

MY CUP RUNNETH OVER

By Irv & Betty Easterday, Rt. #2, Box 100, Boonsboro, Md. 21713-(301)733-0960

RECORD: "My Cup Runneth Over"-Ed Ames- RCA Gold Standard 447-0784

POSITION: INTRO: Bfly M fcg Wall NO HANDS JOINED; DANCE: CP M fcg wall;

FOOTWORK: Opposite throughout - EXCEPT - As noted. SEQUENCE: INTRO-A-A-INTERLUDE-B-ENDING

MEASURES: INTRO

- 1-8 WAIT; WAIT; SWAY L,-,-; SWAY R,-,-; ROLL LF,2,3; THRU,FAN,TCH; ROLL LF,2,3; THRU,FAN,TCH;
1-4....In Bfly M fcg wall no hands joined wait 2 meas;; Sway L,-,-; Sway R,-,-;
5-8....Solo roll LF LOD L,R,L to face LOD; Thru R,fan L CW to Bfly M fcg wall,tch L;
REPEAT MEAS 5 & 6 to end CP M fcg wall;;

PART A

- 1-4 WHISK; WING; DRAG HESITATION; IMPETUS(To 1/2-OP);
1-2....CP M fcg wall fwd L,sd & fwd R,XLIB(W XRI.B); Thru R twd LOD, trn body to L,tch
L to R(W fwd L,R,L)to end SCar M fcg LOD & COH;
3-4....fwd L trn LF,sd R cont LF trn,draw L to R to end contra Bjo M fcg RLOD & COH;
Bk L trn RF,cont trn bk R cl to L(W sd L twd wall),fwd L to end 1/2-OP fcg LOD;
5-8 R ROLL ACROSS(L 1/2-OP); W ROLL ACROSS(1/2-OP); CHAIR,REC,HOLD; THRU,FAN,TCH(CP/wall);
5-6....In 1/2-OP roll RF XIF of W R,L,R(W fwd L,R,L)to Left 1/2-OP fcg LOD; Fwd L,R,L
(W roll RF XIF of M R,L,R)to 1/2-OP fcg LOD;
7-8....1/2-OP fcg LOD fwd R checking action look at ptr,recv L,hold; Thru R twd LOD,
fan L CW to CP M fcg wall,tch L to R;
9-12 TWIRL/VINE,2,3; PICKUP,2,3(SCar); TWINKLE(Bjo); CROSS,SD,CL(CP M fcg wall);
9-10...Vine LOD sd L,XRI.B,sd L(W 1 RF twirl under joined lead hands); Thru R,sd L,
cl R(W thru L trn 1/2 LF to pickup,sd R,cl L)end SCar M fcg LOD/wall;
11-12..SCar XLIF of R(W XIB),sd R,cl L blend Bjo M fcg LOD & COH; Fwd R trn 1/4 RF to
CP M fcg Wall,sd L,cl R;
13-16 DIP,-,-; MANUV,SD,CL; OP IMPETUS; WEAVE LF,2,3;
13-14..CP M fcg wall dip bk L,-,-; Fwd R manuv to CP M fcg RLOD,sd L,cl R;
15-16..Bk L trn RF,cont trn bk R cl to L with heel trn(W sd L twd wall),fwd L to SCP
fcg LOD & COH; Commence weave fwd R,fwd L trn LF,bk R to end Contra Bjo M
fcg RLOD & COH;
17-20 CONT WEAVE 4,5,6(Bjo); MANUV,SD,CL(CP fwd RLOD); OP IMPETUS; WEAVE LF,2,3;
17-18..Cont weave bk L,bk R cont LF trn,fwd L to end Contra Bjo M fcg LOD & wall; fwd
R manuv to CP M fcg RLOD,sd L,cl R;
19-20..REPEAT ACTION OF MEAS 15 & 16 of PART A;;
21-22 CONT WEAVE 4,5,6 (Bjo); THRU,SD,CL(CP Fcg wall);
21-22..REPEAT ACTION OF MEAS 17 of PART A; Step thru on R to CP M fcg wall,sd L,cl R;

INTERLUDE

- 1-4 ROLL LF,2,3; THRU,FAN,TCH; ROLL LF,2,3; MANUV,FAN,TCH(CP M Fcg RLOD):
1-4....REPEAT ACTION OF MEAS 5,6,7,& 8 of INTRO - EXCEPT - END CP M FCG RLOD;;;;

PART B

- 1-4 RF WALTZ TRN; RF WALTZ TRN(CP Fc Wall); HOVER(SCP); FWD HOVER;
1-2....CP M fcg RLOD do 2 RF trng waltzes L,R,L; R,L,R to end CP M Fcg wall;
3-4....CP Fcg wall fwd L,fwd & sd R,rec L blend to SCP Fcg LOD;Fwd R,L with rise,
rec R(W fwd L,R with rise,rec L);
5-8 BK HOVER(Bjo); MANUV,SD,CL; OVER SPIN TRN(Fc wall); BK,SD,CL(Fc LOD);
5-6....In SCP bk L,bk R with rise(W bk L trn 1/2 LF)to Bjo M fcg LOD,rec L; Fwd R
manuv to CP M fcg RLOD,sd L,cl R;
7-8....CP M fcg RLOD spin trn pivoting 3/4 RF bk L to CP M fcg wall,fwd R with rise,
rec L;bk R trn 1/4 LF to CP M fcg LOD,sd L,cl R;
9-12 LF WALTZ TRN; LF WALTZ TRN; LF WALTZ TRN; LF WALTZ TRN(CP Fcg Wall);
9-10...Do 2 LF Trng waltzes L,R,L; R,L,R making 1 complete revolution end M fcg LOD;
11-12..Do 2 LF Trng waltzes L,R,L; R,L,R making 3/4 trn to end CP M Fcg wall;
13-16 DIP,-,-; MANUV,SD,CL; OP IMPETUS; WEAVE LF,2,3;
13-16..REPEAT ACTION OF MEAS 13-16 of PART A;;;;
17-20 CONT WEAVE 4,5,6(Bjo); THRU,SD,CL(CP Fc wall); DIP,-,-; MANUV,SD,CL;
17-18..REPEAT ACTION OF MEAS 17 of PART A; Fwd R to CP M fcg wall,sd L,cl R;
19-20..REPEAT ACTION OF MEAS 13 & 14 of PART A;;

(OVER)

MY CUP RUNNETH OVER(Cont.)

21-24 OP IMPETUS; WEAVE LF,2,3; CONT WEAVE 4,5,6(Bjo); MANUV,SD,CL(CP M Fcg RLOD);
21-23..REPEAT ACTION MEAS 15,16 & 17 of PART A;;;
24.....Fwd R manuv to CP M fcg RLOD,sd L,cl R;

ENDING

1-4 RF WALTZ TRN; RF WALTZ TRN(CP Fcg wall); HOVER(SCP); FWD HOVER;
1-4....REPEAT ACTION OF MEAS 1 thru 4 of PART B;;;;
5-8 BK HOVER(Bjo); MANUV,SD,CL; OVER SPIN TRN; BK,SD,CL;
5-8....REPEAT ACTION OF MEAS 5 thru 8 of PART B;;;;
9-10 CP TELEMARK; THRU,SD,OVERSWAY & CHG SWAY;
9-10...In CP M fcg LOD fwd L commence LF trn,sd R cont LF trn(W cl L to R),fwd L
(W fwd R)in SCP fcg LOD & Wall; Thru R(W thru also),sd L blend to CP M fcg
LOD & Wall, oversway body twd L and chg sway to R to look twds RLOD;