**INTRO**

1 – 4

4 – 6 FT APT WAIT;; TOG -4 PNT STPS;;

*(Tog -4 Pnt Stps)*

**PART A**

1 – 16

**LINK RK;;,** FALLAWAY-throwaway;;, CHG BHND BK – RVS;;, SHLDR SHOVE – HND SHK;;,**

*(Link Rk)*

Rk bk L, rcvr R, fwd chasse L/R; chasse R/L to CP/WALL, *(Fallaway-Throwaway)*

Trng ¼ lift ft to SEMI/LOD Rk bk L, rcvr R, in plc L/R; in plc R/L, R to LOPN/LOD,

*(Woman rk bk R, rcvr L, trng ½ lift ft chasse R/L,R to CP)*; *(bk chasse L/R,L)*;

*(Chg Bhnd Bk – Rvs)*

Rk bk L, rcvr R, trng ¼ lift ft chasse L/R,L, bhnd the back chg to rt hnds jnd;

*(Trng ¼ lift ft chasse R/L, R to LOPN/ROLD)*; *(Woman rk bk R, rcvr L, work armd Man’s rt sd fwd chasse R/L,R; trng ¼ rt ft chasse L/R,L)*; *(Shldr Shove)*

Rk bk L, rcvr R, trng ¼ rt ft chasse L/R,L to tch Man’s lift shldr to Woman’s rt shldr;

shoving off ftm shldrs & trng ¼ lift ft chasse R/L,R to HND SHK/ROLD;

**RK-RCVR TRIPLE WHL -3 - LOD & SPIN;;,** CHG L TO R – WALL;;, AMER SPIN;;, **LINK RK;;,**

*(Rk/Rcvr & Triple Whl -3)*

Rk bk L, rcvr R, trng slightly rt ft chasse L/R,L plng Man’s lift hnd on Woman’s rt shldr;

trng slightly lift ft chasse R/L,R Woman plng lift hnd on Man’s rt shldr, trng slightly rt ft chasse L/R,L plng Man’s Lift hnd on Woman’s rt shldr (Woman R/L free spin full ft trn on R;); in plc R/L, R to LOPN/LOD,

**CHG R TO L;;,** CHG L TO R;;,**

*(Chg L To R)*

Rk bk L, rcvr R, trng 3/8 rt ft chasse L/R; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ¾ lift ft undr lead hnds chasse R/L, R; chasse L/R,L)*; *(Amer Spin)*

Rk bk L, rcvr R, in plc L/R; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, fwd chasse R/L,R, spin full rt ft trn R; chasse L/R,L)*; *(Link Rk)*

Rk bk L, rcvr R, fwd chasse L/R; chasse R/L,R to CP/WALL,

*(Chg R To L)*

Trng ¼ lift ft to SEMI/LOD rk bk L, rcvr R, in plc L/R; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ½ lift ft chasse R/L,R to CP)*; *(trng ¾ rt ft undr lead hnds bk chasse L/R,L)*; *(Chg L To R)*

Rk bk L, rcvr R, trng ¾ lift ft chasse L/R,L; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ¾ lift ft undr lead hnds chasse R/L,R; chasse L/R,L)*;

**PART B**

1 – 16

**LINK TO WHIP TRN;;,** PRETZ TRN;;, DBL RK-RCVR; UNWRAP PRETZ,; JIVE WLK’S;,, SWIV -4 - FC;

*(Link To Whip Trn)*

Rk bk L, rcvr R, trng 3/8 rt ft chasse L/R,L; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ¾ lift ft undr lead hnds chasse R/L, R; chasse L/R,L)*; *(Amer Spin)*

Rk bk L, rcvr R, in plc L/R; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, fwd chasse R/L,R, spin full rt ft trn R; chasse L/R,L)*; *(Link Rk)*

Rk bk L, rcvr R, fwd chasse L/R; chasse R/L,R to CP/WALL,

*(Chg R To L)*

Trng ¼ lift ft to SEMI/LOD rk bk L, rcvr R, in plc L/R; chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ½ lift ft chasse R/L,R to CP)*; *(trng ¾ rt ft undr lead hnds bk chasse L/R,L)*; *(Chg L To R)*

Rk bk L, rcvr R, trng ¾ lift ft chass L/R,R Rk bk L, rcvr R, trng ¾ lift ft chasse L/R,L bhnd the back chg to rt hnds jnd;

