THEME FROM SUPERMAN

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MUSIC: “Can You Read My Mind” by Maureen McGovern Time: 3:20
From Maureen McGovern Greatest Hits download Amazon.com

RHYTHM: BOLERO RAL PHASE 4+2 [spiral, horseshoe trn] +2 U [sunburst, caressing brk]

FOOTWORK: Opposite unless otherwise indicated

SEQUENCE: INTRO A A BRIDGE B END

SPEED: Speeded 9%, adjust for comfort Released: May, 2016

INTRO

1-4 WAIT;; SUNBURST; U/A TRN;
_ 1-2 fcg ptr WALL both hnds jnd lead foot free wait;;
  3 [SUNBURST] Extend both arms up looking up, sweep arms out and down,;
  4 [ U/A TRN] sd L, XRIF of L leading W to trn RF undr jnd lead hnds, rec L (W sd R, XLIF of R comm RF trn undr jnd lead hnds, rec fwd & sd R to fc ptr COH) jn trail hnds;

PART A

1-4 FENCE LINE W/ARMS X 2;; NYR; AIDA PREP W/SPIRAL ENDG;
  1-2 [FENCE LINE W/ARMS] sd R sweeping arms up & over, XRIF of R, bk R to fc; sd L sweeping trailing arms up & over, XRIF of L bk L to fc;
  3 [NYR] sd R w/rise, thru L to RLOD, bk R to fc;
  4 [AIDA PREP W/SPIRAL ENDG] sd L join trail hnds, thru R, sd L spiraling RF on L (W sd R, thru L, sd R spiraling LF on R);
  NB: spiral option—leave out the spiral, do aida prep thru to rumba aida;

5-8 RUMBA AIDA; SLOW HIP RKS; SWVL TO FC FOR U/A TRN; LUNGE BRK;
  5 [RUMBA AIDA] fwd R, sd & bk L trng RF to fc RLOD, bk R to “V” bk to bk pos, (W fwd L, sd & bk R trng LF to fc RLOD, bk L to “V” bk to bk pos,);
  6-7 [SLOW HIP RKS] rk fwd L, rk bk R;
  8 [SWVL TO FC FOR U/A TRN] swvl LF on L to fc ptr, XRIF of L leading W to trn RF undr jnd lead hnds, rec L (W swvl RF on R to fc ptr, XRIF of R comm RF trn undr jnd lead hnds, rec fwd & sd R to fc ptr);
  [LUNGE BRK] sd R, lower on R extending L leg bk & sd, rise on R (W sd L, bk R, rec L);

9-12 CARESSING BRK; CROSS BODY; REV U/A TRN; CORTE W/HIP RKS;
  9 [CARESSING BRK] fwd L/fwd R caressing W’s L fc with R hnd, bk L, bk R (W fwd R/fwd L caressing M’s R face with L hnd, bk R, bk L);
  [CROSS BODY] sd & bk L trng LF, bk R w/slipping action, fwd L (W sd & fwd R, fwd L Xing in frnt of M trng LF, sm step sd R to fc WALL) end fcg ptr COH with trail foot free;
  10-11 [REV U/A TRN] sd R leadg W to trn LF undr jnd lead hnds, XRIF of R, rec R (W sd L, XRIF of L trng LF undr jnd lead hnds, rec L to fc ptr);
  12 [CORTE W/HIP RKS] blending to CP bk L w/R leg extended fwd, rk fwd R, rk bk L (W fwd R w/ L leg exted bk, rk bk L, rk fwd R);
PART A (CONT)

13-16 FWD BRK; TURNING BASIC; HIP LIFT TWICE:

13 [FWD BRK] in CP fcg COH sd & fwd R w/ bdy rise, fwd L w/contra ck action, bk R (W sd & bk L w/bdy rise, bk R w/contra ck action, fwd L);

14 [TRNG BASIC] CP fcg COH sd L+, bk R trng 1/4 LF w/slip pivot action, sd & fwd L trng 1/4 LF (W sd R-, fwd L trng 1/4 LF w/slip pivot action, sd & bk R trng 1/4 LF) end fcg ptr WALL;

15-16 [HIP LIFT TWICE] sd R-, tch L to R no weight and straighten L leg to raise L hip, bend L knee; sd L-, tch R to L no weight and straighten R leg to raise R hip, bend L knee;

REPEAT PART A

BRIDGE

1-4 REV U/A TRN; U/A TRN; LUNGE BRK; R PASS:

1 [REV U/A TRN] sd R leading W to trn LF undr jnd lead hnds, XLIF of R, rec R (W sd L+, XRIF of L trng LF undr jnd lead hnds, rec L to fc ptr);

