

5 Dance With Me, Darling

CHOREO: Rey & Sherry Garza, 1655 Monte Vista Dr., Vista, Ca. 92084-7121 (760) 458-6418
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MUSIC: Dance With Me Artist: Bruno Mars Album: The Romantic Track #9 Length: 3:39 Slow for comfort From Amazon.com

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Slow Two Step Phase 5

SEQUENCE: Intro-ABC-Bridge-ABC(1-8)-End Released 7/27/2026

INTRO

- 1-4 FACING PARTNER WALL NO HANDS JOIND LEAD FEET FREE;; LUNGE BASICS; BFLY DLW; DIAMOND CROSS CHASSE;;; FACE WALL;**
- 1-2 [Starting POS]** Fcg ptr & WALL no hands joined lead ft free wait;;
- 3-4 [Lunge Basics]** Lunge sd L, -, rec R, XLIF of R; Lunge sd R, -, rec L trn 1/8 LF, XRIF of L (Lunge sd R, -, rec L, XRIF of L; Lunge sd L, -, rec R trn 1/8 LF, XLIF of R) end BLFY DLW;
- 5-8 [Diamond Cross Chasse]** In double hnd hold throughout fwd L trng ¼ LF, -, sd R, XLIF of R fc DC (Bk R trng ¼ LF, -, sd L, XRIF of L fc DRW); Bk R trng ¼ LF, -, sd L, XRIF of L fc DRC (Fwd L trng ¼ LF, -, sd R, XLIF of R fc DLW); Repeat meas 5 & 6 end fcg ptr & WALL;;

PART A

- 1-8 BASIC;; UNDERARM TRN TO TAMARA DLW; WHEEL 3; UNWIND TO WRAP FACE LINE; BREAK BACK; LEFT TURN WITH INSIDE ROLL; BASIC ENDING;**
- 1-2 [Basic]** Sd L, -, XRIB of L, rec L; Sd R, -, XLIB of R, rec R;
- 3 [Underarm Trn Tamara]** Keeping both hnds joined sd L, -, XRIB of L trng 1/8 RF, rec L trn LF ¼ (Sd & fwd R start a 7/8 RF trn under ld hnds keeping trail hnds at waist level, - XLIF of R cont RF trn, fwd R comp trn fcg DRC with L hnd folded in back of waist and R hnd in reverse salute looking at ptr) end a TAMARA POS fcg ptr & DLW;
- 4 [Wheel 3]** In Tamara POS trng 3/8 RF fwd R, -, L, R fc RLOD (Trng 3/8 RF fwd L, -, R, L fc LOD);
- 5 [Unwind To Wrap]** While ldg W to trn RF to unwind Tamara POS keeping both hnds jnd cont RF to fc LOD fwd L, -, R, L (Under ld hnds start full LF trn keep trail hnds at waist level small fwd R, -, L, R) bring ld hnds in front of W to a wrap POS fcg LOD);
- 6 [Break Back]** Bk R, -, rk bk L, rec R (Bk L, -, rk bk R, Rec L) still in WRAP POS fcg LOD;
- 7 [Lf Trn Inside Roll]** Raise ld hnds ld W to LF trn small fwd L trn ¼ LF rel trail hnds, -, sd R, XLIF of R fc COH (Under ld hnds sd & fwd R sprl LF, -, fwd L cont roll, sd & bk L fc ptr & Wall);
- 8 [Basic End]** Sd R, -, XLIB of R, rec R (Sd L, -, XRIB of L, rec L) blend to momentary BFLY COH;
- 9-16 LADY NECK WRAP; AND UNWRAP; UNDERARM TURN TO HANDSHAKE; OPEN BREAK; TRADE PLACES; TWICE; CHANGE SIDES WITH INSIDE ROLL; BASIC ENDING;**
- 9-10 [Lady Neck Wrap & Unwrap]** Keeping ld hnds above shoulder level ld W to trn RF sd L, -, XRIB of L, rec L; Sd R, -, XLIF of R, rec R (Sd & fwd R start a 3/4 RF trn keeping ld hnds above shoulder level rel trail hnds and extend to sd, -, fwd L cont RF trn, fwd R comp trn fc LOD; Cont with ld hnds jnd fwd L start 3/4 LF, -, fwd R cont LF trn, fwd L fc WALL) end fcg ptr & COH;
- 11 [Underarm Trn]** Under ld hnds ld W to trn RF sd & bk L, -, XRIB of L trng 1/8 RF, rec L trn 1/8 LF (Sd & fwd R start a full RF trn under ld hnds, -, XLIF of R cont RF trn, fwd R comp trn fc WALL);
- 12 [Op Break]** Sd & fwd R twd W, -, rk apt L, rec R (Sd & fwd L twds M, -, rk apt R, rec L) jn R hnds;
- 13-14 [Trade Places]** Fwd L sprl ½ RF rel R hnds, -, join L hnds rk bk R, rec L fc WALL; Fwd R sprl ½ LF rel L hnds, -, join R hnds rk bk L, rec R fc COH (Fwd R sprl ½ LF releasd R hnds, -, join L hnds rk bk L, rec R; Fwd L sprl ½ RF rel L hnds, -, join R hnds rk bk R, rec L) end fcg ptr & COH;
- 15 [Change Sds With Insd Roll]** Fwd L sprl ½ RF fc WALL, - rel R hnds jnd ld hnds, cont ldg W to LF trn sd R, XLIF of R (Fwd R sprl ½ LF cont a full LF trn, -, fwd L, R comp LF trn) rel R hnds blend to a Loose CP WALL;
- 16 [Basic End]** In Loose CP WALL Repeat meas 8 of part A;

