More Today Than Yesterday

Dance By: Bev Oren, 2265 E. Lakeside Place #302, Corona, CA 92879, (951) 371-8814
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Record: Columbia 13-33166, “More Today Than Yesterday” by Spiral Staircase,” flip “No One For Me To Turn To”

Rhythm/Phase: Jive, ROUNDALAB Phase III+2 (Amer Spin, Windmill)

Position: INTRO – CP WALL, DANCE – CP WALL

Footwork: Opposite, directions for M (except where noted)

Sequence: INTRO, A, B, C, A, C, END

Time: 3:00 @ 42-43 RPM

Released: December 2005

INTRO

[CP WALL] WAIT; WAIT; CHASSE L & R [CP WALL];
1-2 CP WALL wait 2 measures;
3 {Chasse L&R} CP WALL sd L/el R, sd L, sd R/el L, sd R;

[CP WALL] FALLAWAY THROWAWAY – BOTH fc WALL [LOP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE–LADY IN FRONT

[OP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE–MAN IN FRONT [LOP, M fcg LOD] ~ LINK RK to CP WALL;****;
4-8 {Falwy Thwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/el R, sd L; Sd R/el L, sd R (W sd & bk L/el R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,
{Rk Bk, Rec, Sd Chas} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold; Sd L/el R, sd L changing sides as W travels in front of M to OP BOTH FCG WALL,
{Rk Bk, Rec, Sd Chas} OP BOTH FCG WALL rk bk R, rec L releasing hand hold; Sd R/el L, sd R changing sides as W travels behind M to LOP FCG LOD,
{Link Rk} LOP FCG LOD rk bk L, rec R; Fwd L/el R, fwd L to CP WALL, sd R twd RLOD/el L, sd R;

PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD]****;
1-3 {Falwy Rk} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/el R, sd L; Sd R/el L, sd R,
{Chg Plcs R-L} CP WALL rk bk L, rec R; Sd L/el R, sd L trng 1/4 LF (W sd & bk L/el R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,
[LINK Rk] LOP FCG WALL rk bk L, rec R; Small fwd L/el R, fwd L to CP WALL, sd R twd RLOD/el L, sd R;

[LOP, M fcg LOD] CHG PLCS L to R [LOP, M fcg WALL] ~ LINK RK to CP [CP WALL]****;
4-6 {Chg Plcs L-R} LOP FCG LOD rk bk L, rec R, sd L/el R, sd L trng 1/4 RF; Sd R/el L, sd R (W fwd R/el L, fwd R commence LF trn under joined lead hands, sd L, cl R/el L cont LF trn to fc ptr) to LOP FCG WALL,
{Link Rk} LOP FCG WALL rk bk L, rec R; Fwd L/el R, fwd R to CP WALL, sd R twd RLOD/el L, sd R;

[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD]****;
7-9 {R Trng Falwy} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/el R, sd L trng 1/4 RF; Sd R/el L, sd R trng 1/4 RF to CP COH,
{Jive Walks} CP COH rk bk L, rec R to SCP RLOD; Fwd L/el R, fwd L, fwd R/el L, fwd R;

[SCP RLOD] THROWAWAY: CHG PLCS R to L [LOP, M fcg WALL] ~ begin WINDMILL – 2X [BFLY COH]****;
10-13 {Thrwy} SCP RLOD sd L/el R, sd L to CP RLOD, sd R/el L, sd R (W sd & bk L/el R, sd L) to LOP FCG RLOD;
11-13 {Chg Plcs R-L} LOP FCG RLOD rk bk L, rec R, sd L/el R, sd L trng 1/4 LF (W rk bk R, rec L, sd R/el L/fwd R trng 3/4 RF under joined lead hands); Sd & fwd R/el L, sd R blending to BFLY WALL,
{Windmill} BFLY WALL rk bk L, rec R; Fwd L/el R, fwd L trng 1/4 LF, sd R/el L, sd R trng 1/4 LF to BFLY COH;

{BFLY COH} finish WINDMILL – 2X ~ BASIC RK [CP WALL]****;
14-16 {Windmill, cont} BFLY COH rk bk L, rec R, fwd L/el R, fwd L trng 1/4 LF; Sd R/el L, sd R trng 1/4 LF to BFLY WALL,
{Basic Rk} BFLY WALL rk bk L, rec R; Blending to CP WALL sd L/el R, sd L, sd R/el L, sd R;

