**SHOO FLY PIE (AND APPLE PAN DOWDY)**

**Choreographers:** TJ & Bruce Chadd, 10400 Overland Rd #161 Boise, ID 83709  
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**Music:** "Shoo Fly Pie and Apple Pan Dowdy (Album Version)"  
**Artist:** Blue Sea Band and Fred Mollin  
**CD:** Ratatouille: What's Cooking? (International Version)  
**Release Date:** June 2017  
**Rhythm:** Jive  
**Phase:** IV + 1 (Stop & Go)  
**Degree of Difficulty:** Average Difficulty  
**Original Length of Music:** 2:32  
**Music Modification:** Slow to 41 rpm or (9%) of original tempo  
**Sequence:** Intro AB A^mod^ C A End  
**Footwork:** Opposite for Woman unless otherwise noted in ( )

**INTRO [8 Measures]**

1-8  **WAIT:** WAIT; SLOW PT SD AND CL 2X;; FWD TO SLOW BBALL TRNS;; SLOW STRUT TOG 4 LOP;;

1-2  {Wait 2 Measures} Wait; Wait;  
3-4  {Slow Pt & Cl 2X} Pt L twd RLOD, -, clo L to R, -; Pt R twd LOD, -, clo R to L, -;  
5-6  {Fwd to Slow BBall Trn} Twd COH and ptr fwd L and ck trng 1/4 RF, -, rec on R contg RF trn to end fcg the WALL, -; Cont by stepg fwd L twd the WALL and ck trng 1/4 RF, -, rec on R contg RF trn to end fcg COH and ptr, -;  
7-8  {Slow Strut Tog 4 LOP} Fwd L, -, fwd R, -; Fwd L, -, fwd R to LOP, -;  

**PART A [16 Measures]**

1-8  **LINDY CATCH;; STOP & GO;; UNDERTRN SPANISH ARMS TO LOD - RK APT AND REC;; SLOW SD BRKS: 4 QK CHICKEN WKS;;**  

1-2  {Lindy Catch} Fcg COH LOP Rk apt L, rec R, fwd L/R, L movg RF around Woman catchg her at waist with right hnd releasg left hnd [Man is in bk and slightly to the left of Woman with right arm around her waist]; Fwd R, L cont around Woman, fwd L/R, R to LOP FCG; {Fcg ptr Rk apt R, rec L, fwd L/R, R [Lady in front of Man]; Bk L, R still fcg the WALL [no turn], bkg L/R, L LOP FCG}  
3-4  {Stop & Go} Rk bk L, rec R, fwd L/cl R, fwd L [Man catches Woman with right hnd on Woman’s left shldr blade at end of triple to stop her movement]; Rk fwd R, rec L, small bk R/cl L, bk R; {Rk bk R, rec L, fwd R comm 1/2 LF trn/cl L, bk R complete 1/2 LF trn under joined hands to end at Man’s right sd; [Man catches Woman with right hand on Woman's left shldr blade at end of triple to stop her movement] Rk bk L, rec R, fwd L comm 1/2 RF trn/cl R, bk L complete 1/2 RF trn under joined hands to end fcg Man;}  
5-6  {Undertrn Spanish Arms to LOD and Rk Apt & Rec} Rk bk L, rec R join both hnd, lead Woman LF under raised lead hnds fwd L/cl R, sd L trng 1/4 RF to fc LOD wrapp Woman; Cont RF trn lead Woman to unwrap RF 3/4 under lead hnds in place R/cl L, in place R to fc LOD; Rk bk L, rec R; {Rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF; Sd L/cl R, sd L, bk bk R, rec L;}  
7  {Slow Sd Brks} Push step L/push step R, -, cl L/cl R, -;  
8  {4 Qk Chicken Wks} Holding lead hnds and bkg twd LOD Bk L, bk R, bk L, bk R; {Swivel fwd R, swivel fwd L, swivel fwd R, swivel fwd L;}

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**PART A MODIFIED [8 Measures]**

1-8 **LINK RK;,, PRETZEL TRN,,; DBL RK; UNWIND PRETZEL TO LOW BFLY; SAILOR SHUFFLE 2X; SYNC PROG RK 4 BFLY; 2 SD CLS;**

1-3 **{Link Rk}** Rk bk L, rec R, small triple fwd L/R, L; Sd R/L, R to Loose CPW,

**{Pretzel Trn}** Rk bk L trng slightly to SCP, rec R trng right to fc ptr; Sd L/cl R, sd L trng 1/2 RF to fc slightly COH keepg Man's left and Woman's right hnds joined [ptrs are in a bk to bk position], sd R/cl L, sd R trng up to 1/4 RF to fc slightly LOD [ptrs are in a Bk to Bk “V” Position with Man's left and Woman's right hnds joined beh bks];

