I Feel Lucky

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Music: “The Essential Mary Chapin Carpenter” Track #5

Suggested speed: 28 BPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: West Coast Swing VI

Sequence: Intro A B Inter A B C A B-Modif D Released: June, 2011

Meas  INTRO

1-8  WAIT:: RK REC SWIVEL WALK 2; THROWOUT; WRAPPED WHIP;; 3-D WHIP;;

1-2  Wait 2 meas in CP M fcg WALL lead ft free; :-

1234 3  
1348a 4  

{Rk Rec Swivel Walk 2} Trng LF to SCP/LOD rk bk L, rec R, fwd L leading W swivel LF, fwd R leading W swivel RF (W trng RF to SCP rk bk R, rec L, swivelng LF on L fwd R, swivelng RF on R fwd L);

1a23a4 4  

{Throwout} Releasing trailing hnds chasse small steps L/R, L leading W fwd, anchor R/L, R (W chasse fwd R/L, R twd LOD trng LF to fc M, anchor L/R, L) end LOP FCG Pos/LOD;

1234 5-6  

{Wrapped Whip} Bk L joining trailing hnds, rec R trng RF raising jnd lead hnds keep trailing hnds at waist level, sd L twd LOD/Rec R comm trng RF, cont trng RF to fc RLOD sd & fwd L (W fwd R, fwd L, passing under jnd lead hnds fwd R/cl L, bk R) end momentary in WRAPPED Pos both fcg RLOD; XRIB trng RF raising jnd lead hnds to lead W spin RF, sd L cont trng RF to fc LOD releasing trailing hnds, anchor R/L, R (W bk L, bk R, anchor L/R, L) end LOP FCG Pos/LOD;

1234 7-8  

{3-D Whip} Bk L raising jnd lead hnds to lead W trn LF, rec R, fwd L/trng RF 1/4 to fc WALL cl R, fwd L twd WALL (W fwd R comm trng LF under jnd lead hnds, cont trng LF on R to fc LOD bk L, bk R/cl L, fwd R) end T-Line (M fcg WALL, W fcg LOD & M’s R side) jnd lead hnds held high above M’s head; Fwd R checking placing jnd lead hnds bk of M’s head leading W fwd, rec L, bk R/trng LF 1/4 to fc LOD sd L, cl R (W fwd L passing bhnd M’s bk, fwd R, swivelng RF on R ronde L OW to fc RLOD; cl L) end LOP FCG Pos/LOD;

PART A

1-8  TUCK & SPIN TO R-HNDSHAKE – FACE LOOP SUGAR PUSH INTO SCOOP 3 TIMES & ANCHOR ~ SUGAR KICK;;----; WHIP w/ CHG HND bhnd BK;;

12-45a6 1-6  

{Tuck & Spin to R-handshake} LOP FCG Pos/LOD bk L, bk R, tap L fwd, fwd L leading W spin RF (W fwd R, fwd L, tch R, bk R spinning RF one full trn); Anchor R/L, R joining R-hnds M fcg LOD.

12-4a-6-a 8a  

{Face Loop Sugar Push into Scoop 3 Times & Anchor} Bk L, bk R raising jnd R-hnds over head (W fwd R, fwd L); Tap L fwd placing jnd R-hnds on his bk of neck M’s L-hnd on W’s L-hip, (W’s L-hnd on M’s chest) releasing R-hnds fwd L/cl R, tap L fwd, fwd L/cl R; Tap L fwd, fwd L/cl R, tap L fwd, fwd L; Joining lead hnds anchor R/L, R end LOP Fcg Pos/LOD,

12-45a6  

{Sugar Kick} Bk L, bk R joining trailing hnds to BFLY-BJO; Tap L fwd, fwd L, anchor R/L, R (W kick R fwd across body to M’s R-sd, bk R, anchor L/R, L) end LOP FCG Pos/LOD;

1234 7-8  

{Whip w/ Chg Hnd bhnd Bk} Bk L, rec R across body comm trng RF, cont trng RF sd & fwd L/rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L comm trng RF, L/rec R cont trng RF to fc RLOD, sd & fwd L, rec R comm trng RF to fc RLOD, sd & fwd L, rec R cont trng RF to fc RLOD, sd & fwd L) end LOP FCG Pos/LOD R-hnds jnd;

567a8  

L/rec R cont trng RF to fc RLOD, sd & fwd L joining R-hnds bhnd W’s bk (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R) end FCG Pos/RLOD R-hnds jnd bhnd W’s bk; XRIB comm trng RF, cont trng RF to fc LOD sd & fwd L, anchor R/L, R end OP FCG Pos/LOD R-hnds jnd;

