I'M INTO SOMETHING GOOD

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MUSIC: I'm Into Something Good Artist – Herman’s Hermits
Herman’s Hermits Retrospective CD or download (from Retrospective CD)

FOOTWORK: Opposite throughout (woman’s footwork in parentheses) Time @ -4% = 2:27

RHYTHM: Jive Phase 4 + 1 (Stop & Go)

SEQUENCE: INTRO A A B A Bri C A B(1-8 Link Rk) End Released May 2008

MEAS:

INTRODUCTION

1-4 LOP M FC LOD (W FC RLOD) WAIT 2 MEAS ;; CHKN WLKS ;;

1-4 Wait ;; Bk L, -, Bk R, - ; Bk L, Bk R, Bk L, Bk R ;

PART A

1-8 CHNG HNDS BHD BK ~ CHNG L to R to FC CNTR ;;; LINK RK to SEMI LOD

1-3 {CHNG HNDS BHD BK} Rk apt L, rec R, fwd chasse L/R, L trng 1/4 LF (W RF);
chasse bk & sd R/L, R trng 1/4 LF (W RF) to LOP fcg REV, [Note: Man changes
woman's right hand to his right hand on the first triple and back to his left hand on the
second triple - both done behind his back - Woman uses right hand throughout.]

4-8 {CHNG Lto R} Rk apt L, rec R; Chasse L/R, L trng 1/4 RF, sd chasse L/R, R (W trn
LF under raised lead arms R/L, R, sd chasse L/R, L) to LOP fcg CNTR;
{LINK RK to SEMI LOD} Rk apt L, rec R, chasse L/R, L trng 1/4 RF; continue rf trn
chasse R/L, R to end in SCP LOD, { PRTZL TRN W/ DBL RKS} Rk bk L, rec R;
chasse f/wd L/R, L trng 1/2 rf (W lf) [keeping ld hnds jnd]; Chasse sd & f/wd R/L, R
trng 1/4 rf [ending in a bk to bk "V" w/ld hnds jnd bhd backs & trlg hds extended f/wd];
Rk f/wd L, rec R, Rk f/wd L, rec R; sd & bk L/R,f/wd L trng 1/2 lf (W rf), chasse sd R/L,
R trng 1/4 rf to fc ptr;

9-12 RK BK, REC, 2 PT STPS to FC ~ JIVE CHASSE ~ CHNG R to L ;;;;

9-12 { RK BK, REC, 2 PT STPS to FC} Rk bk L to SCP, rec R, PT L fwd [looking LOD],
stp on L; pt R f/wd [looking RLOD], stp on R, { JIVE CHASSE} Chasse sd L/R, L;
chasse sd R/L, R, { CHNG R to L} Rk bk L to SCP, rec R; chasse in place L/R, R trng
1/4 LF (W Rk bk R to SCP, rec L, chasse f/wd trng 3/4 Rf under jnd ld hnds R/L, R);
chasse slightly f/wd(W slightly bk) R/L, R;

PART B

1-5 STOP & GO;; CHNG L to R to FC WALL ~ AMER SPN;;;

1-2 {STOP & GO} Rk bk L, rec R, small f/wd L/cL/R, L (W Rk bk R, rec L, small f/wd R/L,
R trng 1/2 lf under jnd hnds to end on mans rt side with man's rt hnd on W's lf shldr
blade); Rk f/wd R, rec L, small bk R/cL L, f/wd R (W Rk bk L as left arm extends straight
up, rec R, small f/wd L/R, L trng 1/2 rf under jnd hnds to end fcg M); [LOPLOD]

3-5 {CHNG L to R} Rk apt L, rec R, Chasse L/R, L trng 1/4 RF; sd chasse R/L, R (W trn
LF under raised lead arms R/L, R, sd chasse L/R, L) to LOP fcg WALL, {AMER SPN}
Rk apt L, rec R; chasse in place L/R, L bracing W against hand for her RF spin, chasse
in place R/L, R (W Rk apt R, rec L, chasse f/wd R/L, R spinning RF one full trn chasse
sd L/R, L);
PART B con’t

6-91/2  SPAN ARMS ~ LINK RK to SEMI LOD ~ FALWY THRWY;

6-91/2  {SPAN ARMS} In double hand hold, rk bk L, rec R, trng rf, chasse dia fwd L/R,L keeping both hands joined & raising L arm, wrap W into your arms, keeping both hands joined; chasse fwd R/L,R unwrap W, wheeling RF to face COH, (W chasse dia fwd wrap LF into man's arms, on last step making a sharp swivel type turn to the R, chasse back L/R,L unwrap and trn R to end fcg man) {LINK RK} Rk apt L, rec R; chasse L/R, L trng 1/4 RF; continue rf trn chasse R/L, R to end in SCP LOD; {FALWY THRWY} Rk bk L, rec R, chasse sd L/R, L stg 1/4 LF trn, chasse sd R/L, R; fin 1/4 LF trn (W pickup chasse R/L,R, bk chasse L/R, L) to LOP LOD.

BRI

1-2  CHKN WLKS ;;

1-2  Repeat meas 3 – 4 of Intro ;;

PART C

1-3  WINDMILL to FC REV ~ AMER SPN;;

1-3  {WINDMILL} Bfly pos - Rk apt L, rec R, chasse in place L/R,L trng 1/4 LF while lowering lead arms and raising trailing arms; still trng & returning arms to level chasse side & fwd R/L,R to end fcg REV, {AMER SPN} Rk apt L, rec R; chasse in place L/R, L bracing W against hand for her RF spin, chasse in place R/L, R (W Rk apt R, rec L, chasse fwd R/L, R spinning RF one full trn chasse sd L/R, L);

4-7  SHLDR SHOVE to a HNDSHK ~ TRPL WHL to FC WALL;;;

4-7  {SHLDR SHOVE} Rk apt L, rec R trng 1/4 RF (W rk apt R, rec L trng 1/4 LF), sd L/R, sd L toward partner bring M’s L and W’s R shoulders together,; Trng LF (W RF) to fc partner and joining rt hnds Bk R/L, R (W sd & bk L/R, L), {TRPL WHL} Rk Apt L, Rec R; Wheel RF Sd L/Cl R, Sd L trng in twd ptr & tch W’s bk w/L hnd, cont RF wheel Sd L/Cl R, Sd L trng away from ptr (W tch M’s back w/L hnd); Cont RF wheel Sd L/Cl R, Sd L trng in twd ptr & tch W’s bk w/L hnd, Lead W to Spin RF Sd R/Cl L, Sd R (cont Wheel RF Sd R/Cl L, Sd R spinning RF to Fc ptr, Sd L/Cl R, Sd L);

8-10  BASIC RK ~ FALWY THRWY;;

8-10  {BASIC RK} Rk apt L, rec R, chasse sd L/R, L; R/L, R, {FALWY THRWY} } Rk bk L, rec R; chasse L/R, L stg 1/4 LF trn, chasse sd R/L, R fin 1/4 LF trn (W pickup chasse R/L,R, bk chasse L/R, L) to LOP LOD;

END

1-3  RK BK, REC, 4 PT STPS, BUT HOLD THE LAST PT;;;

1-3  { RK BK, REC, 4 PT STPS} Rk bk L to SCP, rec R, PT L fwd [looking LOD]; stp on L, pt R fwd [looking RLOD], stp on R; PT L fwd [looking LOD]; stp on L, pt R fwd [looking RLOD] and Hold;