YOU GO TO MY HEAD

Choreographers: Ken & Sue Davis, 11345 E. Monte Ave, Mesa, AZ 85209
Phone: 480-699-4713 email: davisfam2@cox.net Release Date: September, 2007, version 1.1
Rhythm: Foxtrot & West Coast Swing Phase: 5+0+2(Reverse Hesitation Change, Inside Paddle Turn)

Footwork: Opposite except where W’s noted by ( )
Timing: (Foxtrot) SQQ except where noted, (WC Swing) as noted
Music: “You Go to My Head” Artist: Michael Bolton (from the album “Bolton Swings Sinatra”) (music available online at iTunes Music Store, Walmart Music, etc.)
Sequence: INTRO-A-B-C-B-END Speed: 56 rpm

INTRO

1-4 (WRAPPED POS/WALL, PT R FEET TO SIDE & LOWER) WAIT; RISE & TCH;
THRU & UNWRAP TO ACK; TOG TCH;
1 {Wrapped/WALL} {wait} wait 1 meas;
S-- 2 {rise & tch} both slow rise together by straightening L legs drawing R feet in & tch R to L;
SSI(QQS) 3 {thru & unwrap to acknowledge} with trlg hds jnd XRIF of L, -, rec L trn to DLW fcng ptr pt R tdw ptr, - (XRIF of L, trn LF small stp bk L tdw DLW, bk R pt L tdw ptr, -);
SS 4 {tog tch} stp tdw ptr R, -, tch L to R to CP/DLW, -;

PART A

1-16 (CP/DLW) 3 STEP; 1/2 NAT; BK PASSING CHG; OUTSD CK; OUTSD SPIN;
BK & CHASSE TO BJO; NAT WEAVE;; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2;
REV HES CHG; DBL LILT; NAT WEAVE;;
1 {3 step} fwd L heel ld, -, fwd R heel ld rising to toe, fwd L to CP/DLW;
2 {1/2 nat} fwd R comm RF trn, -, sd L (cl R to L for heel trn), bk R in CP/RLOD;
3 {bk passing chg} bk L, -, bk R w/ R sd stretch to open W’s head, bk L in BJO/RLOD;
4 {outsd ck} bk R, -, slight LF trn sd & fwd L, ck fwd R outsde ptr to BJO/DRW;
5 {outsd spin} using strong RF rotation small bk L toe turned in, -, fwr R around W heel lead rising to toe cont RF trn, cont slight RF trn bk & slightly sd L (fwr R around M, -, cl L to R for toe spin, fwr R between M’s feet) to CP/DRW;
SQ&Q 6 {bk & chasse to BJO} bk R trn 1/4 LF to BJO, -, chasse L/R, L in BJO/CP/DLW;
7-8{natt weave} fwrd R comm RF trn, -, sd L (cl R to L for heel trn), bk R tdw DLC;
QQQQ bk L in BJO, bk R to CP comm LF trn, cont LF trn fwr & sd L, cont LF trn fwr R in BJO/DLW;
9 {3 step} fwr L heel ld blend to CP, -, fwr R heel ld rising to toe, fwrd L to CP/CP/DLW;
10 {1/2 nat} fwr R comm RF trn, -, sd L cont RF trn (cl R to L for heel trn), bk R in CP/RLOD;
11 {hes chg} bk L trn RF, -, sd R to fc DLC, drw L to R;
12 {rev trn 1/2} fwrd L comm LF trn, -, sd R cont LF trn (cl L to R for heel trn), bk L in CP/RLOD;
13 {rev hes chg} bk R trn LF, -, sd L to fc DLW, drw R to L;
QQQQ 14 {dbr lilt} thru R on heel rising to toe, sm fwr L lowering at end of step, thru R on heel rising to toe, sm fwr L lowering at end of step;
15-16 {natt weave} fwr R comm RF trn, -, sd L (cl R to L for heel trn), bk R tdw DLC;
QQQQ bk L in BJO, bk R to CP comm LF trn, cont LF trn fwr & sd L, cont LF trn fwr R in BJO/DLW;

