

PUT YOUR RECORDS ON

Choreographers: Bob & Sally Nolen
Address: 790 Camino Encantado, Los Alamos, NM 87544
Rhythm & Phase: WCS Phase V (Cheerleader+Tripple Travel & Roll)
+(Whip & Flip+Cut Off)
Music: Connie Bailey Rae, Amazon.com & others
Speed: 47 RPM with download at 3.33 min
from Amazon.com or 3.19 min
Sequence: Intro A B C Intl 1 A B C Intl 2 D C C End

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Level of Difficulty: Moderate
Released: July 2016 R0
Footwork: Ladies Opposite Man
except where noted



Introduction

1-3 Wait Man Facing Rev w/L Hooked Behind R ; ; Unwind to LOP/LOD;

- 1-2 **{Wait 2X}** Wait 2 meas w/man's left ft hooked bhnd rt facng RLOD (ladies opposite) ;
3 **{Unwind to LOP/LOD}** Unwind to LOP/LOD;

Part A

1-3 Left Side Pass; ,, Underarm Turn; ,,,:

- 1-3 **{Left Side Pass}** bk L turning LF, close R turning LF leading woman to M's L sd, fwd L/close R, fwd L; in place R/ L, R, (fwd R, fwd L passing on M's L sd, fwd R/L, R turning LF; in place L/ R, L,)
{Underarm Turn} bk L turning RF, fwd R turning RF, fwd L/close R, fwd L; in place R / L, R, (fwd R, fwd L under jned lead hands, fwd R/L, R turning LF; in place L/ R, L,)

4-6 Cheerleader; ,,Cheek to Cheek; ,,,:

- 4-6 **{Cheerleader}** X L IF/cl's R sd & bk L tap R heel fwd, X R IF/cl's L sd & bk R tap L heel fwd, X L IF/cl's R sd & bk L tap R heel fwd; X R IF/cl's L sd & bk R tap L heel fwd, (X R IF/cl's L sd & bk R tap L heel fwd, X L IF/cl's R sd & bk L tap R heel fwd, X R IF/cl's L sd & bk R tap L heel fwd; X L IF/cl's R sd & bk L tap R heel fwd,)
{Cheek to Cheek} bk L, rec fwd R comm RF turn, lift L knee up cont RF turn touching M's L hip to woM's R hip, X L IF of R turning LF to fac prtnr; in place R/L, R, (fwd R, fwd L comm LF turn, lift R knee up cont LF turn touching R hip to M's L hip, X R IF of L turning RF to fac prtnr; in place L/R, L,)

7-8 Side Whip; ;

- 7-8 **{Side Whip}** bk L, rec fwd & sd R moving to lady's R sd turning 1/4 RF to an L-shaped SCP placing R hand on lady's bk, point L [no wgt], hold; hold, fwd L turning 1/4 LF, in place R/ L, R; (fwd R, fwd L turning 1/2 RF, bk R/close L to R, fwdR; bk L, bk R turn 1/2 LF to fac prtnr, in place L/R, L;)

Part B

1-5 Underarm Turn; ,, Triple Travel with Roll; ; ; ,,,:

- 1-5 **{Underarm Turn}** bk L turning RF, rec fwd R turning RF, fwd L/close R, fwd L; in place R / L, R, (fwd R, fwd L under jned lead h&s, fwd R/L, R turning LF; in place L/ R, L,)
{Triple Travel with Roll} sd R/close L, sd & fwd R comm RF turn 1/4, fwd L cont RF turn 3/4, fwd R cont RF turn 1/2 [making a 1 1/2 turn] to a lft hand star; sd L/close R, sd L turning LF 1/2 to a rt hnd star, sd R/close L, sd R turning RF 1/2 to a lft hand star; sd L/close R, sd & fwd L comm LF turn 1/4, fwd R cont LF turn 1/2, fwd L cont LF turn 1/2 [making a 1 1/4 turn] to fac prtnr jn lead hands; in place R/ L, R, (sd L/close R, sd & bk R comm RF turn 1/4, fwd R cont RF turn 3/4, fwd L cont RF turn 1/2 [making a 1 1/2 turn] to a lft hand star; sd R/close L, sd R turning 1/2 LF to a rt hand star, sd L/close R, sd L turning RF 1/2 to a lft hand star, sd R/close L, sd & bk R comm LF turn 1/4, fwd L cont LF turn 1/2, fwd R cont LF turn 1/2 [making a 1 1/4 turn] to fac prtnr jn lead hands; in place L/ R, L,)

