INTRO

01-04 BFLY WALL LEAD FOOT FREE WAIT 2 MEASURES ; : NEW YORKER TWICE ; :
(Wait) Bfly Wall ld ft free wt 2 meas ; ; [New Yorker x 2] Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

PART A

01-04 SPRING BREAK ; M ACROSS/W INSIDE TURN to L-POS ; SLINGSHOT CROSS BODY ; W OUT to FACE ;
(Spring Break) Rk fwd twd Wall L, rec R, anchor Lib of R/rec R, push off R to lunge sd LOD L (W rk bk R, rec L, fwd twd M R/cl L while swlwing ¼ RF to fc LOD, push off L to sit bk on R) to end M fcg Wall and W fcg LOD w/ ld hnds jnd low while looking at ptr ; [M Across/W Insd Turn to “L” Pos] Fwd R twd Wall stepping acrs fmrn of W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raising jnd ld hnds, chasse sd LOD R/L, R, checking sideward movement and catching W in R arm (W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/xf  Rf L, bk L) to “L” position w/ M fcg COH and W fcg RLOD ; [Slingshot Cross Body] Lunge sd RLOD L looking at ptr, rec R, chasse sd RLOD L/R, L (W bk & sd R LOD trng hips slightly RF, rec R to fc RLOD, f wd RLOD R/xf Lb, f wd R ; [W Out to FC] Sm bk R comm to trn LF like a Slip Pvt, sm f wd L cont trn to fc Wall, chasse sd RLOD R/L,R (W f wd L comm LF trn, f wd & sd R cont trn to fc COH, chasse sd & bk L/cl R, sd & bk L) to BFLY WALL ;

05-07 CROSS SWIVEL to BJO DLW/W DEVELOPE ; THRU FRONT VINE 4 ; SPOT TURN & r-hndshk ;
[X-Swivel to BJO/W Develople] [S----] Fwd L outsdl ptr/swwlg on L foot LF DLW, pt R sd & bk RLOD, hold shaping twd W to BJO DLW (W Bk R/swwl LF on R foot to fc DRC, brng L foot [w/ toe pointed down] up R leg to insd of R knee, extend L foot fwd) ; [Thru Front VINE 4] [QQQQ] Thru R (W thru L), sd L, XRib (W XLlf) sd L to BFLY WALL ; [Spot Turn & r-hndshk] Regl hnds XRif (W XLlf) trng LF, rec L cmpg full trn, sd R/cl L, sd R to r-hndshk WALL ;

08-11 BASIC ½ to TURKISH TOWEL ; : ONE BREAK ; W OUT to WALL ;
[Basic ½ to Turkish Towel] Rk fwd L, rec R, sd raise joined R hnds palm to palm/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ; Bk R, rec L, small sd R/cl L, sd R (W XLlf trn RF under jnd hnds, f wd cont RF trn, f wd L amd M to end in bk of and to his left sd/fwd R, f wd L) ; [One Break] Chk bk L bringing R arms up & over head, rec R, sd L/cl R, sd R (W Chk fwd R, rec L, sd R/cl L, sd R slidg behind M to his R sd) ; [W Out to Wall] Rk bk R, rec R chg to lead hnds joined, small sd R/cl L, sd R (W f wd L twd LOD, f wd R trn LF, small sd L/cl R, sd L) to BFLY WALL ;

12-16 To RLOD FRONT VINE 4 ; REVERSE UNDERARM TURN ; CRAB WALKS ; ; QUICK FENCE LINE in 3 & r-hndshk ;
[To RLOD Front VINE 4] [QQQQ] To RLOD XLlf (W XRif), sd R, XLlf (W XRib), sd R ; [Reverse Underarm Turn] Raisg jnd ld hnds XLlf w/ slight RF bdvr trn, rec R, sd L/cl R, sd L (W full LF trn under jnd hnds XRif, rec L, f wd & sd R/cl L, sd R swlglg) to BFLY ; [Cраб Walks] Twd LOD XRif (W XLlf), sd L, XRif (W XLlf) sd L, sd XRif (W XLlf) sd L, sd XRif (W XLlf), sd L cl R, sd L ; [Quick Fence Line in 3 & r-hndshk] [QQQ] XRif, rec L, sd R & r-hndshk ;

