

Something About Us

Released: October 2019, Correction of phase level: October 2019
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Music: "Something About Us," by Pomplamoose. Available .mp3 from Amazon. See end of cue sheet for music link on Amazon. Preview Music on YouTube: <https://www.youtube.com/watch?v=2CCNswShJRc>
Time/Speed: Time @ RPM: 3:37@45 as downloaded. Fades out at 3:25.
Footwork: Woman's footwork opposite (except as noted in parentheses)
Rhythm/Phase: West Coast Swing/Rumba V +2 unphased [Push Break, Tuck & Twirl]
Degree of difficulty: Average
Sequence: Intro – A – B – B – C – A – Intl – A – B – C – End

INTRO [RUMBA]

1-4 WAIT ; ; ; ;

1-4 {Wait} BFLY fcg wall lead feet free wait through one beat and four measures ; ; ; ;

5-8 CUCARACHA TWICE ; ; HALF BASIC ; FACING FAN ;

1-2 {Cuca 2X} [With arms] Sd L, rec R, cl L, -; Sd R, rec L, cl R, -;

3 {Half Bas} Fwd L, rec R, sd L, -;

4 {Fcg Fan fc LOD} Bk R, rec L trng LF 1/4 to LOD fc ptr, fwd R (W Fwd L, trn LF sd & bk R trng 1/4 LF, bk L leaving R extended fwd w/ no wgt) to LOP [for WCS], -;

A [WCS]

1-4 TUCK AND SPIN ~ LEFT SIDE PASS ; ; ; KICK BALL CHANGE TWICE ;

1-3 {Tuck & Spn} Bk L, bk R bringing ld hnd to center, tap L, fwd L leading W to spn RF ; anchor R/L, R (W Fwd R, fwd L, tap R, trng 1/2 fwd R spn 1/2 RF ; anchor L/R, L), {L Sd Pass} Bk L comm 1/4 LF trn, sm bk R out of slot completing 1/4 trn ; Ldg W to pass sd L/cl R, fwd L trng 1/4, anchor R/L, R (W fwd R, fwd L comm LF trn ; sd R/XLif, bk R completing 1/2 trn to fc M, anchor L/R, L) ;

4 {Kbchg 2X} Kck L ft fwd/take wgt on ball of L ft, replace wgt on R, kck L ft fwd/take wgt on ball of L ft, replace wgt on R ;

5-8 TUCK AND TWIRL ~ UNDERARM TURN ; ; ; FOUR CHICKEN WALKS ;

5-7 {Tuck & Twirl} Bk L, bk R, tap L raise jnd ld hnds, fwd L ldg W to trn RF undr jnd hnds ; anchor R/L, R (W fwd R, fwd L, tch R, trng 1/2 RF fwd R trn 1/2 RF und jnd hnds to fc M ; anchor L/R, L), {Undrm Trn} Bk L raising ld hnds leading W to pass R sd, releasing trl hnds XRif stg RF trn ; Sd L/cl R, sd & fwd L completing RF trn, anchor R/L, R to ld hnds (W Fwd R, fwd L commence LF trn ; sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc prt [French Cross], anchor L/R, L) ;

8 {4 Chkn Wilks} Bk L, bk R, bk L, bk R (W swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L) ;

B

1-4 SUGAR PUSH WITH TWO ROCKS ; ; PUSH BREAK ~ KICK BALL CHANGE ; ;

1-2 {Sug Push w/ 2 Rks} Bk L, sm bk R, tch L, rk fwd L ; Rk bk R, fwd L, anchor R/L, R (W Fwd R, fwd L, tap R in bk, rk bk R ; Rk fwd L, bk R, anchor L/R, L) ;

3-4 {Push Brk} Bk L, bk R jng both hnds low, bk L/cl R, fwd L ; anchor R/L, R (W Fwd R, fwd L cl to M, fwd R/cl L, bk R ; anchor L/R, L) chg to ld hnds, {KB chg} Kck L ft fwd/take wgt on ball of L ft, replace wgt on R (W Kck R ft fwd/take wgt on ball of R ft, replace wgt on L) ;

5-8 WRAPPED WHIP INTERRUPTED WITH TWO SWEETHEARTS ; ; ; ;

