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Footwork---Opposite throughout dance

SEQUENCE: A - B - A - B

MEASURES

INTRODUCTION

1---4 L-OP M facing RLOD/Wall (W facing RLOD/COH) lead hands joined trail hands away from body approx waist level & slightly bent from elbow - stand head erect & body upright. WAIT 4 MEASURES IN THIS POS; ; ; ;

PART - A

1---8 ROCK THRU, REC, SIDE/CLOSE, SIDE; KICK, KICK, BEHIND/SIDE, STEP; ROCK THRU, REC, SIDE/CLOSE, SIDE; CROSS, CROSS, SIDE/CLOSE, SIDE; CROSS, CROSS, SIDE/CLOSE, SIDE; XIB, REC (SCP), STEP/STEP, STEP; KNEE, KNEE, STEP/STEP, STEP; TCH, REACH, FWD/LOCK, FWD;

- 1.....(New Yorker) L thru (W R thru) twd RLOD turn 1/4 RF (W LF) bring joined hands thru almost bk-to-bk, recover R facing each other, side L/close R to L, side L;
- 2.....Kick R thru twd LOD (W kick L thru) both kicking in front keeping toes pointed down, kick same ft twd RLOD with leg stretching action, step R behind L (W L behind R)/side L, R in place slightly twd RLOD;
- 3.....(New Yorker) Same as measure 1;
- 4-5.....(Cha Cha Box) R bk behind L, L bk behind R, side R/close L to R, side R (W L fwd front of R, R fwd front of L, side L/close R to L, side L); L front of R, R front of L, side L/close R, side L (W R bk behind L, L bk behind R, side R/close L to R, side R);
- 6.....Rock bk on R (W on L) turn 1/4 RF (W LF) facing RLOD bring joined hands thru twd RLOD, recover L turning LF (W RF) into SCP facing LOD, in place/step, step;

NOTE: Throughout meas 1-6 only M's L & W's R hands were joined.

- 7.....SCP kneel in front of R bending L knee slightly toes pointed down & same time swivel on R ft facing ptr (W knee R in front of L & swivel on L ft), knee out twd LOD knee still bent & toes pointed down swivel on R ft SCP (W knee R out & swivel on L ft), step in place L/R, L;
- 8.....Tch R toe to L instep (W L toe), reach R bk twd RLOD leg well stretched toes pointed RLOD/wall (W reach L well bk toes pointed RLOD/COH) same time M look over R shoulder & W over L shoulder twd RLOD, R fwd (W L fwd)/lock L behind R, fwd R blending to Bfly facing wall;
- 9---16 SIDE, BEHIND, SIDE/CLOSE, SIDE; LUNGE THRU, REC, SIDE/CLOSE, SIDE; (SCar) ROCK FWD, REC, SIDE/CLOSE, SIDE; (Bjo) ROCK FWD, REC, SIDE/CLOSE, SIDE; CLAP/XIB, REC, SIDE/CLOSE, SIDE; CLAP/XIB, REC, SIDE/CLOSE, SIDE; XIF, TURN, SIDE/CLOSE, SIDE; XIF, TURN, FWD/LOCK, FWD;
- 9.....Bfly side L, XRIB (W XLIB), side L/close R to L, side L;
- 10.....In Bfly lunge thru R twd LOD lowering lead hands lifting slightly trail hands (W thru L) knees bent & bodies stretched upward (chair), recover L facing wall, side R/close L to R, side R blending Bfly SCar;
- 11.....In Bfly SCar fwd L (W bk R) RLOD/wall lower M's L & W's R hands rising other hands contra body pos, recover R facing wall, side L/close R to L, side L blending to Bfly Bjo;
- 12.....In Bfly Bjo fwd R (W bk L) LOD/wall lower M's R & W's L hands rising other hands contra body pos - W has option the moment she steps bk on L she can kick her R slightly few inches off ground fwd -, recover L facing wall, side R/close L to R, side R & sway twd left (W sway right);
- 13.....Releasing hand holds clap hands in shoulder level twd LOD/XLIB (W XRIB) recover R facing wall, side L/close R to L, side L & sway twd right (W sway left);
- 14.....Clap hands in shoulder level twd RLOD/XRIB (W XLIB), recover L facing wall, side R/close L to R, side R;
- 15.....(Spot Turn) XLIF turn RF 1/4 (W XRIF turn LF 1/4), continue turn to recover R (3/4 turn) facing wall (W face COH), side L/close R to L, side L;
- 16.....(Spot Turn) XRIF turn LF 1/4 (W XLIF turn RF 1/4), continue turn to recover L (3/4 turn) facing wall (W face COH), move diag RLOD/wall fwd R/lock L behind R, fwd R (W move bwd diag RLOD/wall bk L/cut R in front of L, bk L) join the lead hands;

PART - B

9 FWD, REC, BK/CLOSE, BK (Side); (Nat'l Top) XRIB, SIDE, XRIB/SIDE, STEP; ROCK FWD, REC, STEP/STEP, STEP; ROCK BK, REC, SIDE/CLOSE, SIDE; ROCK FWD, REC, STEP/STEP, STEP; ROCK BK, REC, SIDE/CLOSE, SIDE; XIB, REC, SIDE/CLOSE, SIDE; FWD, TURN IN (1/2), BK/CUT, BK;