4-8 Repeat Part A Measures 12-16

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**PART B [8 Measures]**

1-4 **TRAVELING SAND STEP 2X;; VN 4; THROWAWY [LOD];**

1-2 **{Traveling Sand Step 2X}** In BFLY fcg WALL Swivelg RF on R ft tch L toe to instep of R ft with toe pointed inward, swivelg LF on R ft small sd L, swivelg RF on L ft tch R heel to floor toe pointed outward, swivelg LF on L ft XRIF; Repeat;

3 **{Vn 4}** Sd L, XRIB, sd L, XRIF to loose SCP;

4 **{Throwawy [LOD]}** In SCP Fwd and sd L/cl R, fwd and sd L leadg Woman to trn ½ LF, sd and fwd R/cl L, sd and fwd R to LOP LOD; (In SCP Fwd R/fwd L, fwd R trng ½ LF, sd and bk L/cl R, sd and bk L to LOD fcg ptr);

5-8 **CHG HNDS BEH THE BK TO HND SHAKE [RLOD];,, TRIPLE WHEEL FC WALL ,;;**

5-8 **{Chg Hnds Beh the Bk to Hnd Shake}** From LOP fcg LOD Rk apt L, rec R, fwd L startg 1/4 LF trn and placg right hnd over Woman's right hnd/cl R, fwd L releasg left hnd and completg 1/4 LF trn to Tandem Position in front of Woman; Sd and bk R startg 1/4 LF trn and placg left hnd beh Man's bk/cl L transferg Woman's right hnd to Man's left hnd beh his bk, sd and bk R completg 1/4 LF trn to fc RLOD chg to right hnd shake, (Rk apt R, rec L, fwd R startg 1/4 LF trn/cl L, fwd R completg 1/4 LF trn to Tandem Position beh Man; Sd and bk L startg 1/4 RF trn/cl R, sd and bk L completg 1/4 RF trn chg to right hnd shake.)

**{Triple Wheel Fc WALL}** Rk apt L, rec R; Comm RF wheel sd L/cl R, sd L trng in twd ptr and tch her bk with Man's left hnd, cont RF wheel sd R/cl L, sd R trng away from ptr; Cont RF wheel sd L/cl R, sd L trng in twd ptr to fc WALL and tch her bk with Man's left hnd, leading the Woman to spin RF sd R/cl L, sd R; (Rk apt R, rec L trng 1/4 LF; Comm RF wheel sd R/cl L, sd R trng away from ptr, cont RF wheel sd L/cl R, sd L trng twd ptr and tch his back with Woman's left hnd; Cont RF wheel sd R/cl L, sd R spinning RF on R ft to fc ptr, sd L/cl R, sd L;)

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PART C [16 Measures]

1-8
In SCP SLOW RK THE BOAT [1X] [LOD]; 2 FWD TRIPLES; SLOW RK THE BOAT [1X]; THROWAWAY [LOD]; DBL RK APT & REC TO A; CHG HNDS BEH THE BK [RLOD]; CHG L TO R WITH CONTINUOUS CHASSE [COH];

1
(In SCP [LOD] Slow rk the Boat 1X) In SCP fcg LOD Fwd L with straight knee with fwd poise, -, with rkg motion and relaxed knees cl R with bk poise, -;

2
(2 Fwd Triples) Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

3
(Slow Rk the Boat 1X) Repeat Part C Measure 1

4
(Throwaway [LOD]) In SCP Fwd and sd L/cl R, fwd and sd L leadg Woman to trn ½ LF, sd and fwd R/cl L, sd and fwd R to LOP LOD; (In SCP Fwd R/fwd L, fwd R trng ½ LF, sd and bk L/cl R, sd and bk L to fc ptr;)

5
(Dbl Rk Apt & Rec to a) In place Rk bk L, rec R, rk bk L, rec R;

6
(Chg Hnds Beh the Bk [RLOD]) From LOD fcg LOD Fwd L startg 1/4 LF trn and placg right hnd over Woman's right hnd/cl R, fwd L releasg left hnd and completg 1/4 LF trn to Tandem Position in front of Woman, sd and bk R startg 1/4 LF trn and placg left hnd beh Man's bk/cl L transferrg Woman's right hnd to Man's left hnd beh his bk, sd and bk R completg 1/4 LF trn to fc RLOD chg to right hnd shake; (Fwd R startg 1/4 RF trn/cl L, fwd R completg 1/4 RF trn to Tandem Position beh Man, sd and bk L startg 1/4 RF trn/cl R, sd and bk L completg 1/4 RF trn chg to right hnd shake;)

7-8
(Chg L to R with Continuouse Chasse [COH]) Fcg RLOD LOP Rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF trn to fc COH; Sd R/cl L, sd R/cl L, sd R/cl L, sd R; (Rk bk R, rec L, fwd R/cl L, fwd R comm up to 3/4 LF trn under joined lead hands to fc ptr; Sd L/cl R, sd L/cl R, sd L/cl R, sd L;)

