INTRODUCTION

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1-4 SCP LOD WAIT ; DOUBLE ROCK BACK ; 2 POINT STEPS ;
SCP LOD id ft free wait ;
{Dbl Rk Bk} Rk bk L, rec R, rk bk L, rec R ; {Point Steps} Point L fwd, fwd L, point R fwd, fwd R ;

5-8 THROWAWAY ; LINK ROCK ; FALLOWAY ROCK ;
{Throwaway} Tch L to R, fwd L w/slight LF trn, tch R to L, sd & fwd R to LOP-FCG LOD (Trng 1/8 LF tch R to L, cont LF trn sd & bk R fc ptr & RLOD, tch L to R, bk & sd L ; {Link Rk} Rk apt L, rec R, comm RF trn tch L to R, sd L [CP WALL] ; tch R to L, sd R, {Rk apt R, rec L, tch R to L, fwd R tng RF fc ptr; tch L to R, sd L),
{Falloway Rk} SCP LOD rk bk L, rec R ; Fc ptr tch L to R, sd L, tch R to L, sd R ;

PART A

1-3 RIGHT TURNING FALLAWAY ; CHANGE RIGHT TO LEFT ;
(Rt Trng Fallaway) SCP rk bk L, rec R comm RF trn, tch L slightly sd, cont RF trn bk L fc DRC (tch R to L, tng RF fwd R btwn ptrs ft) ; cont trn fc COH tch R R to L, sd R, {Change R to L} SCP RLOD rk bk L, rec R ; tch L to R, sm fwd L, tch R to L, sm sd R (Tch R to L, fwd R, tng ½ RF tch L to R, sd & bk L fc ptr RLOD) ;

4-6 CHANGE LEFT TO RIGHT ; SPANISH ARMS ;
{Chng L to R} Rk apt L, rec R, trn ¼ RF tch L to R, sd L [fc COH] (Tch R to L, fwd R tng ¼ LF fc ptr) ; Tch R to L, sd R, {Spanish Arms} Rk apt L, rec R ; trn ¼ RF tch L to R, sip L, turn ¼ RF tch R to L, sm sd R (Trn ¼ LF tch R, trn ¼ RF fwd R, swvl ½ RF fc ptr tch L to R, sd L) ;

7-11 PROGRESSIVE SIDE DRAW CLOSE ; WINDMILL TWICE ;
{Prog Rock} Rk apt L, rec RXIF, rk apt L, rec RXIF ; {Draw Cl} Sd L, draw R to L, cl R, - ;
{Windmill 2 X} Rk apt L, rec R to W's L sd, comm LF trn tch L to R, cont trn fwd L fc DLC ; cont trn tch R to L, sd R [fc COH] ; rkp apt L, rec R to W's L sd ; Comm LF tch R to L, fwd L fc DRW, tch R to L, sd R [fc WALL] ;

12-16 SHOULDER SHOVE ; STOP & GO ; ; ; ; LINK ROCK ;
{Shoulder Shove} Rkp apt L, rec R, tch L to R, fwd L brng M's L & W's R shldrs tog ; tch R to L, tng fc ptr & WALL sd R, {Stop & Go} Rkp apt L, rec R comm brng ld hnds up btwn faces ; tch L to R tng W LF, sm fwd brng ld hnd over W's head, rk R tng R catching lady w/ R hnd on W's L shldr blade, rec bk L ; Ldg W to trn RF tch L to R fc ptr & WALL, sd & bk R (Tch R to L, fwd R tng ½ LF fc WALL, rkp bk L brng arm up & fwd, rec R tng ½ RF brng arm down, tch L to R, sd & bk L), {Link Rock} rkp apt L, rec R ; Tch L to R, sd L, tch R to L, sd R [CP WALL] ;

PART B

1-4 FALLOWAY THROWAWAY ; ROCK TO CHICKEN WALKS 4 SLOW ;
{Fallaway Throwaway} SCP Rk bk L, rec R, tch L to R, fwd L w/slight LF trn ; Tch R to L, sd & fwd R (Rk bk R, rec L, trng 1/8 LF tch R to L, cont LF trn sd & bk R fc ptr & RLOD ; Tch L to R, bk & sd L) [LOP-FCG LOD], [Rk to Chkn Walks] Rkp apt L, rec R ; Tch L toe bk, drop L heel, tch R toe bk, drop R heel (Swvl RF, fwd R, swvl LF, fwd L) ; Tch L toe bk, drop L heel, tch R toe bk, drop R heel (Repeat meas 3) ;

5-7 CHANGE LEFT TO RIGHT ; ; BASIC ROCK ;
{Chng L to R} Rkp apt L, rec R, trn ¼ RF tch L to R (Tch R fwd), sd L [fc WALL] (Fwd R tng LF fc ptr) ; Tch R to L, sd R, {Basic Rk} Rkp apt L, rec R ; Tch L to R, sm sd L, tch R to L, sm sd R [BFLY WALL] ;

8-11 ROCK APART RECOVER SIDE CLOSE TO SCP ; PRETzel TURN BFLY ;
Rk apt L, rec R, sd L, cl R blndg to SCP LOD ; {Pretzel Trn} Rk bk L, rec R, comm RF trn tch L to R, cont trn bk L [fc RLOD] ; cont trn tch R to L, cont trn fwd R, X rkp trn L [LOD], rec R ; Trng LF tch L to R, cont trn fwd L, cont trn tch R to L, sd R [BFLY WALL] ;