6-8 Surprise Whip; ; Sugar Body Ripple; ,,,:

- 6-8 **{Surprise Whip}** bk L, rec fwd & sd R moving to lady's R sd comm RF turn 1/4 to CP, sd L cont RF turn 1/4 rec fwd R, sd & fwd L complete 1/2 RF turn; chk fwd R CBMP turning upper body strongly to the R leading woman to turn sharply to the rt & stopping woman with M's rt hand on lady's bk ending in an L-shaped SCP looking at prtnr, rec bk L raising jned lead hands, in place R / L, R; (fwd R, fwd L turning RF 1/2, bk R/close L to R, fwd R between M's ft turning sharply RF 1/2 keeping L leg close to R & under the body; chk bk L, rec fwd R turning RF under jned lead hands to fac prtnr, in place L/ R, L;)
{Sugar Bdy Ripple} bk L, bk R, press L fwd & lower to body ripple,-,- ;,,

Part C

1-5 Whip Turn & Flip to LOP/LOD; ; Underarm Man Hook Turn to Left over Right; ,, Traveling Side Pass; ,,,:

1-5 **{Whip & Flip to LOP/LOD}** Bk L, rec fwd & sd R moving to wom's R sd turning 1/4 RF to CP, sd L turning 1/4 RF/fwd R, sd & fwd L & on same track as L ft & while flipping to sdcar LOD; Fwd wide outside ladies R cking, sd L into track, anchor in place R,L,R; (fwd R, fwd L turning LF 1/2 to CP, bk R/close L to R, fwd R between M's ft turning 1/2 RF; bk L, bk R, anchor in place L / R, L;)

{Underarm Turn Man Hook Trn Lft over Rt} bk L turning RF, rec fwd R turning RF, fwd L/close R, fwd L; in place R / L, R, (fwd R, fwd L under jned lead hands, fwd R/L, R turning LF; in place L / R, L,)

{Traveling Side Pass} sd L, rec sd R, close L/in place R, fwd L; fwd R/fwd L, fwd R, (fwd R, fwd L comm LF turn, in place R/L, fwd R continuing LF trn moving behind man to his rt sd; L/R, L,)

6-8 Right Side Pass w/Ladies Inside Underarm Turn to Man's Head Loop; ,, Cut Off ; ,,,:

6-8 **{Rt Sd Pass w/Ladies Inside Underarm Trn to Man's Head Loop}** From sd by sd Pos fcng wall lft hand joined over right joined hand - rk sd L, rec sd R, swvl 1/4 LF to LOD rec R, cl L to R/in place R, fwd L; bk R under body/replace wt to L, sltly bk & replace wt to R while leading ladies rt hnd over man's head letting go for man's head loop , (From sd by sd Pos fcng wall lft hand joined over right joined hand - fwd R, fwd L, svl 1/4 LF to wall sd R/cl L to R trn 1/4 LF to LOD, strt RF trn to RLOD fwd R spin RF on R to fc LOD; (Fwd L, fwd R while letting go of man's rt hnd & lide rt hnd down man's arm & join rt to lft hnds, replace wt to L, to LOP/LOD)

{Cut Off} bk L, rec R, fwd L press while taking bk of rt hnd to bk of ladies rt shoulder blade ,-,-,rotate rt hand around to palm-; lead lady to turn bk to fc LOD man cross L in frnt of R like a lock, and anchor - R,L,R to LOP/LOD; (fwd R, fwd L, fwd R commencing lft fc trn/fwd L continuing lft fc trn, fwd R completing lft fc trn; bk L/R,L bk to LOP/LOD;)

Intl 1

1-3 Sand Step 2X; ; Even Count Side Breaks:

- 1 **{Sand Step}** swivel rt fc on R tch L toe to R instep, swivel LF on R tch L heel sd & fwd, swivel rt fc on R cross L in frnt of R/ sd R bhnd L, cross L in front of R;
- 2 **{Sand Step}** swivel lft fc on L tch R toe to L instep, swivel lft fc on L tch R heel sd & fwd, swivel lft fc on L cross R in frnt of L/ sd L bhnd R, cross R in front of L;
- 3 **{Even Count Sd Breaks}** sd L, sd R, sd L, clse R;

Repeat Part A,B,C

Intl 2 (Repeat Intl 1, Meas 1-2)

Part D

1-4 Sugar Push w/Rock 2; ; Wrapped Whip; ;

