HOW SWEET IT IS

INTRO

1 – 8

4 – 6 FEET APT WAIT LEAD NOTES & 2 MEAS.;; Tog -4 PNT STP'S;;; SAILOR SHUFFLE – TWICE;;
(Tog -4 Pnt Stp’s) Pnt L fwd, stp L, pnt R fwd, stp R; pnt L fwd, stp L, pnt R fwd, stp R; (Sailor Shuffle – Twice)

LINK TO WHIP TRN;;;
(Link To Whip Trn) Bk L, rcvr R, trng 3/8 rt fc chasse R/L,R to CP diag RLOD/COH; trng 5/8 rt fc cross R bndh L, sd L to CP/WALL, sd chasse R/L,R; (Woman bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in fnt to CP, sd chasse L/R,L;)

PART A

1 – 24

FALLAWY-THROWAWAY;; LINDY CATCH;; CHG BHND BK – HND SHK;;
(Fallawy-Throwaway) Trng 1/2 lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, (Woman rk bk R, rcvr L, trng 1/2 lft fc chasse L/R,R to CP; bk chasse L,R,L,) (Lindy Catch) Rk bk L, rcvr R, work arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/LOD;
(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rwk fwd L, rwk R, chasse R/L,R,L;)
(Chg Bhnd Bk – Hnd Shk) Rk bk L, rcvr R, trng 1/4 lft fc chasse L/R,L bndh the back chg to rt hnds jnd; trng 1/4 lft fc chasse R/L,R chg hnds to HND SHK RLOD, (Woman rk bk R, rcvr L, work arnd Man’s rt sd fwd chasse R/L,R; trng 1/4 rt fc chasse R/L,L)

RK-Rcvr - TRIPLE WHL-3 & SPIN;; CHG L TO R – BTFY;; NECK SLIDE;; ROLLING OFF THE ARM;;
(Rk/Rcvr & Triple Whl-3) Rk bk L, rcvr R, trng sltly rt fc chasse L/R,L plncg Man’s lt hnd on Woman’s rt shldr; trng sltly lft fc chasse R/L,R Woman plcngr lft hnd on Man’s rt shldr, trng sltly rt fc chasse L/R,L plncg Man’s lt hnd on Woman’s rt shldr (Woman R/L free spin full rt fc trn on R.;) in plc R/L,R to LOPN/LOD, (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr R, trng 1/2 lft fc undr lead hnds chasse R/L,R; chasse L,R,L,) (Neck Slide) Rk bk L, rcvr R, take lead hnds up & over Man’s head to back of Man’s neck & take trail hnds up & over Woman’s head to back of Woman’s neck, whl 3/8 rt fc fwd chasse L/R,L; cont. whl 3/8 rt fc f wand R, L; trng 1/4 rt fc chasse L,R,R sliding apt to HNDSHK/WALL;
(Rolling Off The Arm – Wall) Rk apt L, rcvr R, trng 3/8 rt fc wrp chasse L,R,L to WRAPPED diag RLOD/COH jnd rt hnd on the Woman’s rt shldr & the Man’s lt arm is bent at the elbow his lt hnd pointing fwd (Woman places her lft hnd on the Man’s lft forearm); whl 3/8 rt fc f wand R, L, fcngr RLOD/WALL, trng sltly rt fc fwd chasse R/L,R to LOPN/WALL; (Woman rk apt R, rcvr L, trng sltly lft fc trng chasse R/L,R to WRAPPED; bk L, bk R)

LINK RK;; CHG R TO L;; STOP N' GO;; CHG L TO R;; AMER SPIN;; SHLDR SHOVE;; LINK RK;;
(Link Rk) Rk bk L, rcvr R, chasse R/L,R to CP/WALL, (Chg R To L) Trng 1/4 lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng sltly lft fc in plc R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, trng 1/2 lft fc chasse R/L,R to CP; trng 3/4 rt fc undr lead hnds bk chasse R/L,R,) (Stop N’ Go) Rk bk L, rcvr R, in plc L/R,L catch Woman on her bk with rt hnd; cross R in fnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; (Woman rk bk R, rcvr L; trng 1/2 lft fc undr lead hnds chasse R/L,R; rk bk L shoot lift arm straight up, rcvr R bring arm down, trng 1/2 rt fc undr lead hnds chasse L/R,L,) (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng 1/4 lft fc undr lead hnds chasse R/L,R; chasse L,R,L,) (Amer Spin) Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, fwd chasse R/L,R, spin full rt fc trn R; chasse L,R,L,) (Shldr Shv) Rk bk L, rcvr R, trng 3/4 rt fc chasse L/R,L to tch Man’s lt shldr to Woman’s rt shldr, shoving off frm shldrs & trng 1/4 lft fc bk chasse R/L,R to LOPN/WALL, (Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

REPEAT PART “A”

Continued on Page 2
HOW SWEET IT IS

PART B

1 – 8

(CHg R To L) Trng ¼ rt fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly rt fc in plc R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, trng ½ rt fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L) (Amer Spin) Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L) (Lindy Catch) Rk bk L, rcvr R, working arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, fwd chasse R/L,R to CP; chasse L/R,L,) (Shldr Shve) Rk bk L, rcvr R, trng ½ rt fc chasse L/R,L to tch Man’s rt shldr; woman's waist with rt hnd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, vrd shldr to Woman’s rt shldr; shoving off frm shldrs & trng ¾ rt fc bk chasse L/R,L to R/O/L/P/WALL,

PART C

1 – 23


LINK RK TO WHIP TRN;,

(Bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; (Woman bk R, rcvr L, trng 3/8 rt fc chasse R/L,R to CP; trng 5/8 rt fc sd L, cross R in fnt to CP, sd chasse L/R,L)

END

1 – 4

(RK To Jitterbug Kicks -3 TIMES) SEMI RK BK-RCUR & PNT SD & HOLD, (Jitterbug Kicks -3 Times) In Semi rk bk L, rcvr R; chas L, stp L, kick R, trng ¾ rt fc tch R; trng ½ rt fc kick R, trng ¼ rt fc kick R, trng ½ rt fc chck R, trng ¼ rt fc tch R; trng ½ rt fc chck R, trng ¾ rt fc tch R; sd chasse R/L,R, (Semi Rk Bk-Rcvr & Pnt Sd) In Semi rk bk L, rcvr R, pnt L sd & hold,