2 [U/A TRN] fcg ptr WALL sd L, XRIB of L leading W to trn RF undr jnd lead hnds, rec L (W sd R-, XLIF of R comm RF trn undr jnd lead hnds, rec R);

3 [LUNGE BRK] sd & fwd R w/bdy rise to L open fcg pos, comm sl LF bdy trn sd & bk L, rec R (W sd & bk L w/bdy rise to L open fcg pos, bk R w/contra ck action, rec fwd L);

4 [R PASS] fwd & sd L comm RF trn raising lead hnds to lead W to cross in frnt of M, XRIB of L cont RF trn leading W to trn undr jnd hnds, fwd L (W fwd R+, fwd L comm LF trn in frnt of M, cont LF trn undr raised lead hnds bk R to fc ptr) end fcg COH trail ft free;

PART B

1-4 HORSESHOE TRN;; NYR; SPOT TRN:

1-2 [HORSESHOE TRN] sd & fwd R trng RF to LOP LOD, ck fwd L, rec R (W sd & fwd L trng LF to LOP LOD, ck fwd R, rec L);

fwd L DC curving LF, fwd R cont curving LF to chng sds undr lead hnds, sd & fwd L (W fwd R comm RF trn, fwd L curving undr jnd lead hnds, sd & fwd R) end fcg ptr WALL;

3 [NYR] sd R w/prise, thru L to fc R LOD, bk R to fc ptr;

4 [SPOT TRN] sd L trng sl LF, thru R trng LF to fc R LOD, fwd L trng LF to fc ptr jn both hnds;

5-8 DBLE HND HOLD OPENING OUT; SLOW SPIRAL TO WRAP; BOL WLK;

UNWRAP TO FC:

5 [DBL HND HOLD OPENING OUT] both hnds jnd sd & fwd R w/prise, lower & extend L to the side, rise drawing L leg up (W sd & bk L w/prise, XRIB of L lowering, fwd L to fc ptr);

6 [SLOW SPIRAL TO WRAP] both hnds joined take weight on L leading W to spiral LF to wrapped position, hold (W taking weight on R slow spiral LF, cont LF spiral to wrap position, end wrapped pos both fcg LOD with trail ft free;

7 [BOL WLK] in wrapped pos fwd R, fwd L, fwd R;

8 [UNWRAP TO FC] fwd & sd L raising jnd lead hnds to lead W to trn RF underlead hnds, XRIF of L, rec L (W fwd R comm RF trn under jnd lead hnds, sd & fwd L cont RF trn, sd R to fc ptr) to fcg ptr WALL trail ft free;
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END

1-4 AIDA; AIDA LINE SWITCH LUNGE; AIDA; AIDA LINE WITH HIP RKS;
1 [AIDA] sd R jning lead hnds, thru L, sd R trng sl LF;
2 [AIDA LINE SWITCH LUNGE] bk L to “V” bk to bk pos, swivel RF on L
   ft to fc ptr sd R with lunging action,;
2 [AIDA] rec sd L joining trail hnds, thru R, sd L trng RF to LOP RLOD;
4 [AIDA LINE W/ HIP RKS] bk R to “V” bk to bk pos, rk fwd L, rk bk R;

5-8 SWVL TO FC FOR U/A TRN; DBL HND HOLD OPENING OUT X 3;;
5 [SWVL TO FC FOR U/A TRN] fwd L swvling LF on L to fc ptr, raising
   jnd lead hnds XRIF of L to lead W to trn RF undr lead hnds, rec L
6-8 [DBLE HND HOLD OPENING OUT X 3] REPEAT MEAS 5 PART B;
   Sd & fwd L w/rise, lower & extend R to the side, rise drawing L leg up
   (W sd & bk R w/rise, XLIB or R lowering, fwd R to fc ptr);
   REPEAT MEASURE 5 PART B;
9-13 SLOW SPIRAL TO WRAP; BOL WLK TO FC; SUNBURST; U/A TRN;
   REV U/A TRN TO CUDDLE WRAP & SLOWLY LOOK AT PTR;
9 [SLOW SPIRAL TO WRAP] REPEAT MEAS 6 PART B;
10 [BOL WLK TO FC] REPEAT MEAS 7 PART B to fc ptr;
11 [SUNBURST] join both hnds REPEAT MEAS 3 INTRO;
12 [U/A TRN] REPEAT MEAS 4 INTRO;
13 [ REV U/A TRN TO CUDDLE WRAP & LOOK AT PTR] REPEAT MEAS
   1 of BRIDGE to end in wrapped pos & slowly look at ptr;