1-2 **{Sugar Push w/Rk 2}** bk L, bk R, touch L to R, fwd L; rk bk r, rk fwd L, anchor in place R / L, R, (fwd R, fwd L, touch R to L, bk R rk L, rk bk R; in place L/ R, L,)

3-4 **{Wrapped Whip}** bk L to double h&hold, rec R turning 1/2 RF, bring M's L & woM's R h&s in & over woM's head sd L cont RF turn/close R, sd & fwd L in wrapped pos; X R in bk of L turning RF release M's R & woM's L h&s, sd L turning RF to fac LOD, in place R/ L, R; (fwd R, fwd L, fwd R/close L, bk R; bk L, bk R, in place L / R, L;)

5-8 Sugar Tuck & Twirl; ,, Half Whip; ; Kick Ball Change,,;

5-8 **{Sugar Tuck & Twirl}** bk L, bk, R tch L, step L leading lady to twirl lft fc bk to fc partner; anchor-bk R/L, R; (fwd R, fwd L, fwd R begin rt fc trn in a twirling action bk to fc partner; anchor - bk L/R, L;)

{Half Whip} bk L, rec fwd R leading lady to SCP/LOD, fwd L commencing a lft fc trn/ fwd R, fwd L to CP/RLOD; continue to RLOD fwd R, fwd L chckng, anchor - bk R/L, R; (fwd R, fwd L trning rt fc 1/2 to SCP/LOD, bk R/cl L, fwd R chckng; bk L, bk R, bk L/R, L - anchor;

{Kick Ball Chnge} In LOP/RLOD kick L fwd/take wgt on ball of L,replace wgt on R, (In LOP/RLOD kick R fwd/take wgt on ball of R,replace wgt on L,)

Repeat Part C 2X Facing Rev

End

1-3 Sand Steps 2X;; Cls & Sunburst:

- 1 **{Sand Step}** swivel rt fc on R tch L toe to R instep, swivel LF on R tch L heel sd & fwd, swivel rt fc on R cross L in frnt of R/ sd R bhnd L, cross L in front of R;
- 2 **{Sand Step}** swivel lft fc on L tch R toe to L instep, swivel lft fc on L tch R heel sd & fwd, swivel lft fc on L cross R in frnt of L/ sd L bhnd R, cross R in front of L;
- 3 **{Cls & Sunburst}** cls L & raise arms from center of body up bringing them in & going up straight then out and slowly down as music fades;

HEAD CUES

Introduction

Wait Man Facing Rev w/Left Hooked Behind R ;; Unwind to LOP/LOD;

Part A

Left Side Pass;;; Underarm Turn;;;;

Cheerleader;;; Cheek to Cheek;;;; Side Whip; ;

Part B

Underarm Turn;;; Triple Travel with Roll; ; ; ,,

Surprise Whip; ; Sugar Body Ripple;;;;

Part C

Whip & Flip to LOP/LOD; ; Underarm Turn Man Hook Trn Lft over Rt; ,,

Traveling Side Pass;;;; Rt Side Pass w/Inside Underarm Trn to Man's Head Loop;;; Cut Off;;;;

Intl 1

Sand Step;; Even Count Sd Break;

Part A

Left Side Pass;;; Underarm Turn;;;;

Cheerleader;;; Cheek to Cheek;;;; Side Whip; ;

Part B

Underarm Turn; ,, Triple Travel with Roll; ; ; ,,

Surprise Whip; ; Suger Body Ripple;;;;

Part C

Whip & Flip to LOP/LOD; ; Underarm Turn Man Hook Trn Lft over Rt; ,,

Traveling Side Pass;;;; Rt Side Pass w/Inside Underarm Trn to Man's Head Loop; ,, Cut Off;;;;

Intl 2

Sand Step 2X;;

Part D

Sugar Push w/Rk 2; ; Wrapped Whip; ;

Sugar Tuck & Twirl; ,, Half Whip; ; Kick Ball Chnge ;;;

Part C

Whip & Flip to LOP/RL0D; ; Underarm Turn Man Hook Trn Lft over Rt; ,,

Traveling Side Pass; ;;; Rt Side Pass w/Inside Underarm Trn to Man's Head Loop; ,, Cut Off;;;;

Part C

Whip & Flip to LOP/RL0D; ; Underarm Turn Man Hook Trn Lft over Rt; ,,

Traveling Side Pass;;;;Rt Side Pass w/Inside Underarm Trn to Man's Head Loop; ,, Cut Off;;;;

Part End

Sand Step 2X;; Cls to Sunburst;