PART B

1-8 TWISTY BASICS;; SQUARE ½;; TWISTY BASICS;; SQUARE ½;;

1-2 [Twisty Basic] Sd L, -, XRIB of L, rec L; Sd R, -, XLIB of R, rec R (Sd R, -, XLIF of R, rec R; Sd L, -, XRIF of L, rec L);

3-4 [Square 1/2] Rel ld hnd slide L arm under W's R placing L hnd on W's R shoulder blade fwd L in front of W trng 3/8 RF to a L ½ OP fc COH, -, sd R, XLIF of R; Slide R arm under W's L placing R hnd on W's L shoulder blade small fwd R trng 1/8 blend to ½ OP RLOD, -, sd L, XRIF of L (Small fwd R, -, in L V POS sd L, XRIF of L; Fwd L in front of M trng 3/8 RF to a ½ OP fc RLOD, -, sd R, XLIF of R) blend to Loose CP COH;

4-8 Repeat meas 1-4 of Part B end in Loose CP WALL;;;

9-16 TRAVELING RIGHT TURN WITH OUTSIDE ROLL;; HIP CATCH WITH INSIDE ROLL; TO SWEETHEART WRAP MAN IN TWO; RUN 3 TOWARD DLW; SWITCH WITH LADY ROLL OUT; TO OPEN CROSS CHECK RECOVER DLC; LADY ROLL LEFT TO CP MAN IN TWO INTO;

9-10 [Traveling Right Trn] Sd & fwd L trn ¼ RF in front of W, -, hook RIB of L, unwind 5/8 RF rec to L; Fwd R to fc WALL, -, sd L, XRIF of L (Fwd R bwtm M's ft, -, fwd L outsd ptr, fwd R twds Wall; Start a full RF trn sd & bk L trng RF, -, fwd & sd L cont RF trn, sd & bk comp RF trn) end in LPOS fcg WALL;

11 [Hip Catch Insd Roll] Lunge sd L catching W's R hip with M's R hnd, -, ld to a LF roll, sd & fwd R, fwd L (Lunge sd R, -, sd & fwd L start a full LF roll sd & bk R) join trail hnds;

12 [Sweetheart Wrap] Sd & fwd R ldg W to a rec underarm trn keeping trail hnds joined, -, rec L, - (Sd & fwd L start a ¾ LF trn, -, bringing ld hnds thru in front of W XRIF of L cont LF trn, rec L comp trn bring ld hnds down) end in a WRAP POS LOD;

13 [Sweetheart Run 3] Twds DLW fwd R, -, L, R end fcg DW;

14 [Switch Lady Roll Out] Fwd L sprl RF setting W to L sd fc DC, -, small fwd R, in plc L (In plc L sprl RF fc DC and cont RF trn, -, one full RF roll fwd R, fwd & sd L comp RF roll) blend to OP POS DC;

15 [Op Fence Line] Sd R, -, XLIB of R, rec R;

16 [Ldy Roll Into Loose CP] With bdy rotation ld W to roll Piv LF sd L, -, rec R, fc DRC (Start LF roll sd & fwd L, -, cont LF roll sd & bk R, fwd L comp roll) blend to Loose CP DRC;

