RECIPE FOR LOVE

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Song: Recipe for Love, Track 3
Jive, Phase V
INTRO. A, A. B, INTER. C, B (1-14), ENDING

INTRO

1-4 WAIT; SD, TCH, SD, TCH: SD, CL, SD, KNEE;
   1-2 {Wait} Wait 2 meas in low BFLY fc wall lead ft free;
   1-3- 3-4 {Sd tch sd tch} Sd L, tch R to L, sd R, tch L to R; {Sd cl sd
   123- knee} Sd L, cl R, sd L, lift R knee across L leg twd LOD;
5-8 SD, TCH, SD, TCH: SD, CL, SD, KNEE; CIRCLE 4 WITH ARMS;
   1-3- 5-6 {Sd tch sd tch} Sd R, tch L to R, sd R, tch R to L; {Sd cl sd
   123- knee} Sd R, cl L, sd R, lift L knee across R leg twd R LOD;
   1-3- 7-8 {Circle 4} Circle LF L., R.; L., R to end in SCP LOD using jazz
5-7 hnds shaking hnds palms away from body fingers spread at head
   level.;

9-12 ROCK THE BOAT; TWO FWD TRIPLES; ROCK THE BOAT; TWO
   FWD TRIPLES;
1234 9-10 {Rock the Boat} Push R leg bk straight to step fwd L with knee
   1&23&4 bend, cl R to L bend both knees, push R leg bk straight to step
fwd L with knee bend, cl R to L bend both knees; {Two fwd
triples} fwd L/ cl R to L, fwd L, fwd R/ cl L to R, fwd R;
   1234 11-12 {Rock the Boat} Push R leg bk straight to step fwd L with knee
   1&23&4 bend, cl R to L bend both knees, push R leg bk straight to step
fwd L with knee bend, cl R to L bend both knees; {Two fwd
triples} fwd L/ cl R to L, fwd L, fwd R/ cl L to R, fwd R;

13-16 VINE 2., ROLL 2.; FRONT VINE 4; ROLL 2., FRONT VINE 6.;;
1234 13-14 {Vine 2 Roll 2} Sd L, XRXIB of L, Sd & fwd L roll LF, cl R cont
1234 LF roll to fc ptr & wall in BFLY; {Front vine 4} Sd L, XRXIF of
   L, sd L, XRIF of L;
1234 15-16 {Roll 2 Front Vine 6} Sd & fwd L roll LF, cl R cont LF roll to fc
1234 ptr & wall in BFLY, sd L, XRIF of L, sd L, XRXIB of L, sd L,
XRXIF of L;

PART A

1-4 JIVE CHASSE LEFT & RIGHT; FALLAWAY THROWAWAY;;
AMERICAN SPIN;;;
1&23&4 1-2 {Jive Chasse L & R} Blend to CP Sd L/ cl R, sd L, sd R/ cl L, sd
123&4 R; {Fallaway Throwaway} Rk bk L, recov R, sd L/ cl R, sd L
twning LF to fc LOD bringing W to pick-up pos;
RECIPE FOR LOVE

1&234 3-4  {Cont Fallaway Throwaway} Sd R/ cl L, sd R twd DW as W separates from M. {American Spin} Rk apt L, recov R; fwd L/ cl R, fwd L to give W strong L arm for her to push off, triple R/L, R (W rk apt R, recov L; fwd R/ cl L, fwd R to spin RF 360°, triple L/R, L);

5-8 STOP & GO; LINK ROCK TO SEMI FALLAWAY ROCK;
123&4 5-6  {Stop & Go} Rk bk L, recov R, fwd L/ cl R, fwd L; rk fwd R, recov L, small bk R/ cl L, bk R (W rk bk R, recov L, in pl R/L, R trnng ½ LF under joined hnds to end at M’s R sd; M catches W with R hnd on W’s L shoulder blade as she rocks bk L, recov R, in pl L/R, L trnng ½ RF under joined hnds to fc M);

