

SING ME AN OLD FASCIONED SONG

Music: **Niamh Lynn**
www.amazon.com/
Track # 3 Time 3:05 Slow down w/ -8% to Time 3:25
Available from choreographer

Rhythm: **Cha Cha , Quick Step & Rumba** Phase: **V+1 (TurkishTowel)**

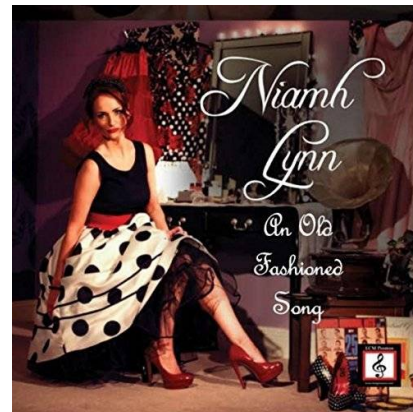
Footwork: **Opposite except where (Noted)**

Release Date: May 21

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Sequence : **INTRO A(1-17) B A*B A(1-14) END**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES START WITH CHA CHA ; ;
{Wait} BFLY Pos WALL Id ft free wt 2 meas Start w/ Cha Cha ; ;

PART A CHA CHA

01-04 NEW YORKER TWICE ; ; REVERSE UNDERARM TURN ; SPOT TURN ;

{New Yorker x 2} Thru L to LOP RLOD, rec R to fc, sd L/cl R, sd L ; Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ; {Reverse Underarm Trn} Raisg jnd Id hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to BFLY WALL ; {Spot Trn} [Releasg both hnds] XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

05-08 DBL HAND BASIC 1/2 ; UNDERARM TURN to STACKED HANDS ; OP BREAK & CHANGE SIDES/W UNDERARM ; ONE TRAVELING DOOR :

{Dbl Hndhold Basic 1/2} [Keep both hands] Fwd L, rec R, sd L/cl R, sd L (W bk R, rec L, sd R/cl L, sd R), - ; {Underarm Trn to Stacked Hnds} Raisg both hnds up XRib, rec L, sd R/cl L, sd R (W XLif under both hnds trng RF, rec R contg to trn to fc M, sd L/cl R, sd L) to stacked hnds lft over rt hnds, - ; {OP Break & Chng Sides /W Underarm } [With stacked hnds] Apt L, rec R raisg stacked hnds fwd, fwd L comm RF trn/ sd R cont RF trn to fc ptr, cl L (W apt R, rec L, fwd R COH LF trn under stacked hnds chg sds/sd L cont LF trn, sd R) to BFLY COH ; {1 Travelg Door} Sd R, recl L, XRif (XLif)/sd L, XRif (W XLif) to BFLY COH ;

09-10 CHASE w/ UNDERARM PASS & rt hndshk ; ;

{Chase w/ Underarm Pass & rt hndshk} Fwd L trng RF ½ keepg Id hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd) ; Bk R raisg Id hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd Id hnds to fc ptr, sd L/cl R, sd L) to rt hndshk WALL ;

11-14 SHADOW BACK BREAK to OP LOD ; PARALLEL BREAKS ; ; SHADOW NEW YORKER to BFLY ;

{Shad Bk Break to OP LOD} [w/ rt hndshk] XLib (W XRib) trng ¼ LF to SD-BY-SD LOD w/ rt hnds jnd ifo bdies & lft hnds xtnd to sd at shldr level, fwd R, fwd L/ik Rib (W Ik Lib), fwd L to OP LOD ; {Parallel Breaks} [w/ rt hndshk] Rk bk R leadg W across in front, rec L, fwd R/ik L, fwd R to fc Line (W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to fcg LOD, fwd L/ik R, fwd L) to LOP LOD [similar to W whip action] ; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to fcg LOD, fwd L/ik R, fwd L (W rk bk R allowg M to pass across in front, rec L to fc, fwd R/ik L, fwd R) to rt hndshk WALL [similar to M whip action] ; {Shad New Yorker} Thru R trng ¼ LF (W thru L trng ¼ RF) to SD-BY-SD to LOD w/ rt hnds jnd ifo bdies & lft hnds xtnd to sd at shld level, rec R, sd L/cl R, sd L to BFLY WALL ;

15-17 FENCE LINE w/ ARMSWEEP TWICE ; ; TWISTY VINE 4 w/ PICK UP ; ;

{Fence Line w/ Armsweep x 2} XLif (W XRif) w/ bent knee bent knee Id arms circle CW (W CCW) ifo body, rec R, sd L/cl R, sd L ; XRif (W XLif) w/ bent knee trl arms circle CCW (W CW) ifo body, rec L, sd R/cl L, sd R to CP WALL ; {Twisty Vine 4 w/ Pick Up} [QQQQ] Sd L, XRib (W XLif) trng RF to SCAR DRW, sd L trng LF to fc ptr, XRif (W XLib) swiv LF on R to Pick Up to LOD ;

