I HEARD IT

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Record : Marvin Gaye / I Heard It Through The Grapevine / Album - Number 1’s - Track 08 (3:13)
https://www.amazon.com/s/ref=nb_sb_ss_i_2_7?url=search-alias%3Digital+music&field-keywords=i+heard+it+through+the+grapevine+-+marvin+gaye&sprefix=i+heard%2Cdigital+music%2C235

Phase : 5 + 2 +3  Rhythm: West Coast Swing  Speed: 41.4 rpm (-8%)
: (2) Whip w/ Inside Turn, Traveling Side Pass w/ Point
(3) In In, Out Out, Sugar Wrap Knee Knee Lift & Unwrap, Slingshot

Footwork : Opposite Except where noted  release : Aug 2016

Seq - Intro , A B C D , Inter , A B , End
Intro - 8 ft apart / Back to back / lead foot free hooked behind trail foot

1-4  Wait 1 ; Unwind to Face ; Together Boogie Walk 4 ; BFLY ;
1  Bk to Bk 8 ft apart man fcg COH L ft hooked beh R (W R beh L fc wall) wait 1 meas ;
2  Unwind LF keeping weight on R (W unwind RF weight on L) ;
3  Sweep L fwd & CCW (W CW) fwd L, - , sweep R fwd & CW (W CCW) fwd R, - ;
4  Repeat meas 3 fwd L, - R, - (BFLY) ;

5-7  Wrapped Whip with Double Stop Action ; ; ;
5  Bk L, fwd R raise M’s L & W’s R hnds above W’s head M trng RF, sd L cont RF trn /cl R,
sd & fwd L lower hnds to wrapped pos M at W’s L sd
(Fwd R, fwd L, fwd R/cl L, bk R) ;
6  Rk fwd R, rec L, rk bk R, rec L (rk bk L, rec R, rk fwd L, rec R) ;
7  XRIBL trng RF release trail hnds, sd and fwd L trng RF face wall, anchor R/L, R
(Bk L, bk R, anchor L/R, L) BFLY ;

8-10  Kick Swivels Twice ; ; Throwout ;
8  BFLY  Swiv RF on R kick L thru to RLOD, swiv LF sd L, swiv RF on L tch Heel of R to sd, swiv LF XRIFL;
9  repeat meas 8 ;
10  Small fwd L, R/L leading W in front of M, anchor in place R, L/small stp bk R release hand hold
(W fwd R/L, R in front of M trng to fc, anchor L/R, L) ;

A - Op Fcg LOD

1-2  In In Out Out ; Slow Side Breaks ;
1  With hands on hips slight lift fwd L twd pttr /cl R, - , slight lift bk L away from pttr /cl R, - ;
2  Sd L w/ slight lift /sd R, - , together L w/ slight lift /together R, - join lead hands ;

3-4  Left Side Pass with Tuck and Spin ~ Kick Ball Change ; ;
3  Bk L trng slightly LF, small bk R trng LF, tch L tucking W in, trng LF fwd L lead W to RF spin 1/2
(W fwd R, fwd L trng LF to fc M, tap R, trng RF through hips fwd R trng RF 1/2 to fc M) ;
4  Anchor R/L, R to fc LOD joining ld hnds (W anchor L/R, L),
(Kick Ball Chng) Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

5-8  Whip with Inside Turn  Shake Hands ; ; Face Loop Sugar Push with Rock 2 ; ;
5  Bk L, rec R trng RF, sd L /rec R comm trng RF, sd & fwd L cont trng RF
(W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L, fwd R) ;
6  XRIB trng RF raising jnd lead hnds to lead W trn LF under jnd lead hnds, sd L cont trng RF to fc LOD,
anchor R/L, R shake hands
(W fwd L comm trng LF under jnd Rt hnds, cont trng LF sd & bk R to fc RLOD, anchor L/R, L) ;
7 - 8 Bk L, small bk R, pt L fwd - loop joined Rt hands over man’s head place Lt hands on W’s Rt hip, rock fwd L; 
Rec R, fwd L releasing Rt hands, anchor R/L, R joining lead hands 
(fwd R, L, tap R behind L, bk R; Rec L, bk R, anchor L/R, L) ;

9-12 **Surprise Whip : : Chicken Walks 2S 4q : :**
9-10 Bk L, rec R trg RF, fwd L/rec R trg RF, fwd L CP (W fwd R, fwd L trg RF bk R/cl L, fwd R) ; 
leading W to turn RF step thru R checking, rec L lead W under raised ld hands, anchor R/L, R 
(W swiv sharply on R bk L, rec R trg RF under ld hands to fc M, anchor L/R, L) ;