PART B

[CP WALL] FALLAWAY THROWAWAY ~ AMER SPIN [LOP, M fcg LOD]****;
1-3 {Falwy Thwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/el R, sd L trng 1/4 LF to CP LOD; Sd R/el L, sd R (W sd & bk L/el R, sd L) to LOP FCG LOD,
{Amer Spin} LOP FCG LOD rk bk L, rec R; Sd L/el R, sd L leading W to spin RF, sd R/el L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG HNDS BEH BK–2X BOTH TRN to fc WALL [LOP, BOTH fcg WALL]****; RK BK, REC, SD CHASSE–LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE–MAN IN FRONT [LOP, M fcg LOD];
4-6 {Chg Hnds Beh Bk} LOP FCG LOD rk bk L, rec R, fwd L/el R, fwd L trng 1/4 LF (W RF)chg W’s R hand to M’s R;
{Chg Hnds Beh Bk} LOP FCG RLOD rk bk L, rec R; Fwd L/el R, fwd L trng 1/4 LF (W RF)chg W’s R hand to M’s R;
{Chg Hnds Beh Bk} LOP FCG RLOD rk bk L, rec R; Fwd L/el R, fwd L trng 1/4 LF (W RF)chg W’s R hand to M’s R;
7-8 {Rk Bk, Rec, Sd Chas} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold, sd L/el R, sd L changing sides as W travels in front of M to OP BOTH FCG WALL;
{Rk Bk, Rec, Sd Chas} OP BOTH FCG WALL rk bk L, rec R releasing hand hold, sd L/el R, sd R changing sides as W travels behind M to LOP FCG LOD;
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PART B, con’t

[LOP, M fcg LOD] CHG PLCS L to R [BFLY WALL] ~ PROG RK into 2 RT TRNG TRIPLES ~ RT TRNG FALLAWAY [CP WALL];;;;

9-13  {Chg Plcs L-R} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) blending to BFLY WALL,

{Prog RK} BFLY WALL rk apt L, rec XRF; Rk apt L, rec XRF blending to CP WALL,

{2 RF Trng Triples} CP WALL sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R trng 1/4 RF to CP COH,

{RF Trng Falwy} CP COH rk bk L to SCP RLOD, rec R to CP COH; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R trng 1/4 RF to CP WALL;

[BFLY WALL] WINDBLILL – 2X [BFLY WALL];;;;

14-16 {Windmill} CP WALL rk bk L, rec R to BFLY WALL, fwd L/cl R, fwd L trng 1/4 LF; Sd R/cl L, sd R trng 1/4 LF to BFLY COH, rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to BFLY WALL;

PART C

[BFLY WALL] CHG PLCS R to L  [LOP, M fcg LOD] ~ RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];;;;

1-3 {Chg Plcs R-L} BFLY WALL rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W sd R & bk L/cl R, sd L to LOW BFLY LOD,

{Rk Apt, Rec, Wrap} LOP FCG LOD rk apt L, rec R to BFLY LOD; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, rk bk L, rec R keeping hands joined bring M’s L & W’s R around and over W’s head down to chest level in front while lowering M’s R & W’s L to W’s waist to end in wrapped position with W on M’s R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOW BFLY LOD] ~ DBL RK APT ~ 2 FWD TRIPLES ~ RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];;;;

4-9 {Jive Walks} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L, fwd R, fwd R,

{Throwaway} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOW BFLY LOD,

{Dbi Rk Apt} LOW BFLY LOD rk apt L, rec R; Rk apt L, rec R remain LOW BFLY LOD,

{2 Fwd Triples} LOW BFLY LOD fwd L/cl R, fwd L; Fwd R/cl L, fwd R,

{Rk APT, Rec, Wrap} LOW BFLY LOW rk apt L, rec R; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, bk R) keeping hands joined bring M’s L & W’s R around and over W’s head down to chest level in front while lowering M’s R & W’s L to W’s waist to end in wrapped position with W on M’s R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOW BFLY LOD] ~ AMER SPIN [LOP, M fcg LOD];;;;

10-13 {Jive Walks} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L, fwd R,

{Throwaway} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG LOD,

{Amer Spin} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;

14-16 {Chg Plcs R-L} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF (W rk bk L, rec R, sd R/cl L/fwd R trng 3/4 RF under joined lead hands) to LOP BOTH FCG WALL,

{Rk APT, Rec, Wrap} LOP FCG WALL rk bk R, rec L; Sd R/cl L, sd R changing sides as W travels behind M

[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOW BOTH FCG WALL] ~ AMER SPIN [LOP, BOTH fcg LOD];;;;

3.5-8 [Falwy Rk] CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,

{Rk Bk, Rec, Swvl 2} CP WALL rk bk L, rec R to SCP LOD; Placing each foot directly in front of the other foot fwd L, fwd R,

{Throwaway} SCP LOD sd L/cl R, sd L; Sd R/cl L, sd L trng 1/4 RF (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,