PART B

01-04 SHADOW NEW YORKER ; UNDERARM TURN ; SHADOW BACK BREAK to OP ; START PARALLEL BREAKS ;
[Shadow New Yorker] [w/ r-hndshk] Thru L (W thru R) to LOP RLOD w/ M’s L-arm xtd bhd W’s bk, rec R to fc ptr, sd L/cl R, sd L ; [Underarm Turn] Raisg trail hnds palm to palm XRib, rec L, sd R/cl L, sd R (W XLlf comm RF trn under trail hnd, cont RF trn rec R fc COH, sd L/cl R, sd L) keep r-hndshk WALL ; [Shadow Break to OP] XLlf (W XRib) trng both to LOD w/ W’s L-arm xtd bhd M’s bk, f wd R, f wd L/xf Rib (W Lk Lb), f wd L to OP LOD ; [Start Parallel Breaks] w/ r-hndshk Rk bk R leading W across in front, rec L, f wd R to fc Line /xf Lb, f wd R (W f wd L trng ¼ LF in front of M, f wd R trng ½ LF to fc Wall, sd & f wd L/xf Rib, f wd L to fc line] [simular to W whip action] to LOP LOD ;

INTRO
05-09 FINISH PARALLEL BREAKS ; FENCE LINE ; START X-BODY INTERRUPT w/ 2 SWIVELS ; : FINISH X-BODY ;

[Finish Parallel Breaks] Fwd L trng ½ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/Ik R, fwd L (W rk bk R allowing M to pass across in front, rec L to fc, fwd R/Ik L, fwd R ) to BFLY WALL [similar to M whip action] ; [Fence Line] XRif (W XLif) w/ bent knee ; [Start Cross Body Interrupt w/ 2 Swivels] Fwd L, rec R trng LF ¼, ipl L, R, L (W bk R, rec L, fwd R/Ik Lib, fwd R) to “L” shaped loose CP pos M fcg LOD & W fcg COH ; [Finish Cross Body] Bk R, rec L trn ¼ LF, sd R/cl L, sd R (W fwd L, fwd R trng LF ½, sd L/cl R, sd L) to BFLY COH ;

10-13 OP HIP TWIST INTO a Fan ; ; START STOP & GO INTO CROSS BODY ; ;

[OP Hip Twist Into a Fan] Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W (W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right) ; XRib, cl L, sd R/cl L, sd R slight LF rotation twd W (W fwd L, fwd R trn ½ LF, bk L/Ik Rif, bk L) to Fan Pos M fcg COH ; [Start Stop & Go Into Cross Body] Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds (W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hndcs fc RLOD) ; Bk R comm LF to CP, rec L cont LF trn to fcg COH, sd R/cl L, sd R (W fwd L comm LF trn ifo M to CP, sd R cont LF trn, sd L/cl R, sd L) to BFLY WALL ;

14-16 NEW YORKER in 4 ; FULL TURN CHASE M & W ; ;

[New Yker in 4] [QQQQ] XLif (WXRif) to LOP RLOD, rec R to BFLY, sd L, cl R ; [Full Turn Chase M & W] [Relg ld hands] XRib, cl L to OP LOD, rec R to fc ptr, sd R/cl L, sd R ; [Spot Turn] XLif (W XRif) to RLOD trng ½ RF, rec R contg to trn to fc ptr, bk L/Ik Rif, bk L to BFLY WALL ;

PART C

01-04 BACK BREAK INTO TRIPLE CHA’s to LOD ; ; FORWARD BREAK ; SPOT TURN ;

[Back Break Into Tripple Cha to LOD] Relg ld hands] XLib (W XRib) to OP LOD, rec R, w/ bdy trn twd ptr fwd L/Ik Rib (W Lk Lib), fwd L w/ bdy trn away from ptr fwd R/Ik Lib (W Lk Rib), fwd R, w/ bdy trn twd ptr fwd L/Ik Rib (W Lk Lib), fwd L ; [Fwd Break] Thru R to OP LOD, rec L to fc ptr, sd R/cl L, sd R ; [Spot Turn] XLif (W XRif) to RLOD trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L tot o BFLY WALL ;

05-08 To RLOD BACK BREAK INTO TRIPLE CHA’s ; ; FORWARD BREAK ; SPOT TURN & r-hndshk ;

[Bk Break Into Tripple Cha to RLOD] Repeat meas 1,2 Part C to RLOD ; ; [Fwd Break] Repeat meas 3 Part C ; [Spot Turn] Repeat meas 4 Part C to r-hndshk WALL ;

ENDING

01-04 CHASE w/ UNDERARM PASS ; ; NEW YORKER TWICE ; ;

[Chase w/ Underarm Pass] Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M’S L sd) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to BFLY COH ; [New Yorker x 2] Repeat meas 3 Intro to LOP LOD ; Repeat meas 4 Intro to OP RLOD ;

05-08 CHASE w/ UNDERARM PASS ; ; NEW YORKER in 4 ; To RLOD AIDA & EXTEND ARMS ;

[Chase w/ Underarm Pass] Repeat meas 1,2 Ending to BFLY WALL ; ; [New Yorker in 4] Repeat meas 14 Part B ; [Aida to RLOD & Extend Arms] Thru L RLOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L/Ik Rif, bk L LOD to V BK-TO-BK ; raisg lead arms up & out ;