- 5 {**Start Wrapped Whp**} Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sd & fwd L/rec R trng RF, sd L (*W Fwd R, fwd L, fwd R/cl L, bk R*) to wrapped pos W slightly to R of M ;
- 6 {**Swhrt**} With loose hnd hold & looking at ptr ck fwd R, rec L, sd R/cl L, cl R sliding beh to W's R sd (*W Looking at ptr ck bk L, rec R, sd L/cl R, sd L*) ;
- 7 {**Swhrt**} With loose hnd hold & looking at ptr ck fwd L, rec R, sd L/cl R, sd L sliding beh to W's L sd (*W Looking at ptr ck bk R, rec L, sd R/cl L, sd R*) ;
- 8 {**Fin Wrapped Whp**} Relg M's R & W's L hnds & keeping ld hnds jnd low XRib trng RF, fwd L cont RF to fc ptr, anchor R/L, R (*W Bk L, bk R, anchor L/R, L w/ ld hnds jnd*) ;

REPEAT B**1-4 SUGAR PUSH WITH TWO ROCKS ; ; PUSH BREAK ~ KICK BALL CHANGE ; ;****5-8 WRAPPED WHIP INTERRUPTED WITH TWO SWEETHEARTS ; ; ; ;****C****1-5 UNDERARM TURN TO TRIPLE TRAVEL WITH ROLL ~ KICK BALL CHANGE ; ; ; ;**

- 1 {**Undrm Trn to Trip Trav w/ Roll**} Bk L, fwd R trng RF 1/4 , sd & fwd L to fc RLOD/cl R, fwd L trng LF to fc WALL jn R hnds palm to palm [R Hand Star] (*W fwd R, fwd L, fwd R/L, R twd RLOD passing M on WALL sd undr jnd ld hnds trng LF 3/4 on last stp to fc COH*) ;
- 2 Sd R/cl L, sd & fwd R comm 1/4 RF trn, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 making a total of 1 1/2 RF trn to a L Hand Star ;
- 3 Sd L/cl R, sd L trng LF 1/2 to R Hand Star, sd R/cl L, sd R trng RF 1/2 to L Hand Star ;
- 4-5 Sd L/cl R, sd & fwd L comm 1/4 LF trn, sd R roll LF, sd L cont LF roll making a total of 1 1/4 LF trn to fc ptr jng ld hnds ; anchor R/L, R to LOP-FCG RLOD, {**Kck Ball Chg**} Kck L ft fwd/take wgt on ball of L ft, replace wgt on R (*W Kck R ft fwd/take wgt on ball of R ft, replace wgt on L*) ;

6-8 TUCK AND TWIRL TO HAMMERLOCK ~ UNDERARM TURN ; ; ;

- 6-8 {**Tuck & Twrl to Hammerlock**} Bk L, bk R join trl hnds & raise ld hnd to palm to palm, tap L to R, fwd L ldg W to trn 1/2 RF to Hammerlock ; Sip R/L, R (*W Fwd R, fwd L, tch R, fwd R trng 1/2 RF ; Bk L/cl R, fwd L to M's R sd in hammerlock pos ld hnds high trl hnds low*) , {**Undrm Trn**} Bk L raising ld hnds leading W to pass R sd, releasing trl hnds XRif stg RF trn ; Sd L/cl R, sd & fwd L completing RF trn, anchor R/L, R to ld hnds (*W Fwd R, fwd L commence LF trn ; sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc prt [French Cross], anchor L/R, L*) ;

REPEAT A**1-4 TUCK AND SPIN ~ LEFT SIDE PASS [TO RLOD] ; ; ; KICK BALL CHANGE TWICE ;****5-8 TUCK AND TWIRL ~ UNDERARM TURN [TO LOD] ; ; ; FOUR CHICKEN WALKS [TO CUDDLE EMBRACE] ;****INTERLUDE [RUMBA] [in FRENCH]****1-4 CUDDLE HIP ROCKS TWICE ; ; CUDDLE TWICE ; ;**

