Livin’ It Down

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Music: “Livin’ It Down” by Delbert McClinton
CD: “Nothing Personal” – Track #1 available as single download at Amazon.com, Emusic.com or iTunes
Release Date: November 2013
Rhythm: Jive Phase: IV + 1 (Chasse Rolls)
Original Length of Music: 2:41
Music Modifications: Slow 12% for comfort
Sequence: Intro AA B' Int C A'mod B' End ***Note: Optional directional head cues in [ ]
Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)
1-4 FCING WALL & PTR / NO HNDS JOINED / LEAD FEET FREE /
WAIT; WAIT; VN 4; SD BRKS 2 SLO;
1-2 {Wait; Wait} Hold intro position above for 2 measures;;
3 {Vn 4} Sd L, XRIB, sd L, XRIF;
4 {Sd Brks 2 Slo} Push step L/push step R, -, clo L/clo R, -;

PART A (12 Measures)
1-3 RK APT REC & THROWAWY [LOD] - CHG HNDS BEH THE BK [RLOD];;
1-3 {Rk Apt & Throwawy} Rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk apt R, rec L, PU R/L, R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD,)
{Chg Hnds Beh the Bk} Rk apt L, rec R; fwd L starting 1/4 LF trn & placing right hnd over woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of woman, sd & bk R starting 1/4 LF trn & placing left hnd behind man's bk/clo L transferring woman's right hnd to man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD; (Rk apt R, rec L; Fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind man, sd & bk R starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn)

4-6 SHOULDER SHOVE ~ SHAKE HER HAND– MIAMI SPECIAL [LOD];;
4-6 {Shoulder Shove ~ Shake Her Hand} Rk apt L, rec R trning RF, sd L/clo R, sd L toward ptr bringing man’s left and woman’s right shoulders tog trning LF to fc ptr; Bk R/clo L, bk R chging to right hnd shake,
{Miami Special} Rk apt L, rec R; Fwd L/R, L trning RF ¾ to lead woman to trn LF under joined right hnds putting joined hnds over Man’s head so hands rest behind Man’s neck, sd R/L, R; (Rk apt R, rec L; Fwd R/L, R, trning LF ¾ under joined right hnds, sd L/R, L releasing hnd hold and slide right hnd down man’s left arm ending with Man’s left and Woman’s right hnd joined in LOP;

7-8 CHG LT TO RT W/ CONTINUOUS CHASSE [WALL];;
7-8 {Chg Lt to Rt w/ Continuous Chasse} Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF trn to fc wall; Sd R/clo L, sd R/clo L, sd R/clo L, sd R; (Rk bk R, rec L, fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds; Sd L/clo R, sd L/clo R, sd L/clo R, sd L;

9-10 RK TO CHASSE ROLLS;;
9-10 {Rk & Chasse Rolls} Rk bk L to SCP, rec R to fc, sd L/clo R, sd L trning RF to bk to bk position; Sd R/clo L, sd R continue trn to fc, sd L/clo R, sd L end fcng ptr completing one full trn to fc ptr and the Wall;

RK & CHASSE TO FC – LOW BFLY;
11 {Rk & Chasse to Fc} Rk bk R to SCP RLOD, rec L to fc ptr & Wall in Low Bfly, sd R/clo L, sd R;
12 {Sailor Shuffle Twice} XLIB/sd R, sd L, XRIB/sd L, sd R;

REPEAT PART A (12 Measures)
PART B’ (12 Measures)

1-4
RK APT REC TO THE CHG RT TO LT [LOD] – RK TO CHICKEN WKS 4 SLO;;;;

1-4
{Rk Apt to Chg Rt to Lt ([LOD])} Rk apt L to SCP, rec R, sd L/clo R, sd L commence ¼ LF trn; sd and fwd R/clo L, sd R to fc LOD, (Rk apt R to SCP, rec L sd R/clo L, fwd R commence ¼ RF trn under joined lead hands; Sd and slightly bk L/clo R, sd and bk L.)