9-16
RK SCP REC & QK RK THE BOAT [1X]; 2 FWD TRIPLES; QK RK THE BOAT 2X; 2 FWD TRIPLES; THROWAWAY [RLOD]; RK APT REC & KICK BALL CHG; CHG LT TO RT WITH CONTINUOUS CHASSE [COH];

9
(Rk SCP Rec & Qk Rk the Boat 1X) Rk bk L to SCP fcg RLOD, rec R, fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise;

10
(2 Fwd Triples) In SCP fcg RLOD Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

11
(Qk Rk the Boat 2X) In SCP fcg RLOD Fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise, fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise;

12
(2 Fwd Triples) In SCP fcg RLOD Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

13
(Throwaway [RLOD]) In SCP fcg RLOD Fwd and sd L/cl R, fwd and sd L leadg Woman to trn ½ LF, sd and fwd R/cl L, sd and fwd R to LOP RLOD; (In SCP Fwd R/fwd L, fwd R trng ½ LF, sd and bk L/cl R, sd and bk L to fc ptr;)

14
(Rk Apt Rec & Kick Ball Chg) Rk apt L, rec R, kick L small flick kick fwd/take weight on ball of L ft, replace weight on R ft;

15-16
(Chg L to R with Continuous Chasse) Repeat Part C Measures 7-8

REPEAT PART A [16 Measures]

END [9 Measures]

1-9
[BFLY FCG WALL] TRAVELING SAND STEP 2X; VN 4; THROWAWAY [LOD]; CHG HNDS BEH THE BK [RLOD] TO HND SHAKE; , TRIPLE WHEEL SLOWING DOWN TO FC WALL LOW BFLY; ;; APT PT;

1-8
Repeat Part B Measures 1-8

9
(Apt Pt) Apt L, -, pt R twd ptr, -;
"Shoo Fly Pie (and Apple Pan Dowdy)" Quick Cues

Sequence: Intro  AB  A<sup>mod</sup>  C  A  End

Intro:  
Fencing COH / 8 Ft Apt / Lead Ft Free / Wait 2 Measures  
Wait ;  Wait ;  Slow Pt Sd & Cl 2X ;;  
Fwd to Slow B-Ball Trn ;;  Slow Strut Tog 4 LOW BFLY ;;

A:  
Lindy Catch ;;  Stop & Go ;;  
Undertrn Spanish Arms to LOD - Rk Apt & Rec ;;  
Slow Sd Brks ;  4 Qk Chicken Wks ;  
Link Rk Trng to Fc WALL ~;  Pretzel Trn ~;  Dbl Rk;  
Unwind Pretzel LOW BFLY ;  Sailor Shuffle 2X ;  
Sync Prog Rk 4 BFLY ;  2 Sd Cls ;

B:  
Traveling Sand Step 2X ;;  Vn 4 ;  Throwawy [LOD] ;  
Chg Hnd Beh the Bk [RLOD] - Shake Her Hnd ~;  Triple Wheel Fc WALL ~; ;

A<sup>mod</sup>:  
Link Rk ~;  Pretzel Trn ~;  Dbl Rk ;  Unwind Pretzel LOW BFLY ;  
Sailor Shuffle 2X ;  Sync Prog Rk 4 BFLY ;  2 Sd Cls ;

C:  
In SCP Slow Rk the Boat [1X] [LOD] ;  2 Fwd Triples ;  
Slow Rk the Boat [1X] ;  Throwawy [LOD] ;  
Dbl Rk Apt & Rec to a ;  Chg Hnds Beh the Bk [RLOD] ;  
Chg L to R with Continuous Chasse [COH] ;;  
Rk SCP Rec & Qk Rk the Boat [1X] ;  2 Fwd Triples ;  
Qk Rk the Boat 2X ;  2 Fwd Triples ;  Throwawy [RLOD] ;  
Rk Apt Rec & Kick Ball Chg ;  Chg Lt to Rt with Continuous Chasse [COH] ;;

A:  
Lindy Catch ;;  Stop & Go ;;  
Undertrn Spanish Arms to LOD - Rk Apt & Rec ;;  
Slow Sd Brks ;  4 Qk Chicken Wks ;  
Link Rk Trng to Fc WALL ~;  Pretzel Trn ~;  Dbl Rk ;  
Unwind Pretzel LOW BFLY ;  Sailor Shuffle 2X ;  
Sync Prog Rk 4 BFLY ;  2 Sd Cls ;

End:  
Traveling Sand Step 2X ;;  Vn 4 ;  Throwawy [LOD] ;  
Chg Hnd Beh the Bk [RLOD] - Shake Her Hnd ~;  
Triple Wheel - Slowing Down to Fc WALL LOW BFLY ~; ;  Apt Pt ;;