- 1-2 {**Hip Rks 2X**} [QQS QQS] Rk sd L rolling hip sd & bk, rec R w/ hip roll, rec L w/ hip roll, -; Rk sd R rolling hip sd & bk, rec L w/ hip roll, rec R w/ hip roll, -;
- 3-4 {**Cuddle 2X**} Sd L, rec R, cl L to R (*W swvlg 1/2 RF on L foot stp sd R to Half Op, rec L stg LF trn, fwd & sd R plcg R hnd on M's L shldr*), -; Sd R, rec L, cl R to L (*W swvlg 1/2 LF on R foot stp sd L to L Half Op, rec R stg RF trn, fwd & sd L*), to BFLY -;

5-8 FORWARD BASIC & WRAP ; BACK BASIC & UNWRAP ; BLEND TO BFLY REVERSE UNDERARM TURN ; UNDERARM TURN TO LOP FCG FOR WCS ;

- 5 {**Fwd Bas & Wrp**} Fwd L, rec R, bk L (*W bk R, rec L, fwd R crossing slightly to M's R sd trng LF 1/2 undr jnd ld hnds to WRP fcg wall*), -;

- 6 {**Bk Bas & Unwrp**} Bk R, rec L, fwd R (*W bk L, rec R, fwd L raising R hnd & trn 1/2 RF to fc M*) blend to BFLY wall, -;
- 7 {**Rev Undrm Trn**} Raising jnd ld hnds XLif, rec R, sd L (*W Swvlg 1/4 LF on ball of supporting foot stp fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R*), -;
- 8 {**Undrm Trn**} Raising jnd ld hnds trn bdy slightly RF bk R, rec L to fc ptr, sd R (*W Swvlg 1/4 RF on ball of supporting ft fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L*) to LOP-FCG LOD, -;

REPEAT A**1-4 TUCK AND SPIN ~ LEFT SIDE PASS [TO RLOD] ; ; ; KICK BALL CHANGE ;****5-8 TUCK AND TWIRL ~ UNDERARM TURN [TO LOD] ; ; ; FOUR CHICKEN WALKS ;****REPEAT B****1-4 SUGAR PUSH WITH TWO ROCKS ; ; PUSH BREAK ~ KICK BALL CHANGE ; ;****5-8 WRAPPED WHIP INTERRUPTED WITH TWO SWEETHEARTS ; ; ;****REPEAT C****1-4 UNDERARM TURN TO TRIPLE TRAVEL WITH ROLL [TO RLOD] ~ KICK BALL CHANGE ;****;;;****5-8 TUCK AND TWIRL TO HAMMERLOCK ~ UNDERARM TURN TO RIGHT HANDSHAKE ; ; ;****END****1-3 FACELOOP SUGAR PUSH ~ IN/IN TO CUDDLE EMBRACE ; ; CORTE ~ LEG CRAWL & HOLD ;**

- 1-2 {**Faceloop Sugar Push**} Jng R hnds to HNDSHK Bk L raising jnd R hnds ovr M's head, bk R lower hnds to bk of M's neck plc L hnd on W's R hip, tap L releasing R hnds, fwd L ; anchor R/L, R (*W fwd R, fwd L slight RF trn, tap Rib, bk R slide R hnd dwn M's L arm ; anchor L/R, L*) to LOP-FCG, {**In/In**} Slightly fwd L twd ptr/cl R to L to cuddle embrace, -;
- 3 {**Corte**} Bk L flexing L knee with lowering action, -, {**Leg Crawl**} M straighten R leg w/ slight LF body rotation (*W Slide L leg up along M's R*), -;

Music link on Amazon: https://www.amazon.com/Something-About-Us/dp/B07VPS5JPN/ref=sr_1_2?crd=206AO6BAKTMN0&keywords=pomplamoose+something+about+us&qid=1570548204&prefix=pomplamoose+so%2Caps%2C192&sr=8-2

Pomplamoose

Pioneering the style of "VideoSongs" on YouTube, Pomplamoose is a San Francisco-based indie-pop-rock-duo composed of Jack Conte and Nataly Dawn. With the debut of their online presence in the summer of 2008, Pomplamoose (a derivation of the French word for grapefruit, *pamplemousse*) has garnered a significant fan following ever since. Veering away from the traditional model, Pomplamoose remains unsigned to this day, successfully making a living from album sales, licensing deals, touring, and the enthusiastic support of their fans.