PART C

1-8 CIRCULAR TRIPLE TRAVELER FIVE MEAS;;;;; OPEN BASIC END; ARM TO ARM; TWICE;

1-5 [Circular Triple Traveler] Trng LF twd RLOD fwd L, -, small fwd R, L; Chk fwd R start LF trn under ld hnds, -, rec L cont LF trn, small fwd R fc LOD; Bring ld hnds down & up CW fwd L, -, fwd R, fwd L; Chk fwd R start LF trn under ld hnds, -, rec L cont LF trn, small fwd R fc RLOD; Bring ld hnds down & up CW fwd L, -, fwd R, fwd L (Under ld hnds fwd R sprl 7/8 LF cont LF trn fwd L, fwd R fc DC; Circle arnd M fwd L, -, fwd R, fwd L fc LOD; Fwd R, -, fwd L sprl RF, fwd R end fcg ptr & Wll; Circle arnd M fwd L, -, fwd R, fwd L fc RLOD; Fwd R, -, fwd L sprl RF, fwd R end fcg ptr & COH);

6 [Op Basic] Sd R (L) to ½ op, -, XLIB of R (XRIB) rec R (L);

7-8 [Arm To Arm X2] Ld W to X in front fwd L, -, fwd & sd R, XLIF of R; Ld W to X in front fwd R, -, fwd & sd L, XRIF of L (In front of M sd & fwd R trng ¾ LF to a L ½ OP, -, sd & fwd L, XRIF of L; In front of sd & fwd L trng ¾ RF to ½ OP LOD, -, sd & fwd R, XLIF of R);

9-16 LUNGE BASIC WITH RIFF TURN; BASIC END; RIGHT TURN WITH OUTSIDE ROLL; BASIC ENDING TO PICK UP; TRAVELING CROSS CHASSE; PASSING TRAVELING CROSS CHASSE; BACK TRAVELING CROSS CHASSE FACE WALL; BASIC ENDING;

9 [Lunge Basic With Riff Trn] Join ld hnds lunge sd L trng to fc ptr & WALL, -, ld W to an insd spin sd R, cl L (With ld hnds joined lunge sd to fc ptr & COH, -, under ld hnds sd L spin LF, cl R to L);

10 [Basic End] In Loose CPWALL Repeat meas 8 of part A;

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Part C Continued

- 11 **[R Trn With Outsd Roll]** X in front of W sd & fwd L trng RF ½ ld W to an outsd trn, -, sd & fwd R, XLIF of R (Fwd R btwn M's feet trng RF, -, under ld hnds sd L sprl RF full to fc ptr & Wll, sd R);
- 12 **[Basic End]** Sd R, -, XLIB of R, rec R (Sd L, -, XRIB of L, rec L) blend to BFLY DRC;
- 13 **[Traveling X Chasse]** fwd L trng ¼ LF, -, sd R, XLIF of R fc DRW (Bk R trng ¼ LF, -, sd L, XRIF of L fc DC);
- 14 **[Passing X Chasse]** Fwd R RLOD start to trn RF, -, sd & fwd L cont RF trn passing W, XRIF of L fc DC (Bk L twds RLOD start to trn RF, -, small sd & bk R cont RF trn, XLIF of R fc DRW);
- 15 **[Bk Traveling X Chasse]** Bk L twds RLOD trng RF, -, sd & bk R, XLIF of R end fcg DLW (Fwd R trng RF, -, sd & fwd L cont trn, XRIF of L fc DRC);
- 16 **[Basic End]** Bk & Sd R fc WALL, -, XLIB of R, rec R (Fwd & sd L fc COH, -, XRIB of L, rec L) end BFLY WALL;

BRIDGE

- 1-4 **BASIC;; QUICK TWISTY VINE 4 HOLD; CANTER;**
- 1-2 **[Basic]** Repeat meas 1 & 2 of Part A;;
- 3 **[Quick Twisty Vine 4]** Sd & bk L, XRIB of L, sd L, XRIF of L, hold, hold (Sd & fwd R, XLIF of R, sd R, XLIB of R, hold, hold); **Note: Described in 6/8 timing.**
- 4 **[Canter]** Sd L, draw R to L, -, cl R to L, hold, hold (Sd R, draw L to R, -, cl L to R, hold, hold); **Note: Described in 6/8 timing.**