123&4 7-8  {Link Lock to Semi Fallaway Rock} Rk apt L, recov R, chasse fwd L/R, L as trn RF to fc wall; sd triple R/ L, R to semi, rock bk L, recov R (W rk apt R, recov L, chasse fwd R/L, R trnng RF to end fc ptr; sd triple L/R, L, rk bk R, recov L);

REPEAT PART A

PART B

1-4 JIVE WALKS; SWIVEL 4; JIVE WALKS; THROWAWAY;
1&23&4 1-2  {Jive walks} Fwd L/R, L, fwd R/L, R; {Swvl Walk 4} Fwd L, fwd R, fwd L, fwd R crossing ft in front of each other & swvling in out in out;

1234

1&23&4 3-4  {Jive Walks} Fwd L/R, L, fwd R/L, R; {Throwaway} sd L/ cl R, sd L trnng LF to fc LOD bringing W to pick-up pos, sd R/ cl L, sd R twd DW as W separates from M;

5-8 CHICKEN WALKS 2 SLOWS 4 QUICKS; LEFT TO RIGHT WITH CONTINUOUS CHASSE;
1-3-- 5-6  {Chicken Walks} Bk L,, bk R,, bk L, R, L, R (W swvls to step fwd R toe out,, swvls to step fwd L toe out.; cont swvls fwd R, L, R, L);

1234

1234 7-8  {L to R cont chasse ending} Rk apt L, recov R, stretch L sd lead W under LF trn chasse L/R, L; sd R/ cl L, sd R/ cl L, sd R/ cl L, sd R (W rk apt R, recov L, fwd chasse R/L, R trnng ¾ LF under lead hnds; sd L/ cl R, sd L/ cl R, sd L/ cl R, sd L);

1&2&3&4

9-12 FLICKS TO BREAKS;;;;
12-4 9-10  {Flicks to Breaks} Fc LOD rk bk L, recov R blend to BFLY, pt L thru, step fwd L; pt R thru, step fwd R, pt L thru, step fwd L;

-2-4

-2-4 11-12  {Cont Flicks to Breaks} Kick thru R, step sd R twd RLD, kick thru L, step sd L twd LOD; kick thru R, step sd R twd RLD, kick thru L, step sd L twd LOD;

13-16 CONT FLICKS TO BREAKS; THROWAWAY; WHIP TRN OVERTURNED TO SCP;;
1--&4 13-14  {Cont Flicks to Breaks} Cross thru R & hold,, recov on ball of L ft/ chg bk to R; {Throwaway} sd L/ cl R, sd L trnng LF to fc LOD bringing W to pick-up pos, sd R/ cl L, sd R twd DW as W
separates from M;

trining strongly RF; XRGB of L trn strongly RF. sd L, cont RF trn
triple time R/L, R to SCP LOD (W sd L, XRGB of L, triple time
L/R, L to SCP LOD);

INTERLUDE

1  RK BK, RECOV, SD. CLOSE;
1234  1  Rk bk L in SCP, recov R to fc ptr, sd L, cl R to BLFY;

PART C

1-4  HOLD FRONT LIMP HOLD; FRONT LIMP SD TAP; TAP FRONT
LIMP HOLD; FRONT LIMP SD TCH;

-23-  1-2  [Limps & Taps] Hold ct 1, sd L, XRGB of L, hold ct 4; sd L,
123-  XRGB of L, sd L, tap RIB of L;
-23-  3-4  [Cont Limps and Taps] Tap RIB of L again, sd R, XRGB of R,
123-  hold ct 4; sd R, XRGB of R, sd R, tch L to R;

5-8  SD CL SD TCH BOTH WAYS; LADY FRONT LIMP, MAN FRONT
LIMP.; LADY FRONT LIMP.; MAN FRONT LIMP.;

