MY BLUE HEAVEN

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MUSIC: My Blue Heaven—Freddy Cannon—The Best of (2003) —TK11 Contact Choreo for other sources

RHYTHM: WC/JV  Phase IV+2 (Triple Traveler & Roll, Whip Turns )   SPEED: 0.95 of Recorded or adjust to suit

SEQUENCE: INTRO-A-B-A(MODIFIED)-C-BENDING FOOTWORK: Opposite or as noted  TIMING: As noted

INTRO

SD BRKS (S & Q); SAILOR SHUFFLE; KCK BALL CHNG & HOLD:
[Sd Brks 1a,-,2a,-;1a,2a,3a,4a;] No hnds M fcng LOD a single note wait psh stp L/psh stp R, hold; cl L/cl R, hold; psh stp L/psh stp R, cl L/cl R. psh stp L/psh stp R, cl L/cl R; Go to lo BFLY/LOD [Sailor Shuffle 1a,2a,3a,4a] XLib/sd L, stp in pl L, XRib/sd L, stp in pl R, XRib/sd R, stp in pl L); Rel tr hnds [Kck Ball Chng & Hold 1a,2,3,-;] Kck L fwd/tk wgt on ball of L, replace wgt on R, hold; hold; LOP LOD

PART A

SUGAR PSH;, WRPD WHP;;, L SD PASS;; WRPD WHP w/TUNNEL EXIT;; KCK BALL CHNG & HOLD:
1-8 [Sugar Psh 1,2,3,4; 5a,6,] LOP LOD Bk L, bk R, tch L to R, fwd L (fwd R; fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwd L), [WRPD WHP 1.2; 3a,4, 5,6; 7a,8,] bk L to dbl hnd hld, rec R trn ¼ RF; raise M's L & W's R hnds in & ovr W's hds sd L cont RF trn/cl R, sd & fwd L in WRP, XRib trng RF rel M's R & W's L hnds, sd L trg RF to fc LOD (fwd R, fwd L; fwd R/cl L, bk R, bk L, bk R); sd R/cl L, sd R (coaster L/R, L, [L Sd Pass 1, 2; 3a,4,5,6a,] Bk L trg LF, cl L/cl RF Ldng W to M's L sd (fwd R, fwr Ldng on M's L sd); fwd L/cl R, fwd L trg LF, (fwd R/fwd L, rwd R trg LF), coaster stp; LOP RLOD [WRPD WHP Tunnel Exit 1.2,3a,4, 5,6,7a,8,] Bk L to dbl hnd hld rec, rec R trn ¼ RF, raise M's L & W's R hnds in & ovr W's hds sd L cont RF trn/cl R, sd & fwd L in WRP; XRib trng RF raising R allwng W to sd undr M's arm, fwd L rel ld hnds (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Sailor Chng & Hold 1a,2,3,-;] Kck L fwd/tk wgt on ball of L, replace wgt on R, hold; hold; LOP RLOD

R PASS Ms UNDRARM TRN;; WHP TRN;;;, SUGAR PUSH;; LINDY CATCH;; Q SD BRKS:
9-16 [R Pass M's Undrarm Trn 1,2,3a,4; 5a,6,] Jn R hnds M trn to " L" Pos fcng wall (W fcng LOD) Sd L twd R, rel nd L hnds (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Sailor Chng & Hold 1a,2,3,-;] Kck L fwd/tk wgt on ball of L, replace wgt on R, hold; hold; LOP RLOD