12-16 CHANGE HANDS BEHIND THE BACK TWICE ; ; CHICKEN WALKS 4 SLOW TO CP ;
{Chng Hnds Bhnd Bk 2X} Rkp apt L, rec R grasp W's R wrist w/R hnd, comm LF trn tch L to R, cont trn sm fwd L plc W's hnd into L hnd ; Cont tch R to L, sd sm R fcg ptr & COH (Rk apt R, rec L to M's R sd, tch R to L, fwd R tng ½ RF ; Tch L to R, sd & bk L), rk apt L, rec R grasp W's R wrist W/R hnd ; comm LF trn tch L to R, cont trn sm fwd L plc W's hnd into L hnd ;, cont trn tch R to L, bk R fcg ptr & WALL (Repeat to fc ptr & COH) ;
{Chicken Walks} Backing COH repeat measures 3 & 4 to end CP WALL ;
PART C

1-4 MARCHESI
Press L heel fwd, rec R in plc, press L toe bk, rec R in place; Press L heel fwd, rec R in plc, press L heel fwd, rec R in plc; Press L toe bk, rec R in plc, press L heel fwd, rec in plc; Press L toe bk, rec R in plc, press L heel fwd, rec in plc; *See Note at bottom

5-8 TRAVELING SAND STEP TWICE; SIDE CLOSE TWICE; SIDE DRAW CLOSE;
(Trvlg Sand Stps) CP Swvlg RF on R tch L toe to R instep w/toe pntd inward, swvlg LF on R sm sd L, swvlg RF on L tch R heel to floor toe pntd outward, swvlg LF on L XRIF; Repeat measure 5;
(Sd Cl 2x) CP WALL Sd L, cl R to L, sd L, cl R to L; {Sd Draw Cl} Sd L, draw R to L, cl R, -;

9-12 MARCHESI
Repeat measures 1-4;

13-16 TRAVELING SAND STEP TWICE; SIDE CLOSE TWICE; SIDE DRAW CLOSE TO SCP;
Repeat measures 5-8 ending in SCP LOD;

ENDING

1-4 MARCHESI
Repeat measures 1-4 of Part C;

5-8 SIDE CLOSE TWICE TO SCP; 4 POINT STEPS; THROWAWAY;
Sd L, cl R, sd L, cl R; {Point Steps} SCP LOD Repeat meas 4 of intro twice; {Throw} Repeat meas 5 of intro;

9-12 LINK ROCK; ROCK RECOVER SIDE CLOSE TWICE; BACK TO A QUICK LEG CRAWL;
{Link Rk} Repeat measures 6 – 6 ½ of intro; {Rk Rec Sd Cl 2x} SCP LOD Rk bk L, rec R, fc ptr & WALL CP sd L, cl R to L; Sd L, Cl R to L; {Bk to Leg Crawl} Qk dip bk L leaving R leg extended, - , qk slight LF trn, - {Fwd R, - , qk bring L leg up outside of M's R leg, -} ;

* When you press fwd or bk, you shift weight enough to cause the other foot to slightly release from the floor.
NOTE: The action is one of shifting weight but maintaining balance over the R (L) foot. Do not rock upper body back & forth. Man's L & W's R hnds jnd below waist level. As M's L & W's R foot go fwd or bk, the jnd hnds will move in the same directions about 6" to 8".

INTRO:
SCP LOD WAIT; DBL RK BK; 2 POINT STEPS; THROWAWAY; LINK ROCK; FALLAWAY ROCK;

A: RT TURNING FALLAWAY; CHNG RT TO LF; CHNG LF TO RT; SPANISH ARMS; PROG RK; SD DRAW CL; WINDMILL 2 X; SHLDR SHOVE; STOP & GO; LINK RK;

B: FALLAWAY THROWAWAY; RK TO CHICKEN WALKS 4 SL; CHNG LF TO RT; BASIC ROCK; RK APT REC SD CL TO SEMI; PRETZEL TURN BFLY; CHNG HNDS BHND BK; CHICKEN WALKS 4 SL TO CP;

C: MARCHESI; TRAVELING SAND STEP 2 X; SD CL 2 X; SD DRAW CL; MARCHESI; TRAVELING SAND STEP 2 X; SD CL 2 X; SD DRAW CL SEMI;

A: RT TURNING FALLAWAY; CHNG RT TO LF; CHNG LF TO RT; SPANISH ARMS; PROG RK; SD DRAW CL; WINDMILL 2 X; SHLDR SHOVE; STOP & GO; LINK RK;

B: FALLAWAY THROWAWAY; RK TO CHICKEN WALKS 4 SL; CHNG LF TO RT; BASIC ROCK; RK APT REC SD CL TO SEMI; PRETZEL TURN BFLY; CHNG HNDS BHND BK; CHICKEN WALKS 4 SL TO CP;

END:
MARCHESI; SD CL TWICE TO SEMI; 4 POINT STEPS;
THROWAWAY ; LINK ROCK , , ; 
RK REC SD CL TWICE , , ; BK TO A QK LEG CRAWL ;