B - Lop Fcg LOD
1-4 **Start Wrapped Whip ~ with Sweetheart Twice ~ Finish the Whip : : ; ;**
1 Bk L to BFLY, fwd R raise M’s L & W’s R hnds above W’s head M trg RF, sd L cont RF trn /cl R, 
sd & fwd L lower hnds to wrapped pos at W’s waist man to W’s left sd 
(fwd R, L, fwd L, cl R, bk R) ;
2 release hands Cross check fwd R w/ Lt sd lead into contra check action, rec L, sd R/cl L, sd L ; 
(Cross check bk L w/ R sd lead into contra check like action, rec R, sd L/cl R, sd L) ;
3 Cross check fwd L with Rt sd lead into contra check like action, rec R, sd L/cl R, sd L 
(Cross check bk R w/ Lt sd lead into contra check action, rec L, sd R/cl L, sd R) ;
4 XRIBL trg RF, trg RF to fc RLOD sd & fwd L, anchor R/L, R (Bk L, bk R, anchor L/R, L) ;

5-8 **Left Side Pass ~ Side Whip with Body Ripple Stack Hands Left over Right : : ; :**
5-6.5 Bk L trg LF leading W fwd, small bk R cont trg LF ; in plc L/cl R, fwd L trg LF; anchor R/L, R 
(W fwd R, fwd L, cl R, bk R; anchor L/R, L) ;
6.5-8 Bk L, fwd R to W’s R sd trg RF to “L” pos taking W into R arm (W fwd R, fwd L trg RF 1/2 to fc LOD) ; 
Press L fwd twd LOD and hold, - , - (W bk R/cl L, fwd R, press fwd L as lower in knees push lower body fwd 
and ripple as the rest of the body pushes fwd, - ) ;
Cont to hold, take weight on L bring R ft under body, anchor R/L, R (W fwd L start LF trn, cont LF trn sd & bk R, 
W anchor L/R, L) end Stacked Hands Lt over Rt man fcg RLOD ;

9-12 **Traveling Side Pass with Point : : Twice : :**
9-10 Bk L trg LF, rec R raise jnd Lt hands lead W to fc, XRIBL/ sd R, small sd L trn R sd upper body LF raise jnd Rt hands 
lower jnd Lt hands lead W to twrl LF 1.5 revs to end W in bk & left of man dbl hand hold fcg wall ; 
XRIFL /sd L, cl R take jndLt hands over man’s head end sd-by-sd/wall stacked hnds Lt over Rt , point L sd , - 
(Fwd R, fwd L comm LF trn to fc ptnr, twirl 1.5 revs LF under jnd Lt hands then under jnd Rt hands sd R/in plc L, 
in plc R end behind to mans Lt sd ; XLIBR/ sd R, XLIFR, point R, - ) ;
11-12 repeat meas 9-10

C - Side by Side Fcg wall
1-5 **Right Side Pass Tuck and Spin ~ Tummy Whip ~ Sugar Tuck and Twirl : : : ;**
1-1.5 release Left hands Bk L leading W fwd, XRIBL, tap LIBR, fwd L trg LF : joining lead hnds anchor R/L, R 
(fwd R, L, touch R to L tucking LF in twd M, through hips fwd R trg 1/2 RF to fc man ; anchor L/R, L, ) ;
1.5-3.5 Bk L release lead hnds, fwd & acrs R placing R hnd on W’s R hip; swvl 1/4 RF on R ft sd L w/partial wgt /rec R 
trng 1/4 RF, fwd L W’s L sd, XRIB of L lead ptr bk release W’s hip trg RF, sd & fwd L trg RF to fc ptr join 
lead hnds; anchor R/L, R (Fwd R, fwd L; Fwd R/cl L, bk R, small bk L, bk R; anchor L/R, L) end Lop LOD, 
3.5 - 5 Bk L, small bk R (fwd R, fwd L, fwd L) ; 
Touch L to R tucking W in, raise jnd lead hnds lead W under fwd L, anchor R/L, R, 
(touch R to L tucking in LF twd M, trg RF through hips fwd R under R hands trg 1/2 RF to fc M, anchor L/R, L) ;

6-8 **Surprise Whip with Rock 4 : : ;**
6 Bk L, rec R trg RF, fwd L/rec R trg RF, fwd L 
(W fwd R, fwd L trg RF bk R/cl L, fwd R) CP ;
7 rk fwd R, rec L, rk bk R, rec L (W swiv sharply on R rk bk L, rec R, rk fwd L, rec R ;
8 thru R checking, rec L lead W under raised ld hands, anchor R/L, R
(bk L, rec R trng RF under ld hands to fc M, anchor L/R, L);

9-12 Cheek to Cheek ~ Sailor Shuffles ~ Sugar Wrap Knee Lift and Unwrap ; ; ; ;
9-9.5 Bk L, rec R trng RF (W LF), lift lead knee and bump M’s L & W’s R hips together
trng Vee pos bk to bk, fwd L trng LF to fc ; anchor R/L, R.
9.5-10.5 ronde L CCW XLIB/small sd R, sd L ; Ronde R CW XLIB/small sd L, sd R,
10.5-12 bk L, small bk R leading W to wrap in front of you RF ; Pt L fwd, recover fwd L unwrap the W to fc, anchor R/L, R
(W fwd R, fwd L swvl RF to wrap in front of man; Lift R knee up extend R arm fwd twd LOD,
fwd R trn LF to fc ptrn, anchor L/R, L);