9-12  HAMMER WHIP TO TANDEM M TRANS;; SYNC SD BREAKS;;

1234 9-10  

{Hammer Whip to TANDEM M Trans} Bk L, rec R across body comm trng RF leading W trn LF, cont trng RF sd & fwd L/rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L comm trng RF, L/rec R cont trng RF to fc RLOD, sd & fwd L, rec R comm trng RF to fc RLOD, sd & fwd L, rec R cont trng RF to fc RLOD, sd & fwd L) end TANDEM Pos/LOD M bhnd W no hnd jnd; (now same footwork)

567a8  

(W 123a4)

967a8  

{Sync SD Breaks} Sd R R-hnd out palm fwd/sd L L-hnd out palm fwd, -; half cl R folding R-hnd IF of body/cl L folding L-hnd IF of body, -; Placing both hnds on hips sd R/sd L, half cl R/cl L, sd R/sd L, half cl R/cl L end TANDEM Pos/LOD M bhnd W;
PART B

1-4 TANDEM SUGAR HOP – FWD HOOK UNWIND TO FC RLOD TRANS ~
RIGHT SD PASS w/ W’S FREE SPIN:;;;
12-45a6 1-4 {Tandem Sugar Hop} TANDEM Pos/LOD M bhnd W (same footwork) joining both hnds fwd R, fwd L, swing R fwd/lifting R-knee hop lightly on L, bk R; Bk L/cl R, fwd L.

12-4 {Fwd Hook Unwind to Fc RLOD Trans} Fwd R, releasing hnds XLIB; Twist RF 1/2 on both ft, shift wgt to R (W twist RF 1/2 on both ft, shift wgt to L) end TANDEM Pos both fcg RLOD W bhnd M, (now opposite footwork)

12-45a6 {Right Sd Pass w/ W’s Free Spin} Joining R-hnds fwd L leading W fwd, rec R; Tap L fwd, fwd L (W 123a45a6) joining lead hnds, anchor R/L, R (W fwd R, fwd L slightly trng LF to fc WALL; Sd R/XLIB, sd R comm spin LF, cont spin LF L/R, L to fc M) end LOP FCG Pos/RLOD;

5-8 SINGLE CUBAN BREAKS; LEFT SD PASS w/ TUCK & TWIRL TO LOP SD & KNEE POPS;; TRNG SAILOR SHUFFLES;

1a23a4 5 {Single Cuban Breaks} LOP FCG Pos/RLOD trng RF to fc COH fwd L checking/rec R, trng LF sd L chg to join trailing hnds, trng LF fwd R checking/rec L, trng RF sd R joining both hnds;

12-4 6-7 {Left Sd Pass w/ Tuck & Twirl to Lop Sd Knee Pop} Bk L, bk R trng LF 1/4 to fc WALL, tap L next to R leading W swivel LF, step L almost in pl raising jnd lead hnds and releasing trailing hnds to lead W trn RF (W fwd R, fwd L, swiveling LF to fc M tap R next to L, fwd R twd LOD trngRF under jnd lead hnds to fc WALL) end LOP/WALL; Sd R wgt on both ft, - lift heels bending knees/lower heels straightening knees, lift heals bending knees/lower heels straightening knees shifting wgt to R;

1a23a4 8 {Trng Sailor Shuffles} XLIB/sd R, sd L slightly trng LF (W RF), XRIB/sd L, sd R slightly trng LF (W RF) to fc LOD joining lead hnds end LOP FCG Pos/LOD;

INTER

1-4 WRAPPED WHIP:: 3-D WHIP::;
1-4 LOP FCG Pos/LOD repeat Meas 5-8 of INTRO;;;

PART C

1-8 RK WHIP w/ SURPRISE ENDING,,, WRAPPED WHIP w/ SPIN ENDING TO HAMMERLOCK::

ROTARY LARIAT w/ W’S SPIN ENDING:;;

123a4 1-3 {Rk Whip w/ Surprise Ending} LOP FCG Pos/LOD bk L, rec R across body comm trng RF, cont trng RF sd & fwd L/rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L, fwd R) end CP/RLOD; Rk R fwd comm trng RF, rec L cont trng RF to fc LOD, rk R fwd cont trng RF, rec L cont trng RF to RLOD (W rk L bk comm trng RF, rec R cont trng RF to fc RLOD, rk L bk cont trng RF, rec R cont trng RF to fc LOD); Leading W trn RF fwd R across body w/ checking motion, rec L raising jnd lead hnds to lead W spin RF, anchor L/R, R (W swiveling RF on R bk L flexing knee, rec R trng RF 1/2 to fc M, anchor L/R, L) end LOP FCG Pos/RLOD;