123-  5-6  [Sd Cl Sd Tch Both Ways] Sd L, cl R, sd L, tch R; sd R, cl L, sd
123-  R, tch L;
--&3-  7-8  [Alternating Limps] Man holds as (W front limps sd R/ XRGB of
(W&1---)
R), both hold, he front limps sd L/ XRGB of L (W holds), both
--&3-  hold; Man holds as (W front limps sd R/ XRGB of R), both hold,
(W&1---)
he front limps sd L/ XRGB of L (W holds), both hold;

9-12  JIVE CHASSE LEFT & RIGHT; CHG PLACES R TO L;., BEHIND THE
BACK SHAKE HNDS.;

1&23&4  9-10  [Jive Chasse L & R] Sd L/ cl R, sd L, sd R/ cl L, sd R; [Chg
123&4  Places R to L] Rk bk L in SCP, recov R, chasse L/R, L trn \(\frac{1}{4}\) LF
(W rbk R, recov L, sd R/ cl L, fwd R trn \(\frac{1}{4}\) RF under joined lead
hnds);

1&23&4  11-12  [Cont R to L] Chasse R/L, R (W sd & slightly bk L/R, L),
1&23&4  [Behind the back] Rk apt L, recov R; slgt fwd L/ cl R, fwd L trn
\(\frac{1}{4}\) LF chg W’s R hnd to your R hnd, slgt sd & bk R/ cl L, sd R
cont trn \(\frac{1}{4}\) LF to fc RLOD let go of hnds and rejoin R hnds;

13-16  TRIPLE WHEEL 5 WITH FALLAWAY ROCK;;;;

123&4  13-14  [Triple Wheel 5] Rk apt L, recov R, wheel RF sd L/ cl R, sd L
trining in twd ptr & tch her bk with L hand (W rk apt L, recov L
trn \(\frac{1}{4}\) LF, wheel RF R/L, R trning away from ptr). Cont RF wheel
R/L, R trning away from ptr, cont RF wheel L/R, L trning twd ptr
& tch her bk with R hnd (W cont RF wheel L/R, L trning twd ptr
& tch his bk with your L hnd, cont RF wheel R/L, R trning away
from ptr);

1&23&4  15-16  [Cont Triple Wheel] Cont RF wheel R/L, R trning away from
ptr, cont RF wheel L/R, L trnng twd ptr & tch her bk with L hnd
(W cont RF wheel L/R, L trnng twd ptr & tch his bk with your L
hnd, cont RF wheel R/L, R spn RF on R to fc ptr); Sd triple
R/L, R to SCP. {Fallaway Rk} rk bk L, recov R;

REPEAT PART B 1-14

ENDING

1-4  CHICKEN WALK 2 SLOWS 4 QUICKS:: ROOSTER WALK 2 SLOWS 4 QUICKS::

1-3-  1-2  {Chicken Walks} Bk L,, bk R,, bk L, R, L, R (W swvls to step
1234  fwd R toe out,, swvls to step fwd L toe out,, cont swvls fwd R, L,
         R, L);
         
1-3-  3-4  {Rooster Walks} Fwd L,, fwd R,, fwd L, R, L, R with fwd poise
1234  throughout);

5-8  CHICKEN WALK 2 SLOWS 4 QUICKS:: LEFT TO RIGHT TO SEMI::
     RK BK, RECOV;

1-3-  5-6  {Chicken Walks} Bk L,, bk R,, bk L, R, L, R (W swvls to step
1234  fwd R toe out,, swvls to step fwd L toe out,, cont swvls fwd R, L,
         R, L);

123&4  7-8  {L. to R Semi} Rk apt L, recov R, chasse L/R, L trnng ¼ RF; sd
1&234  chasse R/L, R to SCP (W rk apt R, recov L, fwd R/ cl L, fwd R
trn ½ LF under joined lead hnds; sd chasse L/R, L to SCP),
{Rock Recov} Rk bk L, recov R to fc ptr & wall;

9  SD, CL, HOLD, LUNGE APT;
12-4  9  {Sd Cl Lunge Apt} Sd L, cl R to L to BFLY, pause, lunge apt L
     in OP fc LOD sway in twd ptr;