2^{de} TIME

15-18 FENCE LINE w/ ARMSWEEP TWICE ; ; TWISTY VINE 8 w/ PICK UP ; ;

{Fence Line w/ Armsweep x 2} Repeat meas 15,16 Part A ; ; {Twisty Vine 8 w/ Pick Up} [QQQQ;QQQQ] Sd L, XRib (W XLif) trng RF to SCAR DRW, sd L trng LF to fc ptr, XRif (W XLib) trng LF to BJO DLW ; Sd & fwd L trng RF to fc ptr, XRib (W XLif) trng RF to SCAR DRW, sd L trng LF to fc ptr, XRif (W XLib) swiv LF on R to CP LOD ;

PART B QUICKSTEP

01-04 QUARTER TURN w/ PROGRESSIVE CHASSE & FWD ; ; ; ;

{Quarter Trn w/ Progressive Chasse & Fwd} [SS] Fwd L, -, fwd R trng RF, -; [QQS] Sd L, clR, sd L trng RF to DRW, -; [SQQ] Bk R trng LF, -, sd L, cl R; [SS] Sd L to DLW, -, fwd R to BJO DLW, -;

05-08 FISHTAIL ; FORWARD LOCK FORWARD ; MANEUVER SIDE CLOSE ; PIVOT TWO to LOD :

{Fishtail} [QQQQ] XLib, sd R & trn RF, fwd L w/ lft sd ld, lk Rib ; **{Fwd Lock Fwd}** [QQS] Fwd L, lk Rib, fwd L, -; **{Maneuver Sd Cl}** [SQQ] Trng RF fwd R Xg ifo W, -, sd L to fc RLOD, cl R to CP RLOD ; **{Pivot 2 to LOD}** [SS] Bk L pvtg ½, -, fwd R to CP LOD, -;

09-12 TWO LEFT TURNS ; ; SLOW HOVER & THRU to FACE ; ;

{2 Left Trns} [SQQ:SQQ] Trng LF Fwd L, -, sd R, cl L ; Cont LF trn Bk R, -, sd L, cl R to CP WALL ; **{Slow Hover & Thru}** Fwd L, -, sd & fwd R rising to toe (*W sd L brush R to L*), - ; Rec L to SCP LOD, -, thru R & swiv to fc ptr, -;

13-16 STROLLING VINE to BFLY ; ; ;

{Strolling Vine} [SS] Sd & bk L, -, XRib, -; [QQS] Sd L, cl R, sd & fwd L trng ½ LF to CP COH, -; [SS] Sd & bk R, -, XLib, -; [QQS] Sd R, cl L, sd & fwd R trng ½ RF to BFLY WALL, -;

17-19 TWIRL/VINE 2 ; SIDE & PICK UP ; WALK & FACE ;

{Twirl/Vine} [SS] Raisg jnd ld hnds fwd & sd L, -, XRib (*W twrl full RF trn under hnds R, -, L*) to BFLY WALL, -; **{Sd & Pick Up}** [SS] Sd L, -, cl R & swiv on R to PU Idg W in frt (*W sd R, -, XLif trng LF ifo M & swiv LF to RLOD*) to CP LOD, -; **{Walk & Fc}** [SS] Fwd L, -, fwd R trng RF to WALL, -;

ENDING CHA CHA & RUMBA

01-04 FENCE LINE w/ ARMSWEEP ; FRONT VINE 4 ; FENCE LINE w/ ARMSWEEP ; SPOT TURN in 4 ;

{Fence Line w/ Armsweep} Repeat meas 15 Part A ; **{Front Vine 4}** [QQQQ] XRif (*WXLif*), sd L, XRib (*W XLib*), sd R ; **{Fence Line w/ Armsweep}** Repeat meas 16 Part A ; **{Spot Trn in 4}** [QQQQ] XLif (*W XRif*) trng ½ RF, rec R contg to trn to fc ptr, sd L, cl R ;

05-09 FENCE LINE w/ ARMSWEEP ; FRONT VINE 4 ; FENCE LINE w/ ARMSWEEP ; RUMBA AIDA & EXTEND ARMS ; ;

{Fence Line w/ Armsweep} Repeat meas 15 Part A ; **{Front Vine 4}** Repeat meas 2 Ending ; **{Fence Line w/ Armsweep}** Repeat meas 16 Part A ; **{RUMBA Aida to RLOD & Extend Arms}** [Xg] Id hnds ovr trl hnds to RLOD [QQS] Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; Extendg free arms up & out ;