

MY GUY

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Record: STAR 148A Flip (Limbo Rock) Phase VI Foxtrot Speed:43-44  
Sequence: INTRO, A, A, B, C, INTERLUDE, C, ENDING Released: 2/25/01

INTRO

1-4 WAIT 2 MEAS:-: SIDE. TOUCH. SIDE. TOUCH: DIP BACK.-. RECOVER.-:

1-2 Wait 2 meas in CP fc DW;-;  
QQQQ 3 Sd L, tch R, sd R, tch L;  
SS 4 Dip bk L,-, recov R,-;

PART A

1-4 THREE STEP: HALF NATURAL TURN: CLOSED IMPETUS: FEATHER FINISH:

SQQ 1 Fwd L,-, fwd R with heel lead, fwd L;  
SQQ 2 Comm RF upper body trn fwd R,-, sd L across LOD, bk R ( W comm upper body trn bk L,-, cl R to L heel trn, fwd L) fc RLOD CP;  
SQQ 3 Comm RF upper body trn bk L,-, cl R to L heel trn, sd & bk L to CP DW (W fwd R btwn M's feet pivot 1/2 RF,-, sd & fwd L cont trn arnd M brush R to L, fwd R btwn M's feet to CP);  
SQQ 4 Bk R trn LF,-, sd & fwd L, fwd R in BJO fc DC;

5-8 CLOSED TELEMARK: NATURAL WEAVE WITH TUMBLE ENDING:-: STEP RONDE (W SYNCOPATED PICK-UP LOCK) FWD:

SQQ 5 Fwd L comm LF trn,-, sd R cont trn, sd & slightly fwd L in BJO DW ( W bk R comm LF trn,-, cl L to R for heel trn, sd & bk R);  
SQQ 6 Fwd R comm RF trn,-, sd L with L sd stretch less than 1/4 trn, R sd lead bk R DC ( W bk L,-, cl R to L for heel trn, fwd L in BJO DC);  
QQQ&Q 7 Bk L BJO, bk R DC comm LF trn, sd & bk L DC/ fwd R DC, body rise to trn upper body LF to step fwd L pivot to fc DRC ( W fwd R BJO, fwd L comm LF trn, sd R cont LF trn/ bk L, rise to trn upper body LF bk R pivot to fc DW);  
S-Q 8 Bk R to ronde L CCW trn body with ronde to fc LOD,-, cont LF (W SQ&Q) body trn to step fwd L fc DC ( W fwd L,-, trn LF arnd M sd & fwd R/ lk LIF of R, cont LF trn bk R);

9-12 SLOW RIGHT LUNGE: CURVING EXTENDED NATURAL WEAVE:-: THREE STEP:

SS 9 Sd & fwd R,-, stretch the right lunge W's head closed,-;  
QQQQ 10 Very small sharply curving steps bk L, curve RF bk R, cont curve bk L, bk R in BJO fc DRW (W comm open head);  
QQQQ 11 R sd stretch bk L in BJO, bk R comm LF trn, with L sd stretch sd & fwd L trn to BJO (W close head), fwd R in BJO DW;  
SQQ 12 Fwd L with slight RF body trn to CP,-, fwd R with heel lead, fwd L;

13-16 EXTENDED CONTINUOUS HOVER CROSS:-: DOUBLE REVERSE:

SQQ 13 Comm RF trn fwd R DW,-, cont RF trn sd L DW fc DRW, strong RF trn on L small step R fc DC ( W comm RF trn bk L,-, cl R to L heel trn, cont trn sd & bk L blend to SCAR);  
QQQQ 14 Fwd L across R to SCAR, cl R to L trn body RF, bk L in BJO, bk R (bk R to SCAR, sd L to CP, fwd R to BJO, fwd L in BJO);  
QQQQ 15 Bk L in BJO, bk R to CP, sd & fwd L with L sd lead, fwd R in BJO DC;

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SS 16 Fwd L comm LF trn,-, sd R 3/8 LF trn, spin LF tch L to R fc DW  
(W SQ&Q) (W bk R comm LF trn,-, cl L to R heel trn/ sd & fwd R cont LF trn, XLIF of R);

REPEAT A

PART B

1-4 REVERSE WAVE:-: SYNCOPATED BACK FEATHER CHECKED: FWD. SWIVEL SWIVEL LINK:-:

SQQ 1 Fwd L comm LF body trn,-, strong body trn sd R, bk L fc DRC  
(W bk R comm LF body trn,-, cl L to R heel trn, fwd R in CP);  
SQQ 2 Bk R,-, bk L comm LF curve, bk R curve LF to end RLOD CP;  
SQ&Q 3 Bk L,-, Bk R with R shoulder lead/ bk L in BJO, check bk R in CP;  
QQQQ 4 Recov fwd L, swivel LF to BJO fc wall, fwd R, swivel to SCP DRW;

5-8 PROMENADE SWAY.-. CHANGE SWAY.-: PROMENADE SWAY CHASSE ENDING: WEAWE 4 ENDING: CHANGE OF DIRECTION:

SS 5 Sd & fwd L in SCP stretch body up to look over joined hnds,-, chg sway by relaxing knees and stretching L sd to look DC,-;  
SQ&Q 6 Chg sway bk by stretching R sd into promenade sway twd DRW,-, sd R/ cl L to R, sd R ( W chg head to L over the course of chasse);  
QQQQ 7 Bk L in BJO, bk R comm LF trn, with L sd stretch sd & fwd L trn to BJO, fwd R in BJO DW;  
SS 8 Fwd L DW,-, fwd R DW R shoulder lead & trn LF, draw L to R fc DC;