Repeat PART A, PART B, and PART C 1-8 end fcg DLW

ENDING

- 1-8 **DIAMOND CROSS CHASSES;;; FACE WALL; LUNGE BASIC TO WRAP LADY MAN IN TWO; HIP ROCK 4;; HOLD,,,;**
- 1-4 Repeat meas 5 thru 8 of intro;;;;
- 5 **[Lunge Basic With Lady Wrap]** Lunge sd L, -, ld W into insd trn to wrap with ld hnds keeping trail hnds at waist level, sd R adjusting to W (Lunge sd R start a ½ LF trn under ld hnds, rec XLIF of R, sd R blend to a WRAP);
- 6-8 **[Hip Rocks]** Slow sd hip rock L, -, R, -; L, -, R, -; Hold, -, -, -;

Note: Cue Sheet written as SQQ. Actual music timing is 6/8. During the Bridge 6/8 timing is used to describe measure 3 and 4.

Short Cues for 5 Dance With Me Darling by; Rey & Sherry Garza

INTRO

- 1-4 **FACING PARTNER WALL NO HANDS JOIND LEAD FEET FREE;; LUNGE BASICS; BFLY DLW; DIAMOND CROSS CHASSE;;; FACE WALL;**

PART A

- 1-8 **BASIC;; UNDERARM TRN TO TAMARA LINE WALL; WHEEL 3; UNWIND TO WRAP FACE LINE; BREAK BACK; LEFT TURN WITH INSIDE ROLL; BASIC ENDING;**
- 9-16 **LADY NECK WRAP; AND UNWRAP; UNDERARM TURN TO HANDSHAKE; OPEN BREAK; TRADE PLACES; TWICE; CHANGE SIDES WITH INSIDE ROLL; BASIC ENDING;**

PART B

- 1-8 **TWISTY BASICS;; SQUARE ½;; TWISTY BASICS;; SQUARE ½;;**

- 9-16 TRAVELING RIGHT TURN WITH OUTSIDE ROLL;; HIP CATCH WITH INSIDE ROLL; TO SWEETHEART WRAP MAN IN TWO; RUN 3 TOWARD DLW; SWITCH WITH LADY ROLL OUT; TO OPEN CROSS CHECK RECOVER DLC; LADY ROLL LEFT TO CP COH MAN IN TWO;**

PART C

- 1-8 CIRCULAR TRIPLE TRAVELER FIVE MEAS;;;;; OPEN BASIC END; ARM TO ARM; TWICE;**
- 9-16 LUNGE BASIC WITH RIFF TURN; BASIC END; RIGHT TURN WITH OUTSIDE ROLL; BASIC ENDING TO PICK UP DRC; TO REVERSE TRAVELING CROSS CHASSE; PASSING TRAVELING CROSS CHASSE; BACK TRAVELING CROSS CHASSE FACE WALL; BASIC ENDING;**

BRIDGE

- 1-4 BASIC;; SYNC TWISTY VINE 4 HOLD; CANTER CLOSE;**

PART A

- 1-8 BASIC;; UNDERARM TRN TO TAMARA LINE WALL; WHEEL 3; UNWIND TO WRAP FACE LINE; BREAK BACK; LEFT TURN WITH INSIDE ROLL; BASIC ENDING;**
- 9-16 LADY NECK WRAP; AND UNWRAP; UNDERARM TURN TO HANDSHAKE; OPEN BREAK; TRADE PLACES; TWICE; CHANGE WITH INSIDE ROLL; BASIC ENDING;**

PART B

- 1-8 TWISTY BASICS;; SQUARE ½;; TWISTY BASICS;; SQUARE ½;;**
- 9-16 TRAVELING RIGHT TURN WITH OUTSIDE ROLL;; HIP CATCH WITH INSIDE ROLL; TO SWEETHEART WRAP MAN IN TWO; RUN 3 TOWARD DLW; SWITCH WITH LADY ROLL OUT; TO OPEN CROSS CHECK RECOVER DLC; LADY ROLL LEFT TO CP COH MAN IN TWO;**