{Rk to Chicken Wks 4 Slo} Rk apt L, rec R; with joined lead hands Man’s palm is up and Woman’s hand is palm down Bk L, -, bk R, -; Bk L, -, bk R, -; (Rk apt R, rec L; Fwd R swiveling, -, fwd L swiveling --; Fwd R swiveling, -, fwd L swiveling, -;)

5-8
CHG HNDS BEH THE BK [RLOD] – RK APT TO TRAVELING SAND STEPS 2X;;;;

5-8
{Chg Hnds Beh the Bk[RLOD]} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman’s right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man’s bk/clo L transferring Woman’s right hnd to Man’s left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn,)

{Rk Apt to Traveling Sand Steps 2X} Rk apt L, rec R to Bfly fcing RLOD; Swvling RF on R ft tch L toe to instep of R ft w/ toe pointed inward, swiveling LF on R ft small sd L, swiveling RF on L ft tch R heel to floor toe pointed outward, swiveling LF on L ft XRIF; Repeat;

9-12
RK TO HAND SHAKE & TRIPLE WHEEL TO LOD – SPANISH ARMS ~ LADY SPIN 1X [RLOD];;;

9-12
{Rk to Hand Shake & Triple Wheel to LOD} Rk apt L, rec R chging to right hand shake, commence RF wheel sd L/clo R, sd L trning in toward ptr and tch her bk w/ Man’s L hand; Continue RF wheel sd R/clo L, sd R trning away from ptr, continue RF wheel sd L/clo R, sd L trning in toward ptr and touch her bk w/ Man’s L hand; Leading the woman to spin RF sd R/clo L, sd R to fc LOD, (Rk apt R, rec L chging to right hand shake and trning 1/4 LF, commence RF wheel sd R/clo L, sd R away from pt; Continue RF wheel sd L/clo R, sd L trning toward ptr & tch his bk w/ Woman’s L hand, continue RF wheel sd R/clo L, sd R spinning RF on R ft to fc pt; Sd L/clo R, sd L.)

{Spanish Arms ~ Lady Spin 1X (RLOD)} Rk Bk L, rec R trning RF; Sd L/clo R, sd L continuing RF trn, sd R/clo L, sd R; (Rk bk R, rec L trning 1/4 LF; Sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning RF in place on R ft under joined lead hnds 1 full trn to end ifcng ptr, sd L/clo R, sd L;)

13-14
CHG RT TO LT BFLY [WALL] – RK APT & REC ~ NO HANDS;;

13-14
{Chg Rt to Lt TO Bfly fcing Wall} Rk apt L, Rec R, sd L/clo R, sd L commence 1/4 LF trn; Sd & fwd R/clo L, sd R to fc Bfly ifcng Wall, ( Rk apt R, rec L, sd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds; Sd & slightly bk L/clo R, sd & bk L to fc ptr,)

{Rk Apt & Rec ~ No Hands} Rk apt L, rec R with no hands joined;

INTERLUDE (2 Measures)

1-2
VN 4; SD BRKS 2 SLO;

1
{Vn 4} Sd L, XRIB, sd L, XRIF;

2
{Sd Brks 2 Slo} Push step L/push step R, -, clo L/clo R, -;

Part C (12 Measures)

1-3
WINDMILL 1X [COH] – CHG LT TO RT [LOD];;;

1-3
{Windmill 1X} Rk apt L, rec R starting ¼ LF trn lowering lead arms and raising trailing arms, fwd L in front/clo R, fwd L completing ¼ LF trn; Leveling arms sd R starting ¼ LF trn/clo L, sd R completing ¼ LF trn to fc COH, (Rk apt R, rec L starting ¼ LF trn, fwd R/clo L, fwd R completing ¼ LF trn; Sd L starting ¼ LF trn/clo R, sd L completing ¼ LF trn,)

{Chg Lt to Rt (LOD)} Rk bk L, rec R; Sd L/clo R, sd L commence 1/4 RF trn to fc LOD, sd R/clo L, sd R; (Rk bk R, rec L; Fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds, sd L/clo R, sd L complete LF trn to fc ptr,)
4-6 CHG HANDS BEH THE BK [RLOD] – CHG LT TO RT [COH];;

{Chg Hands Beh the Bk [RLOD]} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn.)