PART B

1-25 (BJO/CP/DLW, 2nd time CP/CP/DLW) HVR TELEMARK; WING; HVR CROSS ENDING;
CHG OF DIR; REV TRN 1/2; RISING LK; QK DIAM 4; QK OUTSD CHG TO BJO;
3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2; REV HES CHG; DBL LILT; CRVFD FTHR CK; SYNC FTHR FIN; OP TELEMARK; 1/2 NAT; QK OUTSD CHG TO SCP; HI LINE & BK CHASSE; BK WSK; SLOW SD LK; MINI TELSPIN;; CONTRA CK REC SCP;
1 {hvr telemark} fwrd to CP, -, fwr R and slight sd R between W’s feet rising & trng RF, cont RF trn sd & fwr L to SCP/CP/DLW;
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2. [wing] thru R, -, draw L twd R trig upper body LF w/ L sd stretch to end in tight SCAR (thru L beginning to cross in front of M comm slight LF trn, -, fwd R around M cont LF trn, fwd L around M comp LF trn to SCAR) end SCAR/DLW;

QQQQ 3. [hvr cross ending] ck fwd L sm stp in SCAR, rec bk R, sd L, fwd R outsdt ptr to BJO/DLW;

4. [chg of dir] fwd L blend to CP, -, fwd R comm LF trn, draw L to R cont LF trn to CP/DLC;

5. [rev trn 1/2] fwd L comm. LF trn, -, sd R cont LF trn (cl L to R for heel trn), bk L in CP/RLOD;

6. [rising lk] bk R comm LF trn, -, sm bk & sd L cont trn, cont LF trn lk RIB of L (lk LIF of R) to CP/DLC;

QQQQ 7. [qk diam 4] fwd L comm LF trn, sd R cont trn to BJO, bk L blending to CP, bk R to CP/RLOD;

QQQQ 8. [qk outsdt chg to BJO] bk L, bk R turning LF, sd & fwd L to BJO, fwd R (fwd R, fwd L twd BJO, bk L) in BJO/DLW;

9-14. [3 step] [1/2 nat] [hes chg] [rev trn 1/2] [rev hes chg] [dbl lilt] Repeat Part A meas 9-14;;;;;;

15. [crvd fthr ck] fwd R comm LF trn, -, sd & fwd L cont RF trn, cont RF trn wkng outsdt ptr (bk L, -, sd & bk R, bk L) BJO/DRW;

SQ&Q 16. [syncopated fthr fin] bk L blend to CP, -, bk & sd R trig LF/sd & fwd L DLC, fwd R to BJO/DLW;

17. [op telemark] blending to CP fwd L trn LF, -, fwd & sd R trn LF (W heel trn), sd & fwd L SCP/DLW;

QQQQ 18. [1/2 nat] fwd R comm LF trn, -, sd L (cl R to L for heel trn), bk R in CP/RLOD;

QQQQ 19. [qk outsdt chg to SCP] bk L, bk R turning LF, sd & fwd L to SCP, thru R (fwd R, fwd L, fwd R to SCP, thru L) in SCP/DLW;

SQ&Q 20. [high line & bk chasse] sd & fwd L strong L sd stretch, -, chasse bk R/L, R in SCP/DLW;

21. [bk wsk] bk L, -, bk & sd R, XLIB of R w/ rise to SCP/LOD;

22. [slow sd lk] thru R, -, sd & fwd L to CP, XRIB of L trng LF (thru L trng LF across M to CP, -, sd & bk R, cont slight LF trn XLIF of R) to CP/DLC;

SQQQ 23-24. [mini telespin] fwd L DLC trng LF, -, sd R cont LF trn, sd & bk pt L LOD in momentary SCAR; comm LF spin on L, sd R DLC to CP DRC, tch L to R, -, (bk R DLC trng LF, -, cl L to R heel trn, sd & fwd R LOD in momentary SCAR/fwd L LOD trng LF; fwd & sd R DLC, trg LF smll sd L to CP, tch R to L, -);

25. [contra ck rec SCP] comm upper body LF trn w/ R shldr lead ck fwd L in CBMP, -, rec R, trn LF sd L (rec L, fwd R) to SCP/DLW;

PART C (WEST COAST SWING)

1-15. (SCP/DLW) THROWOUT 2 & ANCHOR;

UNDRM TRN ~ MAN'S UNDRM TRN;;; WRAPPED WHIP;;; CHICKEN WKS (4 QK);

SUGAR PUSH ~ L SD PASS;;; SUGAR BUMP ~ L SD PASS;;;

INSIDE PADDLE TRN TO SCP; PU SD CL (DLW);

123&4 1. [throwout 2 & anchor] fwd R, sd L w/ LF trn leading W out to fc twd LOD, anchor in pl R/L, R (fwd L start LF trn, fwd & sd R trn to fc ptr, bk into anchor L/R, L) end fc LOD;

