On and On III

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MP3 Download: Available through Amazon.com
Rhythm/Phase: Rumba, ROUNDLAB Phase III
Footwork: Opposite, directions for M (except where noted)
Sequence: Intro, A, B, A, B, C, A, B, B, End

INTRO

[TANDEM WALL] WAIT: WAIT: CHASE TRN TO BFLY: CUCA TO RLOD:
1-2 Wait two measures in TANDEM fsg WALL;-
3 Fwd L, rec bk R to BFLY WALL, bk L (W fsw fsw R comm 1/2 LF trn, rec fswd L to BFLY WALL, fswd L), -;
4 Sd R, rec L, cl R, -;

PART A

[BFLY WALL] HALF BASIC: FENCE LINE TO LOD: FENCE LINE TO RLOD: BACK HALF BASIC
1 Fwd L, rec R, sd L, -;
2 X lunge thru R with bent knee looking twd LOD, rec L to fc ptr, sd R, -;
3 X lunge thru L with bent knee looking twd RLOD, rec R to fc ptr, sd L, -;
4 Bk R, rec L, sd R, -;

[BFLY WALL] HAND TO HAND: CRAB WALKS:: SPOT TRN TO BFLY:
5 Swiveling 1/4 on weighted foot step bk L to OP LOD, rec R swiveling to fc ptr, sd L, -;
6-7 XRF, sd L, XRF, -; Sd L, XRF, sd L, -;
8 Swivel 1/4 on ball of supporting foot step fswd R trng 1/2, rec L trng 1/4 to BFLY WALL, sd L, -;

PART B

[BFLY WALL] OP BREAK: UNDERARM TRN: LARIAT 3: MAN TRN LEFT fco COH LOW BFLY COH: SD WALL 3:
1 Bk apt strongly on L to LOP FCG while extending trailing arm up with palm out, rec R to BFLY WALL, sd L, -;
2 Raising joined lead hands trn body slight RF bk R, rec L squaring body to ptr, sd R (W swiveling 1/4 on ball of supporting foot step fswd R trng 1/2 RF, rec R, sd L to M’s right side), -;
3 Press sd L, rec R, cl L trng 1/2 LF (W circle RF w/joined lead hands fswd R, fswd L, fswd R) to LOW BFLY COH, -;
4 Sd R, cl L, sd R, -;

LOW BFLY COH: CHASE w UNDERARM PASS TO BFLY WALL:: SHLDR TO SHLDR = 2X::
5-6 Fwd L comm 1/2 RF trn keeping lead hands joined, rec fswd R, fswd L, -; Bk R raising joined lead hands, rec L, sd R, -;
(W bk R keeping lead hands joined, rec L, fswd R toward M’s left side, -; Fwd L, fswd R trng 1/2 LF under joined lead hands, sd L, -);
7-8 Fwd L to BFLY SCAR WALL, rec R, sd L, -; Fwd R to BFLY BJO WALL, rec L, sd R, -;

PART C

[BFLY WALL] NEW YORKER in 4: NEW YORKER: THRU, SERPIENTE to OP LOD:
1 QQQQ Swiveling on weighted foot XLIF to LOP RLOD with straight leg, rec R swiveling to fc ptr, sd L, rec R;
2 Swiveling on weighted foot XLIF to LOP RLOD with straight leg, rec R swiveling to fct ptr, sd L, -;
3-4 Thru R, sd L, XRB, fan L; XLIF, sd R, XLIJ, fan R to OP LOD;

[OP LOD] PROG WALK 3: CIRC AWAY & TOG TO BFLY:: VINE 3:
6-7 Circ away LF fswd L, cl R, fswd L, -; Circ teg LF fswd R, cl L, fswd R to BFLY WALL, -;
8 Sd L, XRB, sd L, -;

[WRAPPED POS WALL] WRAP: WHEEL 6 [WRAPPED POS WALL]: SD WALL 3 APT: SD WALL 3 TOG LADY SWIVEL TO BFLY:
9 Sd R, XLIB, sd R trng 1/4 to WRAPPED POS WALL (W wraps trng 1/2 LF L, R, L) keeping all hands joined bringing M’s left & W’s right thru between around and over W’s head down to chest level in front while lowering M’s right & W’s left to W’s waist to end in wrapped position with W on M’s right side fsg WALL, -;
10-11 Fwd L, fswd R, fswd L, -; Fwd R, cl L, fswd R to end fsg WALL, -;
12 Sd L, cl R, sd L, -;
13 Sd R, cl L, sd R (W sd L, cl R, sd R swiveling LF 1/2) to BFLY WALL, -;
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END

[BFLY WALL] CRAB WALK 4 to RLOD: CROS LUNGE & HOLD:
1  qqqq XLIF, sd R, XLIF, sd L twhs RLOD;
2  q X lunge thru L with bent knee looking twd RLOD, -,-,-;

Head Cues
Intro, A, B, A, B, C, A, B, B, End

INTRO
[BFLY WALL] WAIT; WAIT; Lady CHASE TRN to BFLY; to rev CUCA;

PART A
[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;
[BFLY WALL] SPOT TRN to BFLY;

PART B
[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; Man TRN LEFT fc Center; low bfly SD WALK 3;
[LOW BFY WALL] CHASE w/ UNDERARM PASS to BFY WALL; SHLDR to SHLDR - 2X;

PART A
[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;
[BFLY WALL] SPOT TRN to BFLY;

PART B
[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; Man TRN LEFT fc Center; low bfly SD WALK 3;
[LOW BFY WALL] CHASE w/ UNDERARM PASS to BFY WALL; SHLDR to SHLDR - 2X;

PART C
[BFLY WALL] NEW YORKER in 4; NEW YORKER; THRU, SERPIENTE to OP LOD; PROG WALK 3;
[OP LOD] CIRC AWAY & TOG to BFLY; VINE 3; WRAP; to the right WHEEL 6 fc WALL;
[WRAP POS WALL] SD WALK 3 APT; SD WALK 3 TOG Lady TRN to BFLY;

PART A
[BFLY WALL] 1/2 BASIC; FENCE LINE to Line; FENCE LINE to Rev; BK 1/2 BASIC; HAND to HAND; CRAB WALKS;
[BFLY WALL] SPOT TRN to BFLY;

PART B
[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; Man TRN LEFT fc Center; low bfly SD WALK 3;
[LOW BFY WALL] CHASE w/ UNDERARM PASS to BFY WALL; SHLDR to SHLDR - 2X;

PART B
[BFLY WALL] OP BREAK; UNDERARM TRN to LARIAT 3; Man TRN LEFT fc Center; low bfly SD WALK 3;
[LOW BFY WALL] CHASE w/ UNDERARM PASS to BFY WALL; SHLDR to SHLDR - 2X;

END
[BFLY WALL] to rev CRAB WALK in 4; CROS LUNGE & HOLD;