M Y W A Y

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Music : Teichiku TFC-5008 CD Track 11

or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp

Rhythm : Slow Two Step  Phase IV + 1 [Triple Traveler] + 1 [Sweetheart Switch]
Sequence : Intro - A - B - C - B - C - Ending  Speed : 25 MPM [10% Tempo Up]
Timing : SQQ unless noted by side of measure  Released : Jan, 2009
Footwork : Opposite except where noted  Revised : May, 2011 Ver. 2.0

INTRO

1 - 4  WAIT; FWD W DEVELOPE; OUTSD ROLL TO FC; TIME STEP;
1  {Wait} Bfly Bjo Wall trail ft free wait 1 meas;
2  {Forward W Develope} Fwd R outsd ptr chkg,-, hold, hold (W bk L,-, bring R ft up to insd of L knee, extend R ft fwd);
3  {Outside Roll To Face} Bk L to fc Wall raise jnd lead hnds to lead W to underarm roll,-,
sd R, XLIF (W fwd R comm roll RF under jnd lead hnds [Outside Roll],-, bk L cont roll, fwd R comp roll to fc ptr);
4  {Time Step} Sd R with body lower hnds extended sd palms up,-, XLIB (W Xrib) rise on toe, rec R blend to CP;
   [hereafter same body rise & lower action i.e. S with lower,-, Q with rise, Q with flat]

PART A

1 - 4  BASIC:: OPN BASICS::
1-2  {Basic} In CP sd L,-, bbd R, rec L;  sd R,-, bbd L, rec R;
3-4  {Open Basics} Sd L to Left Half Open,-, Xrib, rec L;  sd R to Half Open,-, XLIB, rec R;

5 - 8  LUNGE BASIC; INSD ROLL; M’S INSD ROLL; LUNGE BASIC;
5  {Lunge Basic} Blend to Bfly sd L with lunge action,-, rec R, thru L;
6  {Inside Roll} Sd R release trail hnds and raise jnd lead hnds to lead W to underarm roll,-,
   XLIF, sd R (W sd L comm roll LF under jnd lead hnds [Inside Roll],-, bk R comp roll to fc ptr, sd L) end LOP Fcg Wall;
7  {M’s Inside Roll} XLIF comm roll LF under jnd lead hnds [M’s Inside roll],-, bk R cont roll, fwd L comp roll to fc ptr blend to Bfly (W Xrib,-, sd L, Xrib) end Bfly Wall;
8  {Lunge Basic} Repeat meas 5 Part A on opposite ft with pick W up to fc LOD;

9 - 12  OVRTRND L TRN w/INSD ROLL TO BK TRAVELING X CHASSE 3X TO FC::::
9  {Overturnd Left Turn With Inside Roll} Comm trn LF XLIF raise lead hnds to lead W to insd roll,-, sd R twd DLC, XLIF cont trn to fc RLOD (W bk R comm insd roll,-, fwd L twd DLC cont roll, bk R comp roll to fc ptr) end Low Bfly RLOD;
10-12  {Back Traveling Cross Chasse 3 Times To Face} Sd & bk R twd DLC,-, sd & bk L twd DLW with L shoulder lead, Xrib (W sd & fwd L twd DLC,-, sd & fwd R twd DLW with R shoulder lead, XLIF);  sd & bk L twd DLW,-, sd & bk R twd DLC with R shoulder lead, XLIF (W sd & fwd R twd DLW,-, sd & fwd L twd DLC with L shoulder lead, Xrib);  sd & bk R twd DLC trn LF to fc DLW,-, sd & fwd L twd LOD, Xrib (W repeat meas 10 Part A) end Low Bfly Wall;
“My Way”  
(Continued)

13 - 16 **OPN BRK: WHEEL 6:: BASIC END:**

13   {Open Break}  Sd L to LOP Fcg,-, rk apt R free trail hnd extended sd palm down, rec L;
14-15  {Wheel 6}  Tog R to Bolero Bjo Pos,-, wheel RF fwd L, R to fc COH; L,-, R, L to fc Wall;
16  {Basic Ending}  Blend to CP repeat meas 2 Part A;

**PART B**

1 - 4 **SWITCHES:: TRNG BASIC::**

1-2  {Switches}  Cross in front of W sd L to Left Half Open,-, fwd R, fwd L;  fwd R,-, fwd L, fwd R (W fwd R,-, fwd L, fwd R;  cross in front of M sd L to Half Open,-, fwd R, fwd L);
3-4  {Turning Basic}  Blend to CP sd & fwd L trn upper body RF to fc RLOD,-, rec R trn 1/4 LF with slip pivot action, sd & fwd L cont trn to fc COH (W sd R,-, fwd L trn 1/4 LF with slip pivot action, sd & bk R cont trn to fc ptr);  repeat meas 2 Part A end CP COH;