D - Lop Fcg RLOD
1-4 Sugar Bump ~ Sugar Tuck and Spin ; ; Slow Side Breaks ;
1-1.5 Bk L, rec R trng RF, lift lead knee and bump M’s L & W’s R hips together trng bk to bk,
release lead hands fwd L trng RF to fc ; anchor R/L, R,
(fwd R, fwd L trng LF, lift knee and bump trng LF to bk to bk, fwd R trng LF to fc ; anchor L/R, L.
1.5-3 Bk L, small bk R ; Touch L to R tucking W in, fwd L, anchor R/L, R
(fwd R, L; Touch R to L tucking in twd M, trng RF through hips fwd R trw RLOD trng 1/2 RF to fc M,
anchor L/R, L) ;
4 Sd L w/slight lift /sd R, -, together L w/slight lift /together R, - ;

5-7.5 Surprise Whip ~ Alternating Under Arm Turn ; ; ; ;
5-6 Bk L, rec R trng RF, fwd L/rec R trng RF, fwd L CP (W fwd R, fwd L trng RF bk R/cl L, fwd R) ;
leading W to turn RF step thru R checking, rec L lead W under raised ld hands, anchor R/L, R
(W swvl sharply on R stp bk L, rec R trng RF under ld hands to fc M, anchor L/R, L) ;
7-7.5 Bk L, fwd R to W’s R sd start RF trn raising joined lead hands to lead W to pass under, cont RF trn sd L/cl R,
sd L to trng LF 1/2 lowering lead hands; anchor R/L, R,
(W fwd R, fwd L passing under joined lead hands strt LF trn, cont LF trn sd R/XLIF, sd & bk R trng to fc ;
Anchor L/R, L, ) ;

7.5-12 Under Arm Turn ~ into Triple Travel with Rolls ; ; ; ;
7.5-9 Bk L trng RF, fwd R; Sd L/cl R, sd L join Rt hands palm to palm
(W fwd R, fwd L, fwd R/XLIF passing M under jnd lead hds, bk R trng LF 3/4 on last step) ,
Sd chasse R/L, sd & fwd R trng RF 1/2 (W L/R, sd & bk L) ;
9-12 sd & fwd L rolling 1/2 RF, sd & fwd R rolling RF 1/2 join Left hands palm to palm,
Sd chasse L/R, sd L & fwd L trn 1/2 LF join Right hands palm to palm ;
sd chasse R/L, sd & fwd R trn 1/2 RF join Left hands palm to palm,
sd chasse L/R, sd & fwd L trn 1/2 LF ;
fwd R trng 1/2 LF, fwd L complete 1/4 LF turn join lead hands, anchor R/L, R ;

Inter - Lop Fcg LOD
1-4 Sling Shot ; ; Side Whip ;
1 Bk L trng 1/4 LF, sd & bk R, soften R knee slightly as you stop W w/R hand, straighten R leg
(fwd R, fwd L comm LF trn, cont LF trn sd R soften R knee into lunge line, rec L comm LF trn) ;
2 Release trailing hands as you lead W under joined lead hands LF in place L/R, fwd L trng RF, anchor R/L, R
(trng 1 1/2 LF under lead hands R/L, R, bk to anchor L/R, L) to end Lop / L ;
NOTE: W may turn 1 1/2 LF with normal underarm turn french cross action instead of 1 1/2 LF turn.
3 Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd LOD, hold
(fwd R, fwd L trng 1/2 (123&4) RF, bk R/cl L to R, fwd R) ;
4 Hold leading W fwd, using lead hand to trn W rec L in slot trng LF, anchor R/L, R
(fwd L, fwd R trng 1/2 LF, bk to anchor L/R, L) ;
Repeat A
Repeat B

End - Side by Side  Fcg wall

1-2  **Face and Tummy Whip ; ;**
1-2  Release left hnds fwd L trng RF to fc ptnr, fwd R place R hnd on W's R hip, swvl 1/4 RF on R ft  sd L w/partial wgt /rec R trng 1/4 RF, Fwd L W's L sd ; XRIB of L lead ptr bk release W's hip tng RF; sd & fwd L trng RF to fc ptr join lead hnds, anchor R/L, R (Fwd R, fwd L, fwd R/cl L, bk R; Small bk L, bk R, anchor L/R, L) ;

3-5  **Sugar Push ~ Under Arm Turn  Overturn Bk to Bk ; ;**
3-5  Bk L, small bk R, pt L fwd, fwd L; anchor R/L, R, (W fwd R, fwd L, tap R in bk, rec bk R; anchor L/R, L,)
Bk L comm RF trn, fwd R trng RF;  Sd L/cl R, fwd L trng 1/2 RF Bk to Bk, in place  R/L, R
(W fwd R, fwd L, fwd R/XLIF, bk R twd RLOD passing M und jnd hds trng 1/2 LF Bk to Bk, in plc L/R, L) ;

6-7  **Boogie Walk Away 3 ~ turn and look back ; ;**
6  Sweep L fwd & CCW (W CW) fwd L, -, sweep R fwd & CW (W CCW) fwd R, - ;
7  Sweep L fwd & CCW (W CW) fwd L, -, swvl on supporting foot to fc ptnr and Look, - ;