PART C

1-4 ZIG ZAG 2.-. HEE' PULL.-: HAIRPIN.-. BACK. POINT: RIGHT LUNGE.-. CHANGE SWAY.-: SAME FOOT LUNGE LINE:

QQQQ 1 Fwd L comm LF trn, sd R fc COH, bk L in BJO comm RF trn, pull R ft to L take wgt with a R sd stretch ( W bk R, sd L, fwd R, fwd & arnd M L chg head to open);  
QQQQ 2 Fwd L comm sharp RF curve, cont RF trn check fwd R in BJO DRW with L sd stretch, bk L trn body RF trn to SCP fc DRW, pt R bk with R sd stretch like a momentary promenade sway;  
SS 3 Fwd & sd R rolling into R lunge ( W head to DC),-, chg sway by trning body twd W ( W head trn to DRW),-;  
SS 4 Rise & trn body slightly LF ( W cl R),-, lower into same foot lunge M trn body slightly RF and pt L twd DRW ( W pt L),-;

5-8 TELEMAR ENDING: PROMENADE WEAWE:-: CURVING THREE STEP:

&SQQ 5 On the & ct comm LF body trn with partial wgt on L ( W fwd L to pick-up)/ put full wgt on L,-, sd R trning LF, fwd & sd L fc DC SCP ( W bk R,-, cl L to R heel trn, fwd & sd R);  
SQQ 6 Fwd R,-, fwd L trn LF to CP, sd & bk R to BJO DC ( W fwd L,-, sd & bk R to CP, cont trn on R until fc LOD fwd L DC);  
QQQQ 7 Bk L DC, bk R trn body LF & trn W to CP, sd & fwd L, fwd R in BJO DW ( W fwd R in BJO, fwd L to CP, sd & bk R, bk L in BJO);  
SQQ 8 Fwd L comm LF trn,-, fwd R passing well under body with R sd stretch cont LF trn, cont R sd stretch banking into the curve fwd L well under the body ( W bk R,-, bk L, bk R) end fcng DRC;

9-12 REVERSE WAVE ENDING: PIVOT 3: TURNING RIGHT LUNGE WITH NATURAL WEAVE ENDING:-:

- SQQ 9 Bk R,-, bk L comm LF curve, bk R curve LF to end RLOD CP;  
 SQQ 10 Bk L pivot 1/2 RF,-, fwd R cont RF pivot 1/2, bk L RF pivot 1/2;  
 SQQ 11 Fwd & sd R like a R lunge but cont pivot as if this is the first step of a natural weave,-, begin to roll W's head open with a sd & bk L cont RF trn to bring R sd bk, bk R fc DRW;  
 QQQQ 12 Bk L in BJO DC, bk R trn body LF & trn W to CP, sd & fwd L, fwd R in BJO DW ( W fwd R in BJO, fwd L to CP, sd & bk R, bk L in BJO);

13-16 WHISK: FEATHER: TELEFEATHER:-:

- SQQ 13 Fwd L to CP,-, fwd & sd R rising to ball of ft, XLIB of R SCP DC;  
 SQQ 14 Fwd R,-, fwd L, fwd R to BJO ( W fwd L trn LF,-, sd & bk R, bk L);  
 SQQ&QQQQ15-16 Fwd L trn LF,-, fwd & sd R cont trn, sd & bk L with partial wgt keep L sd fwd twd W ( W bk R trn LF,-, bring L to R for heel trn, fwd R cont LF trn); spin L taking full wgt to L/ cont spin, sd R cont trn, sd & fwd L to BJO, fwd R end DW ( W keep R sd in twd M step fwd L/ R, cont trn toe spin & cl L, cont trn sd & bk R to BJO, bk L);

INTERLUDE

1-4 HOVER: RUNNING OPEN NATURAL: FEATHER FINISH: CHANGE OF DIRECTION:

- SQQ 1 Fwd L,-, diag sd & fwd R rising, fwd L to SCP DC;  
 SQ&Q 2 Thru R in CBMP comm RF trn,-, sd & bk L with slight L sd stretch 3/8 RF trn/ bk R with R sd lead, bk L in BJO with R sd stretch ( W thru L in CBMP comm RF trn,-, stay well into M's R arm fwd R/ fwd L with L sd stretch, fwd R in BJO) end fc DRW;  
 SQQ 3 Bk R trn LF,-, sd & fwd L, fwd R in BJO fc DW;  
 SS 4 Fwd L DW,-, fwd R DW R shoulder lead & trn LF, draw L to R fc DC;

REPEAT C

ENDING

1-4 WHISK: FEATHER: TELEFEATHER:-:

1-4 Repeat meas 13-16 of part C;-;-;

5-8 WHISK: FEATHER: TELEFEATHER:-:

5-8 Repeat meas 13-16 of part C;-;-;

9+ FORWARD RIGHT LUNGE EXTEND: CHANGE SWAY.

- QS+ 9+ Fwd L trn RF, lunge R on the diag to DW extending the sway W's head to the L,-;-; on the last beat of music change sway W's head sharply to the R,