {unwrap pretzel} Progressing RLOD unwind L/R, L, R/L, R to lose CP WALL;
4  {dbl rk} Trng to SCP rk bk L, rec R, rk bk L, rec R;

5-8 THROWAWAY; LEFT TO RIGHT & GLIDE TO SIDE;; 2 SAILOR SHUFFLES;
5  {throwaway} Fwd L/cl R, fwd L (Fwd R/cl L, fwd R trng ½ LF in front of M),
6-7  {L to R & glide to sd} Rk apt L, rec R, sd L/R, L to LOP FCG WALL (Rk apt R, rec L, fwd chasse R/L, R trng ½ LF und ld hnds);
8  {2 sailor shuffles} XLIB/sd R, rec L, XLIB/sd L, rec R;
PART B (CONTINUED)

8-12 **SPANISH ARMS 2X**: **PROGRESSIVE ROCK 4**;

8-11 {\textit{span arms 2X}} Rk apt L, rec R joining both hnds, trng RF wrap W L/cl R, L w/ hnds over W’s head (W rk apt R, rec L, sd R/cl L trng LF to momentary wrap both fcg RLOD, sd R immediately trng ¾ RF); Cont RF trn R/cl L, R to fc COH (W L/cl R, L to fc M), rk apt L, rec R; Trng RF wrap W L/cl R, L w/ hnds over W’s head (sd R/cl L trng LF to momentary wrap both fcg LOD, sd R immediately trng ¾ RF); Cont RF trn R/cl L, R to WALL keeping both hnds joined (W L/cl R, L to fc M);

12 {\textit{prog rk 4}} Rk apt L, rec crossing RIF slightly, rk apt L, rec crossing RIF;

13-16 **CHASSE LEFT & RIGHT; FALLAWAY THROWAWAY - LEFT TO RIGHT:**

13 {\textit{chasse L & R}} Blending to loose CP sd L/cl R, sd L, sd R/cl L, sd R;

14-16 {\textit{fallaway throwaway}} Trng to SCP rk bk L, rec R, fwd L/cl R, fwd L (rk bk R, rec L, fwd R/cl L, fwd R trng ½ LF in front of M); sd R/cl L, sd & fwd R (sd L/cl/R, sd & bk L) to LOP-FCG LOD, {\textit{left to right}} rk apt L, rec R; sd L/R, L to LOP-FCG WALL, sd chasse R/L, R (rk bk R, rec, L, fwd chasse R/L, R trng ¾ LF und ld hnds, sd chasse R/L, R);

INTERLUDE

1-4 **LINDY CATCH;; LINK ROCK TO SCP ROCK RECOVER;;**

1-2 {\textit{lindy catch}} Rk apt L, rec R, fwd L/R, L moving RF around W catching her at waist w/ R hnd (rk apt R, rec L, fwd R/L, R, both fcg COH M beh W); Cont around W fwd R, L, R/L, R joing ld hnds to fc WALL (Bk L, R, L/R, L);

3-4 {\textit{link rk rk rec}} Rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, R to SCP, rk bk L, rec R;

REPEAT B

ENDING

1-4 **STOP & GO:: AMERICAN SPIN TO TANDEM HOLD 1 DISCO LUNGE;;**

1-2 {\textit{stop & go}} Rk bk L, rec R, fwd L/cl R, fwd L (W rk bk R, rec L, fwd R/L, R trng ½ LF und ld hnds to end at M’s R sd) catch W w/ R hnd on L shld blade; Rk fwd R, rec L, sm bk R/cl L, bk R (W rk bk L, rec R, fwd L/R, L trng ½ RF und ld hnds) to LOP FCG WALL;

3-4 {\textit{am spin to tandem hold disco lunge}} Rk apt L, rec R, tog L/R, L (rk apt R, rec L, tog R/L, R starting RF trn on last stp); In place R/L, R, hold one beat, lunge L catching lady w/ R hnd on waist (Finish trn L/R, L to tandem WALL, hold one beat, lunge R hnds on hips looking at M);