123a4 4-5 {Wrapped Whip w/ Spin Ending to Hammerlock} Bk L joining trailing hnds, rec R across body comm trng RF raising jnd lead hnds keep trailing hnds at waist level, cont trng RF sd & fwd L/rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L, passing under jnd lead hnds fwd R/cl L, bk R) end momentary in WRAPPED Pos/LOD; XRIB trng RF raising jnd lead hnds to lead W spin RF, sd L cont trng RF to fc RLOD, keeping both hnds jnd lead hnds above W’s head to lead W spin RF traling hnds at waist level anchor R/L, R (W bk L, sd R trng RF 1/4 to fc WALL comm spinning RF, step almost in pl L/R, L cont spin RF 1-3/4 under jnd lead hnds to fc LOD) end HAMMERLOCK Pos/RLOD jnd lead hnds above W’s head jnd trailing hnds at W’s R-hip;

123a4 6-8 {Rotary Lariat w/ W’s Spin Ending} Releasing trailing hnds sd L leading W fwd, rec R, step in place L/R, L trng LF 1/2 to fc LOD; Anchor R/L, R (W comm walking around M CW fwd R, L, fwd R/lk L IB, fwd R; Fwd L/lk R IB, fwd L to fc RLOD) end momentary SD-by-SD Pos M fcg LOD (W fcg RLOD) jnd lead hnds above head, sd L leading W fwd, rec R; Step in place L/R, L leading W spin RF & release hnds, anchor R/L, R joining lead hnds (W cont walking around M CW fwd R, L, fwd R/lk L, fwd R comm spinning RF 1-1/2, step almost in pl L/R, L cont spinning RF to fc M) end LOP FCG Pos/LOD;
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PART B – Modified

1-4 TANDEM SUGAR HOP – FWD HOOK UNWIND TO FC RLOD TRANS – RIGHT SD PASS w/ W’S FREE SPIN:::;

1-4 TANDEM Pos both fcg LOD M bndh W repeat Meas 1-4 of Part B end LOP Fcg Pos/RLOD::;

5-12 CIRCULAR KICK SWIVELS – KICK BALL CHG:::; CIRCULAR KICK SWIVELS – KICK BALL CHG:::

1 -4-6 5-8 {Circular Kick Swivels} LOP Fcg Pos/RLOD bk L joining trailing hnds to BFLY, pt R sd & bk, (W 12-4-6) swiveling LF on L kick R across body, swiveling RF on L sd & fwd R; Swiveling LF on R tap Lheel sd & fwd, swiveling RF on R XLF (W fwd R, fwd L, swiveling LF on L kick R across body, swiveling RF on L sd & fwd R; Swiveling LF on R tap Lheel sd & fwd, swiveling RF on R XLF), step in place L/R, L pushing away W; Releasing trailing hnds anchor R/L, R (W bk R/cl L, bk R; Anchor L/R, L) end LOP Fcg Pos/Lod;

-2-5a67a8 (W-2-45a67a8) LHEEL SD & FWD, TAP L-TOE IF OF R (W SWIVELING LF ON L KICK R ACROSS BODY, SWIVELING RF ON L SD & FWD R; SWIVELING LF ON R TAP LHEEL SD & FWD, SWIVELING RF ON R XLF), step in place L/R, L pushing away W; Releasing trailing hnds anchor R/L, R (W bk R/cl L, bk R; Anchor L/R, L) end LOP Fcg Pos/Lod;

9-12 Repeat Meas 5-8 of PART B-MODIF starting from LOP Fcg Pos/Lod & end LOP Fcg Pos/RLOD::;

13-16 SINGLE CUBAN BREAKS: LEFT SD PASS w/ TUCK & TWIRL TO LOD SD & KNEE POPS::;
TRNG SAILOR SHUFFLES;

13-16 LOP Fcg Pos/RLOD repeat Meas 5-8 of Part B::;

PART D

1-8 WHIP w/ INSIDE UNDERRM TRN INTO TRIPLE TRAVELER w/ ROLL:::;

CHECK W INSIDE TRN w/ HEAD LOOP TO L-HALF OP; WHEEL RF 4; W ROLL OUT & ANCHOR;

