MY CUP RUNNETH OVER

COMPOSERS: Warren & Sandy Teague, 5712 W Hwy 524, Westport, KY
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RECORD: Koper 272 R SPEED 40 RPM

FOOTWORK: Opposite except where noted in parentheses
PHASE & RHYTHM: Phase VI WALTZ

INTRO

MEAS
1 - 8 SHADOW POS: FG WALL L HNDS JND R ARM CURVED IN FRONT BOTH WITH R FT INTO HIND LEG SWAY; OP R TRN; CK TRN WITH ARM SWING; OP LF TRN SKATER DW; LF DEVELEP; THR CHASE TRANS (W ROLL) SCP; THR CHASE BJ/O.

1 - 2 WAIT: WITHOUT WGT CHG move R arm up & OUT fwd BJ/O;
3 [OP RT TRN] Keep L, hndr jnd fwsd R across body LOP, raise jnd hnds (W under) ad L. LOO comm RF trn, cont RF trn bring L hnd dwn hnd M's bk R arm curved in frnt sd R LOP fwsd COM;
4 [CK TRN] ARM SWING] XLFIR L ODD chng thru, lead with bk of hnd arm up & out LOP,-; 5 [OP LF TRN] Rcc R comm LF trn, cont trn bring jnd hnds up (W under jnd hnds) ad FWD L, cont LF trn sd & bk R to skater pos DW R hnd W waist (W cont trn to LOP R arm extended to sd);
6 [BK DEVELEP] BK L pug R DW (W bk L, develope R,-); 7 [CHASSE TRANS 12A 3] Thru release hnds, ad L/cl's R, fwsd L. (W fwsd R comm RF trn, fwd L pug RF DC, fwd R) SCP/DW;
8 [THRU CHASE BJO 12A 3] Thru R, ad L/cl's R, fwsd L BJO;

PART A

1 - 14 NAT TRN; RUNNING SPIN; BK SYNC RISING LF; CLS TELEMARK; RUNNING FEATHER; OVERSWAY & CHG SWAY; REPE; RT CHASSES; TING CONTRA CK; PROM WEAVE 6; ; OP NAT; PREP; SAME FOOT LUNG; TELEMARK ENDING;

1 [NAT TRN] Fwd R comm RF trn, sd L. DW, cl's R to L CP/HLOD;
2 [RUNNING SPIN 12A 3] BK L comm RF trn/sd L & Fwd R cont RF trn, fwsd L spin RF RWD, cont RF trn sd R BJO RDC;
3 [BK SYNC RISING LF 12A 3] BK L bjo/bk R CP, comm LF trn ad & fwsd L, cont LF body trn XREL CP/DW;
4 [CLS TELEMARK] Trng LF fwsd L. DC, cont LF trn sd R. DC, fwsd L. DW with L shoulder lead BJO/DW;
5-6 [RUNNING FEATHER 12A 3 OVERSWAY & CHG SWAY] Fwd R DLW comm RF body trn/fwd L. trng L to SCP (W bk L trn RF SCP/fwsd R DW), fwsd R, cont RF body trn sd & bk L strong upwd stretch; soften knee & rotate upper body LF,-; 7 [REPE, RT CHASSE 12A 3] Rise on L rotate upper body RF with L swaoy to op W head, ad R/cl's L, sd R fwsd HLOD;
8 [TING CONTRA CHECK] Lower into R knee with strong R sd lead XLFIR, draw R to L rotate RF keeping knees soft cl's R to L rising to loc DW, sd & fwsd L SCP/BJO;
9-10 [PROM WEAVE] Fwd & sltyly across R SCP, trng LF fwsd L, trng LF sd & bk R; bk L bjo, trng LF bk R CP, trng LF sd & fwsd L SCP/DW;
11 [OP NAT TRN] Fwd R SCP comm RF trn, cont RF trn sd & bk L, cont RF trn bk R LOP R shoulder lead;
12 [PREPATION] bk L comm LF upper body trn, cont RF trn fr COIL (R to L), -(W fwsd R comm RF trn, cont RF trn cl's L to R RWD,-); 13 [SAME FOOT LUNG] Lower in L knee swaoy to L pt R LOP, take wgt sd & sltyly fwsd on R, rotate upper body RF (W lower in L knee & pt R well bk under body, take wgt on R);
14 [TELEMARK ENDING 12A 3] Rotate upper body LF placing W on L. LF/fwd L. with sl ty LF body trn, cont LF trn sd R, cont LF trn sd & fwsd L. (W rec L CP/ bk R heel trn, cl's L to R, fwsd R) SCP/DW;