PART B

UNDRARM TRN TO TRPL TRAV & ROLL;;;;, TUCK & SPN;; SAILOR SHUFFLE; KCK BALL CHNG & HOLD:
[Undrarm Trn to Triple Traveler & Roll 1,2,3a,4; 5a,6,1,2; 3a,4,5a,6, 7a,8,; 1,2,3a,4;] LOP LOD [WRPD WHP 1 & 2; 3a,4, 5a,6,] Bk L rec R fwd & sd mvng to W's R sd trg ¼ RF (fwd R, fwr L trg RF ½ ); to CP sd L trg ¼ RF/fwr R, sd & fwr L, XRib trng RF ½ , fwd L (bk R/cl L R, fwr R btwn M's feet trg ¼ RF, bk L, bk R); R/L, R (XLib/ sd R, sd L) [Sugar Psh 1,2,3a,4, 5a,6] Bk L, bk R; tch L to R, fwd L, XRib/sm sd L, sd R (fwr L, fwd R; tch L to R, bk R, bk L/cl R, fwr R), [Lindy Catch 1,2,3a,4; 1,2,3a,4;] Rk apt L, rec R, rec R, fwr L/R, L mrvng RF armd W catching her at waist w R hnd rel L hnd (rk apt R, rec L, fwr L/fwd R, in fnt of M); fwr R, fwr L cont armd W, fwr R/L, R (bk L, bk R still fcng sm dir, bk L/R, L); No hnds jnd [Q Sd Brks 1a,2a,3a,4a;] Psh stp L/psh stp r, cl L/cl R, psh stp L/psh stp R, cl L/cl R; Jn ld hnds

PART A (MODIFIED)

SUGAR PSH;, WRPD WHP;;, L SD PASS;; WRPD WHP w/TUNNEL EXIT;; Q SD BRKS:
[Sugar Psh 1,2,3a,4, 5a,6] LOP LOD Bk L, bk R, tch L to R, fwd L (fwd R, fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwr L), [WRPD WHP 1.2; 3a,4, 5,6, 7a,8,] bk L to dbl hnd hld, rec R trn ¼ RF; raise M's L & W's R hnds in & ovr W's hds sd L cont RF trn/cl R, sd & fwd L in WRP, XRib trg RF raising R allwng W to sd undr M's arm, fwd L rel ld hnds (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Kck Ball Chng & Hold 1a,2,3,-;] Kck L fwd/tk wgt on ball of L, replace wgt on R, hold; hold; LOP RLOD
PART C

LINK RK; PRETZEL TRN;; DBL RK; UNWRP; TRPL WHP;; TRNG CHASSE EXIT;
1-8

[Rk to Pretzel Trn 1,2,3a,4;1a,2;] Rk bk L(rk bk R) to SCP, rec R to fc, trn ½ RF trn, sd L/cl R, sd L; trn ½ RF sd R/cl L, sd R; CP wall [Chng Pls R to L 1,2; 3a,4,1a,2;] Rk bk L(rk bk R) to SCP, rec R; sd L/cl R, sd L trng LF ½, sd & fwd R/cl L, sd R; LOD LOP [Sld Shove 1,2,3a,4;1a,2,12;] Rk ap L (rk bk R), rec R to fc, sd L/cl L sde R, sd L trng LF ½, sd R/cl L, sd R; trn ½ LF chng to R hnds palm to palm; [Triple Whirl 1,2,3a,4,1,2,3,4,5,6,7a,8;] Rk bk L, rec R, fwd & sd L bind to CP & & RF tm/cl R cont RF trn, sd & bk L cont RF; XRib (XLif) cont trn RF, sd L cont trn RF, XRib (XLif) cont trn RF, sd L cont trn RF; [Trng Chasse Exit 3a,4;] cont trn RF sd R/cl L, sd R; comp 1 ½ trn CP M fng COH

RT TRNG FALLAWAY;; SHLD SHOVE;; MIAMI SPEC;; IN/OUTOUT,; W/SWL/L;
9-16
[R trng fallaway 1,2,3a,4; 1a,2;] CP M fng COH bk L(rk bk R) to SCP, rec R to fc, trn ½ RF trn, sd L/cl R, sd L; trn ½ RF sd R/cl L, sd R; CP wall [Chng Pls R to L 1,2; 3a,4,1a,2;] Rk bk L(rk bk R) to SCP, rec R; sd L/cl R, sd L trng LF ½, sd & fwd R/cl L, sd R; LOD LOP [Sld Shove 1,2,3a,4;1a,2,12;] Rk ap L (rk bk R), rec R to fc, sd L/cl L sde R, sd L trng LF ½, sd R/cl L, sd R; trn ½ LF chng to R hnds palm to palm; [Triple Whirl 1,2,3a,4,1,2,3,4,5,6,7a,8;] Rk bk L, rec R, fwd & sd L bind to CP & & RF tm/cl R cont RF trn, sd & bk L cont RF; XRib (XLif) cont trn RF, sd L cont trn RF, XRib (XLif) cont trn RF, sd L cont trn RF; [Trng Chasse Exit 3a,4;] cont trn RF sd R/cl L, sd R; comp 1 ½ trn CP M fng COH