- 1.....(Basic) Fwd L, recover R, bk L/close R to L, bk & diag side L (W twd R between in 1 beat) blend & facing RLOD;
- 2.....(Natural Top) Cross R behind L turn RF (W side L), side L (W XRIF) facing LOD, XRIB keep turning RF (W side L)/side L (W XRIF), R in place face RLOD/wall (W side L facing LOD);
- 3.....(Advanced hip twist) Fwd L slight body turn right but look away from ptr (W R bk twd COH almost SCP looking over the R shoulder), recover R (W recover L commence LF turn facing COH), L in place (W fwd R outside ptr-Bjo)/R in place (W recover L facing LOD), L in place facing wall (W in place R facing LOD);
- 4.....(Fan Out) Rock bk on R, recover L turning 1/8 LF, small step side R/close L to R, side R facing LOD/wall (W fwd L commencing LF turn 1/2, bk R, bk L/cut R in front of L, bk L) ptrs should be now in L-shape pos M facing LOD/wall W facing RLOD/wall M's L & W's R hands joined slightly bent from elbows - don't stretch the arms straight out;
- 5.....(Alemana) Fwd L body turn left looking twd ptr, recover R, step L in place/step, step (W close R to L, fwd L, fwd R/fwd L, fwd R start RF turn W should now be in front of the M);
- 6.....Rock bk R, recover L, side R/close L to R, side R during this meas slight 1/8 turn RF to Bfly facing wall (W fwd L twd LOD under M's L & W's R hands, keep turning RF fwd R twd RLOD facing M in Bfly, side L/close R to L, side L) Do not twirl;
- 7.....(Breakaway) Rock bk L (W on R) facing LOD bring trail hand thru twd LOD, recover R facing wall Bfly, side L/close R to L, side L;
- 8.....(X Walk) R fwd thru (W L fwd thru) twd LOD bring trail hands thru at the same time x-ing them over the lead hands, side L (W side R) turning 1/2 RF (W LF) releasing trail hands facing RLOD in LOP, R bk twd LOD/cut L in front R, bk R;
- 9---16 ROCK FWD, REC, IN PLACE/STEP, STEP; PUSH AWAY, REC, SPIN, IN PLACE/STEP, STEP; XIB, REC, SIDE/CLOSE, SIDE; XIF, SIDE, XIB, SIDE; ROCK THRU, REC, SIDE, ROCK THRU, REC, SIDE; SWIVEL, SWIVEL, FWD/LOCK, FWD; SWIVEL, SWIVEL, FWD/LOCK, FWD; FWD THRU, TURN, SHAKE/2, 3;
- 9.....Rock twd L, recover R, fwd L turning 1/4 LF to Bfly/close R to L, in place L (Note: this rock, recover is with flexed knees hip motion only-do not lift your foot off the floor);
- 10.....Arms should have firmness push away bk R (W on L) almost bk-to-bk bring lead hands thru twd RLOD, recover spin on L ft LF (W R FT RF) full turn facing wall in Bfly, side R/close L to R, side R;
- 11.....Breakaway - like meas 7 in PART B;
- 12.....(Tom Jones) Release hand holds keeping elbows close to body hands fwd & parallel with floor XRIF (W XLIF) twd LOD lowering R (W L) shoulder & looking to your ptr, side L straightening up facing wall (W COH), XRIB twd LOD & lowering left shoulder (W XLIB lowering R shoulder) looking at each other, side L straightening up facing wall; (During this meas you can snap your fingers on every step.)
- 13.....(Syncopated New Yorker) Trail hands joined step R thru LOD (W L thru) bring trail hands thru - it is almost check motion step/recover L facing wall, side R, changing hands step L thru RLOD bring lead hands thru/recover R facing wall, side L;
- 14.....(Swivel) Bring R inside left ankle swiveling sharply right twd RLOD ball of L ft facing RLOD/wall take wgt on R, bring L inside right ankle swiveling sharply left twd LOD ball of R ft facing LOD/wall take wgt on L, bring R past left ankle swivelling on L ft twd RLOD R/lock L behind R, fwd R; (W has opposite footwork - Throughout the swivels have very firm lead hand hold W's L hand at her hip try to maintain contra body - face-to-face position.)
- 15.....Same as measure 14 starting only M's L ft & W's R ft & locks are moving twd LOD;
- 16.....XRIF twd LOD (W XLIF) release hand holds start LF (W RF) turn, keep turning an ball of R (W L) ft place L on side facing wall same time you are slightly down knees bent, Shake upward/2, 3 (M shaking shoulders - W shaking hips);

DANCE GOES THRU TWICE: - AB - A B & at the end during shake/2, 3 facing each other hold your hands sideways bent slightly from elbows, say loudly - "FOUR AND ONE".

We do prefer dance 2, 3, 4/8, 7 - stand M's L & W's R foot - when singer sings "Four and One" transfer wgt to other foot on "ONE" - Try it, it is challenging - but fun.

REMEMBER: FOUR & ONE IS Cha Cha Chase.