*(Trng ¼ rt fc chasse R/L,R chg hnds to LOPN/ROLD)*; *(Woman rk bk R, rcvr L, work armd Man’s rt sd fdr chasse R/L,R; trng ¼ rt ft chasse L/R,L)*; *(Shldr Shove)*

Rk bk L, rcvr R, trng ¼ rt ft chasse L/R,L to tch Man’s lift shldr to Woman’s rt shldr;

shoving off ftm shldrs & trng ¼ lift ft chasse R/L,R to HND SHK/ROLD;

**CHASSE L & R, RT TRNG FALLAWAY;;,** FALLAWAY-throwaway;;, CHG L TO R – CTR;;

*(Chasse L & R)*

Chasse L/R, chasse R/L to CP/WALL, *(RT Trng Fallaway)*

Trng ¼ lift ft to SEMI/LOD Rk bk L, rcvr R, trng ¾ lift ft chasse R/L,L; trng ¼ rt ft chasse R/L,R to CP/COH, *(Fallaway-Throwaway)*

Trng ¼ lift ft to SEMI/LOD Rk bk L, rcvr R, in plc L/R; in plc R/L, R to LOPN/ROLD,

*(Woman rk bk R, rcvr L, trng ½ lift ft chasse R/L,R to CP)*; *(bk chasse L/R,L)*; *(Chg L To R)*

Rk bk L, rcvr R, trng ¾ rt ft chasse L/R,L; chasse R/L,R to LOPN/COH,

*(Woman rk bk R, rcvr L, trng ¾ lift ft undr lead hnds chasse R/L,R; chasse L/R,L)*;

**SHE GO – HE GO – WALL;;,** AMER SPIN – BTFY;,,

*(She Go – He Go - Wall)*

Rk bk L, rcvr R; trng ¾ lift ft chasse L/R,L; trng ¾ lift ft chasse R/L,R to LOPN/WALL,

*(Woman rk bk R, rcvr L, trng ½ lift ft chasse R/L,R; chasse L/R,L)*; *(Amer Spin)*

Rk bk L, rcvr R, in plc L/R; chasse R/L,R to BTFY/WALL,

*(Woman rk bk R, rcvr L, fwd chasse R/L,R, spin full rt fc trn R; chasse L/R,L)*;

(Continued On Page 2)
**NECK SLIDE – HND SHK:** Rk bk L, rcvr R, take lead hnds up & over Man’s head to back of Man’s neck & take trail hnds up & over Woman’s head to back of Woman’s neck, whl 3/8 rt fc fwd chasse L/R,L; cont. whl 3/8 rt fc fwd R, L; trng ¼ rt fc chasse R/L,R sliding apt to HNDSHK/WALL;  
(Lindy Catch) Rk bk L, rcvr R, working arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd R, L, chasse R/L,R to BTFY/WALL;  
(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rkd R, L, chasse R/L,R,L; rkd L, chasse R/L,R to LOPN/WALL;  
(Woman rk bk R, rcvr L, chasse R/L,R,L; thrusting both arms fwd rkd L, chasse R/L,R,L; chasse R/L,R to BTFY/WALL;  
(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP, chasse L/R,L,)  
(Waterfall) Rk bk L, rcvr R, chasse ¼ rt fc chasse L/R,L to tch Man’s rt shldr & tch Woman’s rt shldr; pov of Man & Woman fcng WALL & COH.

**CHG L TO R – WALL:**  
(Bk L, rcvr R, chasse ¼ rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL;  
(Woman rk bk R, rcvr L, chasse R/L,R,L;)}

**PART B (MOD)**

**LINK TO WHIP TRN:** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L; sd L to CP/WALL, sd chasse R/L,R;  
(Woman rk bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP;  
(Pretz Trn) Rk bk L, rcvr R, trng 3/8 lft fc chasse R/L,R to CP/WALL;  
(Woman rk bk R, rcvr L, cross R bhnd L; sd L, cross R in fnt;  
(Wrap Pretz) Rk bk L, rcvr R, trng 3/8 lft fc chasse R/L,R to CP/WALL;  
(Woman rk bk R, rcvr L, cross R bhnd L; sd L, cross R in fnt;  
(Chg L To R – Ctr) Rk bk L, rcvr R, trng ¼ rt fc chasse R/L,R to LOPN/WALL;  
(Woman rk bk R, rcvr L, trng ¾ lft fc unde chasse prts L,R;)}

**CHG PNT & HOLD:**  
(Spd L, pnt sd R, & hold;)}