PART B

UNDRARM TRN TO TRPL TRAV & ROLL;;;; TUCK & SPN;; 2 SAILORS; KCK BALL CHNG & HOLD;

[Undrarm Trn to Triple Traveler & Roll 1,2,3a,4; 5a,6,1,2; 3a,4,5a,6; 7a,8,1,2; 3a,4,12;] Bk L LOD trn ¼ RF, fwd R cont trng (fwd R/l), sd & L fcn LOD/cl R, fwd L LF trf to fc COH R hnds jnd palm to palm (fwd R/L, R twd LOD pass M on COH sd undr jnd hnds trng ½ LF trn to fc cl R); sd chasse R/L, R, psh lightly with R hnds roll 1 & ½ RF, R, L to fc wall (roll 1 & ½ RF R, L) jn L hnds palm to palm; sd chasse R/L, L trn ½ LF chng to R hnds palm to palm, sd chasse R/L, R trn ½ RF chng to L hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm, sd chasse R/L, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palm; sd chasse R/L, R, L trn ½ LF chng to R hnds palm to palindrome;

ENDING

SUGAR PSH;; WRPD WHP;; L SD PASS;; WRPD WHP wTUNNEL EXIT;; KCK BALL CHNG & SAFE;

[Sugar Psh 1,2,3a,4; 5a,6;] LOD Bk L, bk R, tch L to R, fwd L; (fwd R, fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwd L); [WRPD WHP 1,2,3a,4,5,6,7a,8;] Bk L to dlb hnd hld, rec R trng ½ RF; raise M’s L & W’s R hnds in & ovr W’s hd sd L cont RF tm/cl R, sd & L fcn LOD w/LWPR; XRib trng RF rasng R allowing W to sd undr M’s arm, fwd L LOD rel tr hnds (bk L bend slightly bk undr M’s arm, bk R), coaster R/L, R (R/L, L); [Sd Brks1a,2a,3a,4a;] Psh stp L/psh stp R, cl L/cl R, psh stp L/psh stp R, cl L/cl R; LOD

LOD

CUESHEET VERSION 1 JUN 2007
INTRO-NO HNDS LOD
SD BRKS (S & Q); 2 SAILORS; KICK BALL CHNG & HOLD;

PART A-LOP LOD
SUGAR PSH;, WRPD WHP;,, L SD PASS; WRPD WHP w/TUNNEL EXIT; KCK BALL CHNG & HLD;
R PASS w/M's UNDRARM;, WHP TRN;, SUGAR PSH; LINDY CATCH; Q SD BRKS;

PART B-LOP LOD
UNDRARM TRN TO TRPL TRAV & ROLL; TUCK & SPN; 2 SAILORS; KCK BALL CHNG & HLD;

PART A MOD-LOP RLOD
SUGAR PSH;, WRPD WHP;,, L SD PASS; WRPD WHP w/TUNNEL EXIT; Q SD BRKS;

PART C-LOP LOD
LINK RK;, PRETZEL TRN; DBL RK; UNWRAP PRETZEL; TRPL WHP; TRNG CHASSE EXIT;
R TRNG FALLAWAY;, CHNG R TO L; SHLDR SHOVE;, MIAMI SPEC; IN/OUT/OUT; 4 SWVLS;

PART B-LOP LOD
UNDRARM TRN TO TRPL TRAV & ROLL; TUCK & SPN; 2 SAILORS; KCK BALL CHNG & HOLD;

ENDING-LOP RLOD
SUGAR PSH;, WRPD WHP;,, L SD PASS; WRPD WHP w/TUNNEL EXIT; KCK BALL CHNG & SAFE;