{Chg Lt to Rt [COH]} Rk bk L, rec R; Sd L/clo R, sd L commence 1/4 RF trn to fc COH, sd R/clo L, sd R;

(Rk bk R, rec L; Fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds, sd L/clo R, sd L complete LF trn to fc ptr.;)

7-9 CHG HANDS BEH THE BK [WALL] – AMERICAN SPIN BOTH SPIN;;;

{Chg Hands Beh the Bk to fc Wall} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc Wall, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn.)

{American Spin Both Spin} Rk apt L, rec R; Sd L/clo R, sd L spinning LF one full turn to fc ptr, sd R/clo L, sd R;

(Rk apt R, rec L; Sd R/clo L, sd R spinning RF one full turn to fc ptr, sd L/clo R, sd L;)

10-12 Rk Apt to Jive Wks – SWIVEL WK 2 & CHASSE LT & RT;;;

{Rk Apt to Jive Wks} Rk apt L, rec R to SCP, fwd L/clo R, fwd L; Sd & bk L, sd R;

{Swivel Wk 2 & Chasse Lt & Rt} Fwd L swiveling on ball of ft, fwd R swiveling on ball of ft to fc ptr & Wall; Sd L/clo R, sd L, sd R/clo L, sd R;

PART A mod (12 Measures)

1-3 FALLAWY THROWAWY [LOD] – CHG HNDS BEH THE BK [RLOD];;

{FallawyThrowawy} Rk bk to SCP L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk bk to SCP R, rec L, PU R/L, R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD.)

{Chg Hnds Beh the Bk} See Part A measures 1.5 - 3

4-12 SHOULDER SHOVE ~ SHAKE HER HAND– MIAMI SPECIAL [LOD];;

CHG LT TO RT W/ CONTINUOUS CHASSE [WALL];

RK TO CHASSE ROLLS;;  RK & CHASSE TO FC – LOW BFLY; SAILOR SHUFFLE 2X;

Repeat Part A – Measures 4-12

PART B² (16 Measures)

1-4 Rk Apt to CHG RT to LT [LOD] – RK TO CHICKEN WKS 4 SLO;;;

Repeat Part B – Measures 1-4

5-8 CHG HNDS BEH THE BK [RLOD] – RK TO TRAVELING SAND STEPS 2X;;;

Repeat Part B¹ – Measure 5-8

9-16 Rk TO HAND SHAKE & TRIPLE WHEEL TO LOD – SPANISH ARMS ~ LADY SPIN 2X [LOD] – CHG RT TO LT TO COH) – DBL RK APT & REC;;;

9-16 {Rk to Hand Shake & Triple Wheel to LOD) Repeat Part B¹ – Measures 9 – 10.5

{Spanish Arms ~ Lady Spin 2X [LOD]} Rk bk L, rec R trning RF; Sd L/clo R, sd L continuing RF trn, sd R/clo L, sd R to fc RLOD; Repeat to LOD;~ (Rk bk R, rec L trning 1/4 LF; Sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning RF in place on R ft under joined lead hnds 1 full trn to end fcng ptr, sd L/clo R, sd L; Repeat to fc ptr:~)

{Chg Rt to Lt To Bfly fcng COH) Rk apt L, rec R; Sd L/clo R, sd L commence 1/4 LF trn, sd & fwd R/clo L, sd R to Bfly fcng COH, (Rk apt R, rec L; Sd R/clo L, fwd R commence 3/4 RF trn under joined lead hnds, sd & slightly bk L/clo R, sd & bk L to fc ptr;

{Dbl Rk Apt & Rec} Rk apt L, rec R, rk apt L, rec R;
ENDING (6 Measures)

1-2
\{Into the Chg Hands Beh the Bk to fc Wall\} Fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman, sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc Wall; (Fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man, sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn;)

\{DbI Rk Apt & Rec ~ No Hands\} Rk apt L, rec R, rk apt L, rec R with no hands joined;

3-4
\{Vn 4\} Sd L, Xrib, sd L, Xrif;

4
\{Sd Brks 2 Slo\} Push step L/push step R, -, clo L/clo R, -;

5-6
\{Vn 4\} Sd L, Xrib, sd L, Xrif;

6
\{Sd Brks 2 Qk – Qk Sd & Pt Rlod\} Push step L/push step R, clo L/clo R, Sd L & Pt Rlod w/ R;