123&4 2-4. [undrm trn] bk L trgng RF, fwd R trgng RF raise jnd lead hnds, fwd L trgng RF/cl R trgng RF, fwd L fc RLOD (fwd 1&2 R, fwd L trgng LF undr jnd lead hnds, fwd R trgng LF/XLIF cont trn, bk R); anchor in pl R/L, R (anchor in pl L/R, L), sd & R trgng W's L sd (fwd R, fwd L); trgng RF undr jnd lead hnds L/XRIF, bk L to fc 1&23&4 LOD, anchor in pl R/L, R (fwd R trgng LF/XLIF cont trn, bk R to fc RLOD, anchor in pl R/L, L);

123&4 5-6. [wrapped whip] bk L to jin all hnds, raising jnd ld hnds rec R comm RF trn, bring jnd ld hnds over W's head sd 123&4 L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd fc RLOD (fwd R, fwd L, fwd R/cL, bk R); XRIB trgng RF release trlg hnds, trgng RF to fc LOD sd & fwd L, anchor in pl R/cl L, R (bk L, bk R, anchor in pl L/R, L);


1234 11-13. [sugar bump] bk L, fwd R, trgng 1/4 RF raise L leg & gently bump L hip w/ ptr's R hip rls hnds & cont RF trn, fwd L cont RF trn to fc ptr (fwd R, fwd L, trgng 1/4 LF raise R leg & gently bump R hip w/ ptr's L hip rls hnds & cont LF trn, fwd R cont LF trn to fc ptr); jng ld hnds anchor in pl R/L, R (jng ld hnds anchor in pl L/R, L), sd & R trgng W's L sd (fwd R, fwd L); trgng RF undr jnd lead hnds L/XRIF, bk L to fc 1&23&4 LOD, anchor in pl R/L, R (anchor in pl L/R, L);
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123&4

14 \textit{inside paddle trn to SCP} bk L, fwd R, trn W under jnd ld hnds while trng to fc DRW and catch her to SCP in pl L/R, sd L twd DLW (fwd R, fwd L, trning LF under jnd ld hnds fwd & sd R/recov fwd L, sd R to fc ptr in SCP/DLW);

SQQ

15 \textit{pu sd cl} thru R comm LF trn to CP/DLW, -, sd L, cl R (thru L trng LF across M to CP, -, sd R, cl L);

\textbf{END}

1-2 \textit{(SCP/DLW)} CK THRU, REC WRAP; R SD PT & LOWER;

S \quad 1 \textit{ck thru} ck thru R, -,

S(QQ) \quad \textit{rec wrap} rec L leading W to wrap, - (rec R trn 1/2 LF under jnd ld hnds to wrap, cl L) both facing DRW;

S-- \quad 2 \textit{R sd pt & lower} both lower on bent L knee pt & slide R to sd;

\textbf{YOU GO TO MY HEAD - QUICK CUES}

\textbf{INTRO: }[WRAPPED POS/WALL, PT R FEET TO SIDE & LOWER]

WAIT; RISE & TCH; THRU & UNWRAP TO ACK; TOG TCH;

A: \quad 3 STEP; 1/2 NAT; BK PASSING CHG; OUTSD CK; OUTSD SPIN; BK & CHASSE TO BJO;

NAT WEAVE;; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2; REV HES CHG; DBL LILT;

NAT WEAVE;;

B: \quad HVR TELEMARK; WING; HVR CROSS ENDING; CHG OF DIR; REV TRN 1/2; RISING LK;

QK DIAM 4 TO CP; QK OUTSD CHG TO BJO; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2;

REV HES CHG; DBL LILT; CRVD FTHR CK; SYNC FTHR FIN; OP TELEMARK; 1/2 NAT;

QK OUTSD CHG TO SCP; HI LINE & BK CHASSE; BK WSK; SLOW SD LK;

MINI TELESPIN;; CONTRA CK REC SCP;

C: \quad [WEST COAST SWING]

WEST COAST THROWOUT 2 & ANCHOR; UNDRM TRN ~ MAN'S UNDRM TRN;;;

WRAPPED WHIP;; CHICKEN WKS (4 QK); SUGAR PUSH ~ L SD PASS;;;

SUGAR BUMP ~ L SD PASS;;; INSIDE PADDLE TRN TO SCP; PU SD CL TO DLW;

B: \quad \{REPEAT B\}

\textbf{END: } CK THRU, REC WRAP; R SD PT & LOWER;