One Mint Julep 4

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Music: One Mint Julep  Artist: The Clovers Time 2:32
Download Available at Amazon.com or Contact Choreo.
Rhythm: Jive Phase 4 +1 (Chasse Roll)
Footwork: Opposite Unless Noted Difficulty - Average

Intro
1-4 FCG WALL NO HNDS WAIT;; SIDE BREAKS (2 Slow 4 Quicks));
   1-2 Fcg Ptr & Wall No Hnds Jnd Wait;;
   3-4 {Side Breaks 2 Slow 4 Quick} Push step L/ Push step R,-, Cl L/cl R,-; Push
      Step L/ Push step R, cl L/cl R, Push step L/ Push step R, cl L/cl R to BFLY Wall;

Part A
1-4 CHANGE HNDS BEH THE BACK ~ LINK RK to SEMI LOD;; RK REC KICK BALL CHANGE; INTO
   1-4 {Change Hands Beh The Back} RK apt L, rec R, fwd L comm ¼ LF trn plc R
      Hnd over W’s R hnd/cl R, fwd L rel L hnds & comp ¼ LF trn to tandem
      pos in frt of W; Sd & bk R comm ¼ LF trn plc L hnd beh M’s back/cl L
      transferring W’s R hnd to M’s L hnd beh his back, sd & bk R comp ¼ LF trn
      to Bfly COH, (W RK apt R, rec L, fwd R comm ¼ RF trn/cl L, fwd R comp ¼
      RF trn to tandem pos beh man; Sd & bk L comm ¼ RF trn/cl R, sd & bk L
      comp ¼ RF trn Bfly Wall,)
      {Link Rock} RK apt L, rec R to CP,; Trng RF ¼ sd L/cl R, trng ¼ RF sd L, sd R/cl L,
      sd R to end Semi LOD;
      {Rk Rec Kick Ball Change} RK bk L, rec R, kick L fwd/take wgt on ball of L ft,
      Replace wgt on R Into;
   5-7 4 POINT STEPS;; THROWAWAY;
   5-6 {4 Point Steps} Point L, sm fwd L, point R, sm fwd R; Point L, sm fwd L, point
      R, sm fwd R;
   5 {Throwaway} Fwd & sd L/cl R, fwd & sd L ldg W to trn ½ LF, sd & fwd R/cl L,
      Sd & fwd R;

8-11 CHICKEN WALKS (2 SLOW 4 QUICK);; CHANGE L TO R W/GLIDE TO SIDE;;
   8-9 {Chicken Walks} Lead hnds jnd trng hnds in dir of W’s foot action bk L,,-
      bk R,,-; (W Fwd with swvl action R,,-, fwd L,,-) Man bk L, R, L, R; (W fwd
      with swvl action R, L, R, L,)
   10-11 {Chg L to R w/Glide to Side} RK apt L, rec R, sd L/R,L to lop fcg Wall; Sd R,
      XLIF, sd R/cl L, sd R to LOP Wall; (W RK apt R, rec L, fwd chasse R/L,R trng ¾
      LF undr jnd lead hnds; Sd L, XRIF, sd L/cl R, sd L)
   12 {Rk Apt Rec Sd Cl} RK apt L, rec R, sd L, cl R to Bfly Wall;
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Part B

1-4 CHASSE LEFT & RIGHT; CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;

Chasse Left & Right) CP Wall sd L/cl R, sd L, sd R/cl L, sd R end Semi Lod;
Change Right to Left) Rk bk L to semi, rec R, sd L/cl R, sd L comm ¾ LF trn; (W Rk bk R to semi, rec L, sd R/cl L, fwd R comm ¾ RF trn undr jnd ld hnds;) Sd & fwd R/cl L, sd R,
(W sd & slightly bk L/cl R, sd & bk L,
Change Left To Right) Rk bk L, rec R, sd L/cl R sd L comm ¾ RF trn; (W Rk bk R, rec L, fwd R/cl L, fwd R comm LF trn undr jnd ld hnds;) Sd R/cl L, sd R, (W sd L/cl R, sd L comp LF trn to Fc ptr,

5-8 SOLE TAP ~ ROCK APT REC;; FRONT LIMP 4; 2 SIDE CLOSES;

Sole Tap ~ Rk Apt Rec) Fcg ptr Ld hnds Jnd throughout Rk apt L, rec R, fwd L twd ptr trng ¾ RF to sd by sd pos, bend R leg to tch M’s R shoe sole to W’s L shoe sole beh supporting leg; Sd R/cl L, sd L trng ¾ LF to fc ptr, (W Rk apt R, rec L, fwd R twd ptr trng ¾ LF to sd by sd pos, bend L leg to tch W’s L shoe sole to M’s R shoe sole beh supporting leg; Sd L/cl R, sd L trng ¾ RF to Bfly Wall, * Note: Dancers may raise & lower free arm while tchg the soles together
Rock Apt Rec) Rk apt L, rec R;
Front Limp 4) Sd L, XRIF, sd L, XRIF;
2 Side Closes) Sd L, cl R, sd L, cl R;

Repeat A

Part A(MOD)

1-4 CHANGE HNDS BEH THE BACK ~ LINK ROCK SEMI LOD;; RK REC KICK BALL CHANGE; INTO

Change Hands Be The Back) Rk apt L, rec R, fwd L comm ¾ LF trn plc R hnd over W’s R hnd/cl R, fwd L rel L hnds & comp ¾ LF trn to tandem pos in frt of W; Sd & bk R comm ¾ LF trn plc L hnd beh M’s bk/cl L transferring W’s R hnd to M’s L hnd beh his bk, sd & bk R comp ¾ LF trn to Bfly COH,, ( W rk apt R, rec L, fwd R comm ¾ RF trn/cl L, fwd R comp ¾ RF trn to tandem pos beh man; Sd & bk L comm ¾ RF trn/cl R, sd & bk L comp ¾ RF trn to Bfly Wall,,)
Link Rock) Rk apt L, rec R to CP;; Trng RF ¾ sd L/cl R, trng ¾ RF sd L, sd R/cl L, Sd R to end Semi LOD;
Rk Rec Kick Ball Change) Rk bk L, rec R, kick L fwd/take wgt on ball of L ft, replace wgt on R;

5-7 2 POINT STEPS; INTO CHASSE ROLL 3 TRIPLE ~ RK REC;;

Into 2 Point Steps) Point L, sm fwd L, Point R, sm fwd R;
Into Chasse Roll 3 Triples) To LOD sd L/cl R, sd L trng RF fc COH, sd R/cl L, sd R trng To fc WALL; Sd L/cl R, sd L trng RF to Semi RLOD, Rk bk R, rec L to fc ptr & Wall;

8-9 RIGHT CHASSE TO SEMI LOD ~ RK BK REC; POINT LOD & HOLD;

Right Chasse) To RLOD Sd R/cl L, sd R to Semi LOD, Rk bk L, rec R;
Point LOD & HOLD) Point L (R) to LOD & HOLD;