123a4 1-5 {Whip w/ Inside Underarm Trn into Triple Traveler w/ Roll} LOP Fcg Pos/LOD bk L, rec R
567a8 across body comm trng RF, cont trng RF sd & fwd L/rec R cont trng RF to fc RLOD, sd & fwd L
123a4 (W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L, fwd R) end CP/RLOD; XRIB comm trng RF
5a67a8 raising jnd lead hnds to lead W trn LF, cont trng RF to fc COH sd & fwd L to L-HND STAR
123a4 Pos/COH (W fcg WALL), chasse twd LOD R/L, R swiveling RF to comm RF roll 1-1/2 (W fwd L
under jnd lead hnds, fwd R trng RF 3/4 to fc WALL, chasse twd LOD L/R, L swiveling RF to comm RF roll 1-1/2); Releasing R-hnds sd L cont RF roll, sd R cont rolling RF to L-HND STAR
Pos/WALL, chasse twd LOD L/R, L comm trng LF 1/2; Cont trng LF to fc COH to L-HND STAR
Pos/COH chasse twd LOD R/L, R cont trng RF 1/2, cont trng RF to fc WALL to L-HND STAR
Pos/WALL chasse twd LOD L/R, L swiveling LF to comm LF roll 1-1/4; Releasing L-hnds sd R cont LF roll, sd L cont rolling LF to fc LOD, joining R-hnds anchor R/L, R end R-HND SHAKE
Pos/Lod;

123a4 6 {Check W Inside Trn w/ Head Loop to L-HALF OP} Fwd L w/ checking motion, rec R raising jnd R-hnds to lead W trn LF, step in pl L/R, L trng RF 1/2 to fc RLOD place L-hnd W’s bk jnd R-hnds over head to M’s bk and release (W bk R, rec L comm trng LF under jnd R-hnds, step in pl L/R, R cont trng RF to fc RLOD) end L-HALF OP/RLOD;

123a4 7 {Wheel RF 4} Bk R comm wheel CW one full trn, cont wheel CW bk L, R, L (W fwd L comm
wheel RF, cont wheel CW fwd R, L, R) end L-HALF OP/RLOD;

123a4 8 {W Roll Out & Anchor} XRIB placing R-hnd at W’s W-lwaist, sd & fwd L leading W roll RF, anchor R/L, R (W fwd L, fwd R comm rolling RF 1-1/2, cont rolling step in pl L/R, L to fc LOD) end LOP
Fcg Pos/RLOD;

9-16 DBL TUMMY SURPRISE:::; TOG TO M’S HEAD LOOP; ROLL APT & PRESS;
ROLL TOG TO BFLY-BJO TRANS; WRAP WHEEL HALF & BK; BODY LEAN FWD & BK::

123a4 9-11 {Dbl Tummy Surprise} LOP Fcg Pos/RLOD bk L, rec R across body placing R-hnd at W’s R-hip
5678 bone & releasing lead hnds, trng RF sd & fwd L/rec R cont trng RF to fc LOD, sd & fwd L (W fwd
123a4 R, fwd L, fwd R/cl L, bk R) end TANDEM Pos/LOD M bndh W; Trng slightly RF fwd R sliding R-hnd to W’s back to check W, rec L placing L-hnd at W’s L-hip bone, sd & bk R checking W w/ L-hnd, rec L (W bk L w/ checking motion, rec R, fwd L w/ checking motion, rec R); Releasing R-hnd XRIB comm trng RF, sd & fwd L cont trng RF to fc RLOD anchor R/L, R joining lead hnds (W bk L, bk R, anchor L/R, L) end LOP Fcg Pos/RLOD;

1--- 12 {Tog to M’s Head Loop} Fwd L flexing knees w/ L-shoulder lead raising jnd lead hnds, -, rising on L place jnd lead hnds over head to bk of M’s neck end both fcg COH, -;
123-13  {Roll Apt & Press} Releasing lead hnds sd R comm rolling RF (W roll LF), sd L twd LOD cont rolling RF to fc RLOD & ptr, bk R, press L fwd heel off floor hnds on hips;

123-14  {Roll Tog to BFLY-BJO Trans} Fwd L comm rolling LF, sd R twd RLOD cont rolling LF to fc RLOD, fwd L, pt R sd & bk joining both hnds (W fwd R comm rolling RF, sd L twd LOD cont rolling RF to fc LOD, fwd R, fwd L pointing R sd & bk) end BFLY-BJO/RLOD;

123-15  {Wrap Wheel Half & Bk} Fwd R trng RF around W CW raising jnd lead hnds to wrap W, cont trng RF fwd L to fc LOD checking lowering jnd lead hnds, bk R (W fwd R under jnd lead hnds, cl L, bk R, -) end WRAPPED Pos/LOD;

----16  {Body Lean Fwd & Bk} Lean upper body fwd, slowly straighten body, -, lean upper body bk;