5 - 8 **UNDERARM TRN: RONDE LARIAT: OUTSD ROLL: BASIC END:**

5  {Underarm Turn}  Sd L raise jnd lead hnds palm-to-palm,-, XRIB, rec L; (W sd R,-, XLIF trn 1/4 RF under jnd lead hnds, rec fwd R cont trn to fc ptr);
6  {Ronde Lariat}  Blend to CP sd & fwd R between W’s feet trn upper body RF to lead W to ronde CW,-, swivel LF on R under raised jnd lead hnds to LOP RLOD, hold (W sd L ronde R CW,-, XRIB, sd & fwd L to fc RLOD);
7  {Outside Roll}  Comm trn LF XLIF,-, sd & fwd R, XLIF comp trn to fc Wall (W fwd R comm outsd roll,-, bk L cont roll, fwd R comp roll to fc ptr) end CP Wall;
8  {Basic Ending}  Repeat meas 2 Part A with pick W up to fc LOD;

9 - 12 **TRIPLE TRAVELER::: BASIC END:**

9-11  {Triple Traveler}  Fwd L comm LF upper body trn to lead W to M’s left side raise lead hnds to lead W to insd roll,-, fwd R, fwd L (W bk R comm insd roll,-, cont trn fwd L twd LOD cont roll, bk R cont roll to fc LOD) end LOP LOD;
     fwd R spiral LF under jnd lead hnds,-, fwd L, fwd R (W fwd L,-, fwd R, fwd L) end LOP LOD;
     fwd L bring jnd lead hnds down and back in a continuous circular motion to lead W to outsd roll,-, sd & fwd R to fc ptr, XLIF (W fwd R comm outsd roll,-, bk L cont roll, fwd R cont roll to fc ptr) end CP COH;
12  {Basic Ending}  Repeat meas 2 Part A;

13 - 16 **R TRN w/OUTSD ROLL: BASIC END:: FALWY RONDE w/ROLL OUT TO FC::**

13  {Right Turn With Outside Roll}  Crossing in front of W sd & bk L to fc RLOD,-, sd & bk R almost XIB trn 1/4 RF lead W to twirl, XLIF to fc ptr (W fwd R comm outsd roll,-, sd L cont roll, sd R cont roll to fc ptr) end CP Wall;
14  {Basic Ending}  Repeat meas 2 Part A;
15-16  {Fallaway Ronde With Roll Out To Face}  Blend to Bfly sd L ronde R CW (W CCW),- , XRIB comm roll LF (W RF), fwd L twd LOD cont roll;  bk R cont roll to fc ptr & Wall,-, sd L, thru R blend to Bfly Wall;
“My Way” (Continued)

PART C

1-4  TWISTY BASICS W WRAP TRANS; SWEETHEART RUN 2X;
1-2  {Twisty Basics To Wrap W Transition} In Bfly sd L,-, XRIB (W XLIF), rec L;
       sd R raise jnd lead hnds to lead W to trn LF,-, XLIB, rec R (W sd L,-, Xrif trn 3/4 LF under jnd
       lead hnds, rec L/cl R) end Wrapped Pos fc LOD both L ft free;
3-4  {Sweetheart Run Twice} [same footwork] Fwd L,- R, L; R,- L, R;

5-8  SWEETHEART SWITCH: W ACROSS: W SYNC OUTSD ROLL: FRONT VINE 3;
5   {Sweetheart Switch} In Wrapped Pos comm trn RF reach sd & fwd L across W cont trn to
       Left Wrapped Pos fc LOD (W comm trn RF sm step sd L cont trn to fc LOD),-, fwd R, L;
6   {W Across} Sm step fwd R extend wrapped arm to allow W to across M
       (W sd & fwd R across M to Wrapped Pos fc LOD),-, fwd L, R;
7   {W Syncopated Outside Roll} Fwd L,-, raise jnd lead hnds to lead W to outsd roll trn slightly RF
       XRIF, sd & fwd L (W fwd L,-, outsd roll R/L, R to fc ptr) end Bfly Wall;
8   {Front Vine 3} Thru R,-, sd L, bhd R;

9-12  SPOT TRN: VINE 6;; BASIC END;
9   {Spot Turn} Sd L,-, release hnds XRIF trn 3/4 LF, fwd L cont trn to fc ptr end Bfly Wall;
10-11 {Vine 6} Sd R,-, bhd L, sd R; thru L,-, sd R, bhd L;
12   {Basic Ending} Repeat meas 2 Part A;

REPEAT PART B

REPEAT PART C except end Bfly Wall

END

1-3  SYNC VINE; PROM SWAY; OVRSWAY;
1    {Syncopated Vine} In Bfly sd L,-, bhd R/sd L, thru R;
2    {Promenade Sway} Blend to SCP sd & fwd L stretch body upward to look over jnd lead hnds,-;
       relax L knee,-;
3    {Oversway} Gradually stretch left sd look ptr (W stretch right sd look well left),-,;