INTERLUDE

1 - 8 NAT FALLAWAY WHISK; 2 RIPPLE CHASSES; LEFT WHISK; STANDING SPIN; BK HOVER SCP; THR CHASE BJO;

1 [NAT FALLAWAY 12A 3] Fwd R comm RF trn/ cont trn sd & bk L, sd & bk R cont trn. XLRH cont trn strong RF hip rotation to lead Indy to XRH;
MY CUP RUNNETH OVER

[LEFT WHISK] Fwd R, sd & fwd L, XRBL toe pressure only
strong R away (W fwd L, sd & fwd R, XLAB) HDW/RSOP;

5-6
[**STANDING SPIN**] Rotate upper body RF leading W to R
sd take wgt on R comm RF spin cont RF spin HDW (W fwd
R to N's R sd/fwd L, fwd R/ fbd L, fwd R/ fbd L, fwd R/ fbd L);
lower into R knee cume I CN cont spin to BJO/DW (W cont fwd
R/ fbd L, fwd R/ fbd L, fwd R/ fbd L, fwd R/ fbd L);

7
[BK HOVER SCP] BK L bjo, rise to toe cls R to I blend to
CP, fwd L SCP/DW;

8

PART B

1-14
NAT TRN; OVERTURN SPIN TRN; RT TRNG LK; QK OP REV; BK
TO THROWAWAY OVERSWAY; CHG TO SAME FOOT LUNGE; WEAVE
SCP; OP NAT TRN; RT TIPPLE CHASSE; RUMBA CROSS TWICE;
HOVER TELEMAK;

1
[NAT TRN] Fwd R comm RF trn, sd L DW, cls R to I CP/RLOD;

2 [OVERTURN SPIN TRN] Bk L pivot RF, cont trn fwd R, sd &
bb L strong R shoulder lead & R away fng CP/RDW;

3
[RT TRNG LOCK 1A23] Bk R comm RF trn/ cont trn bb L LPF,
sd & fwd R cont trn, sd & fwd L SCP/DC;

4
[QK OP REVERSE 1A23] Fwd R semi/ fwd L DC trng LF, sd &
bb R LOD wth R shoulder lead R, bb L swuy I BJO/DC;

5-6
[BK TO THROWAWAY OVERSWAY] Bk R CP/RLOD, comm LF trn sd &
fwd L, comm LF rotation upper body; lower in L knee
cont rotation extend R leg & expand fng LOD, - , - ;

7
[CHG TO SAME FOOT LUNGE LINE] Rise on R slight RF
rotation cls R to L, lower in R knee extend I to sd, - (W
rise on R to CP, swivel RF point L ft thru, lower &
extend) fng DW;

8-9
[WEAVE SCP] Rise & rotate LF place W on L ft, trng slly
LF fwd L, trng LF sd & bb R; bb L BJO, trng LF bk R CP,
trng LF sd & slly fwd L SCP/DW;

10
[OP NAT TRN] Fwd R SCP comm RF trn, cont RF trn sd & bk
R, cont RF trn bk R LOD R shoulder lead;

11
[RT TIPPLE CHASSE 1A23] Bk L comm RF trn, cont trn sd &
cont trn cls L to R, cont trn sd & fwd R with L shoulder
lead;

12-13
[RUMBA CROSS TWICE 1A23] Fwd L with L shoulder lead/XRBL,
trng RF on toes, cont trn bk L, fwd R with L shoulder
lead; Repeat mens 12;

14
[HOVER TELEMAK SCP] Fwd L DW, fwd R rising trng 1/8 RF,
fwd L SCP/DW;

REPEAT INTELLUDE
REPEAT PART A
REPEAT INTELLUDE
REPEAT PART B (1-9)

TAG

1-2
CHAIR, REC, BK BJO; BK, OUTSIDE SWIVEL, CLS PT (TRANS)
SAME FOOT LUNGE LINE;

1 [CHAIR, REC, BK BJO] Check thru R with lunge action, rec
L, sm str bk R (W check thru L, rec R swivel LF to bjo,
fwd L) CP/DW;

2 [BK, OUTSIDE SWIVEL, CLS PT LUNGE LINE] Bk L bjo, cls R
to L trng 1/8 RF, lower in R knee pt L to sd (W fwd R
swivel RF, point L ft thru in lunge line pos look LOD,
lower in R knee);

** OPTION IN INTELLUDE**

Mens

4 [Left Whisk] Fwd R, sd & fwd L, XRBL take full wgt on R
ft strong R away fng HDW;

5-6
[Run Around] Fwd L/ fbd R, fwd L/ fbd R, fwd L/ fbd R; fwd
L/ fbd R, fwd L/ fbd R, fwd L/fwd R (W to N's R side trving
fwd) BJO/DW;