[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE–LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE–MAN IN FRONT [OP, M fcg LOD]; CHG PLCS L to R ~ RK APT, REC, PT SD & HOLD;;;

END

[CP WALL] FALLAWAY ROCK ~ RK BK, REC, SWIVEL 2 ~ THROWAWAY–BOTH TRN to fc WALL [LOP, BOTH fcg WALL];;;;

1-3 {Falwy Rk} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,

{Rk Bk, Rec, Swvl 2} CP WALL rk bk L, rec R to SCP LOD; Placing each foot directly in front of the other foot fwd L, fwd R,

{Throwaway} SCP LOD sd L/cl R, sd L; Sd R/cl L, sd L trng 1/4 RF (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,

[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE–LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE–MAN IN FRONT [OP, M fcg LOD]; CHG PLCS L to R ~ RK APT, REC, PT SD & HOLD;;;

3.5-8 {Rk Bk, Rec, Sd Chasse} LOP BOTH FCG WALL rk bk L, rec R; Sd L/cl R, sd L changing sides as W travels in front of M to OP BOTH FCG WALL,

{Rk Bk, Rec, Sd Chasse} OP BOTH FCG WALL rk bk R, rec L; Sd R/cl L, sd R changing sides as W travels behind M to LOP FCG LOD,

{Chg Plcs L-R} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) to LOP FCG WALL;

{Rk APT, Rec, Pt Sd} LOP FCG WALL rk apt L, rec R, pt L toe twds LOD and trailing arm out parallel to floor, hold;
INTRO, A, B, C, A, C, END

INTRO

[CP WALL] WAIT; WAIT; CHASSE L & R; FALLAWAY THROWAWAY ~ OVERTURN to fc WALL [LOP, BOTH fcg WALL];;;
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ LADY in FRONT [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ MAN in FRONT [LOP, M fcg LOD];
[LOP, M fcg LOD] LINK RK to CP [CP WALL];;;

PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD];;; CHG PLCS L to R ~ LINK RK to CP [CP WALL];;;
[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;; THROWAWAY [LOP, M fcg RLOD];
[LOP, M fcg RLOD] CHG PLCS R to L to BFLY [BFLY WALL] ~ WINDMILL ~ 2X ~ BASIC RK [CP WALL];;;;;;

PART B

[CP WALL] FALLAWAY THROWAWAY ~ AMER SPIN [LOP, M fcg LOD];;;
[LOP, M fcg LOD] CHG HANDS BEH BK ~ 2X BOTH TRN to fc WALL [LOP, BOTH fcg WALL];;;
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ LADY in FRONT [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ MAN in FRONT [LOP, M fcg LOD];
[LOP, M fcg LOD] CHG PLCS R to L to BFLY [BFLY WALL] ~ PROG RK into 2 RT TURNING TRIPLES [CP COH] ~
[CP COH] RT TRNG FALLAWAY ~ WINDMILL ~ 2X [BFLY WALL];;;

PART C

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS fcg LOD];;;
[WRAPPED POS fcg LOD] JIVE WALKS ~ THROWAWAY to LOW BFLY [LOW BFLY, M fcg LOD] ~ DBL RK APT ~
[LOW BFLY, M fcg LOD] 2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS LOD];;;;;;
[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOP, M fcg LOD] ~ AMER SPIN [LOP, M, fcg LOD];;;;;;
[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;;;;

PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS fcg LOD];;;
[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;; THROWAWAY [LOP, M fcg RLOD];
[LOP, M fcg RLOD] CHG PLCS R to L to BFLY [BFLY WALL] ~ WINDMILL ~ 2X ~ BASIC RK [CP WALL];;;;;;

PART C

[CP WALL] CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS fcg LOD];;;
[WRAPPED POS fcg LOD] JIVE WALKS ~ THROWAWAY to LOW BFLY [LOW BFLY, M fcg LOD] ~ DBL RK APT ~
[LOW BFLY, M fcg LOD] 2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS LOD];;;;;;
[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOP, M fcg LOD] ~ AMER SPIN [LOP, M, fcg LOD];;;;;;
[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;;;;

END

[CP WALL] FALLAWAY ROCK ~ RK BK, REC, SWIVEL 2 [SCP LOD] ~
[SCP LOD] THROWAWAY BOTH TRN to fc WALL [LOP, BOTH fcg WALL] ~
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ LADY in FRONT [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE ~ MAN in FRONT [LOP, M fcg LOD];
[LOP, M fcg LOD] CHG PLCS L to R [LOP, M fcg WALL] ~ RK APT, REC, PT to LOD & HOLD;;;;;;