PART C 1-8

- 1-8 CIRCULAR TRIPLE TRAVELER FIVE MEAS;;;;; OPEN BASIC END; ARM TO ARM; TWICE DLW;**

ENDING

- 1-8 DIAMOND CROSS CHASSES;; FACE WALL; LUNGE BASIC TO WRAP LADY MAN IN TWO; HIP ROCK 4;; HOLD;**

For The Millionth Time

CHOREO: Rey & Sherry Garza, 1655 Monte Vista Dr., Vista, Ca. 92084-7121 (760) 458-6418
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MUSIC: For The Millionth And The Last Time (Tango 32) Artist: Tanzoorchester Klaus
Hallen feat. Rio
Album: Elvis Revival From Casa Musica [Casa musica - Single tracks](#)

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Tango Phase 3 + 2 [Leg Crawl & Telemark]

SEQUENCE: Intro-AB-A1-8MOD-BMOD-A9-16-End Released 7/27/2026

INTRO

- 1-4 CP FCG LOD; SLOW CORTE WITH LEG CRAWL;,,, RECOVER DLW;**
- 1** [Starting Pos] In CP fcg LOD ld feet free wait;
- 2-4** [Slow Corte With Leg Crawl & Rec] Sd & bk L with flex knee, -, -, rise slowly ldg a leg crawl;
-, -, -, -, -, -, rec R (Sd & fwd R with flex knee, -, -, rise slowly bringing L leg up M's R leg toe
pointed down; -, -, -, -, -, -, rec L) end in CP DLW;

PART A

- 1-8 WALK 2; TANGO DRAW FACE DLC; TURN LEFT 3; ON AROUND IN 3 SCP LOD; WALK & PICKUP; SIDE STAIR 4; SIDE CORTE & RECOVER DLC; GAUCHO TURN 4 FACE WALL;**
- 1** [Wlk 2] Curving to fc LOD fwd L, -, fwd R, -;
- 2** [Tango Drw] Fwd L, fwd & sd R trng 1/8 LF, sd drw L to R no weight, - (Bk R, bk & sd L trng 1/8 LF, sd drw R to L no weight, -) end fcg DLC;
- 3** [Trn L 3] Fwd L start a 3/8 LF trn, sd & bk R cont trn blend to BJO, bk L comp trn, -(Bk R start LF trn, fwd & sd L cont trn blend to BJO, fwd R outsd ptr comp trn, -) end in BJO fcg RLOD;
- 4** [Around To SCP] Bk R cont 1/2 LF trn, sd & fwd L comp trn end in SCP LOD, thru R, -(Fwd L, fwd R, fwd L, -) end SCP LOD;
- 5** [Wlk & Pk Up] Fwd L, -, thru R trn upper bdy LF ldg W to fold in front, - (Fwd R, -, thru L, trn LF to fc prt in CP) end fcg DLW;
- 6** [Sd Corte & Rec] Sd L flex knee trn RSCP, -, rec R blend to CP LOD, -;
- 7** [Sd Stair] Curving LF to face LOD sd L, cl R, fwd L, cl R (Sd R, cl L, bk R, cl L) end DLC;
- 8** [Gaicho Trn 4] Start a 5/8 LF trn rk fwd L, rec R cont LF trn, rk fwd L, rec R comp LF trn (Trng 5/8 LF rk bk R, rec L, rk bk R cont LF trn, rec L comp LF trn) end fcg ptr & WALL;
- 9-16 WHISK; THRU FACE CLOSE; SERPIENTE;; THRU ROCK 3 SCP LOD; WALK & MANUEVER; PIV 2 CP LOD; BACK CORTE & RECOVER DLC;**
- 9** [Whisk] Fwd L, sd R, XLIB of R, -(Bk R, sd L, XRIB of L, -) end in tight SCP LOD
- 10** [Thru Fc Cl] Thru R to fc ptr & WALL, sd L, cl R to L, -(Thru L to fc prt & COH, sd R, cl L to R, -) end CP WALL;
- 11-12** [Serpiente] Sd L, XRIB of L, fan L CCW, -; XLIB of R, sd R, XLIF of R, fan R CCW (Sd R, XLIB of R, fan R CW, -; XRIB of L, sd L, XRIF of L, fan L CW);
- 13** [Thru Rock 3] Thru rk fwd R, rec L, rk fwd R, -(Thru rk fwd L, rec R, rk fwd L, -) end in SCP LOD with ld ft free in back;
- 14** [Wlk & Manuv] Start to trn 1/2 RF fwd L, -, fwd R comp RF trn, - (Fwd R, -, fwd L, -) end CP RLOD;
- 15** [Piv 2] Cont RF rotation sd & bk L, -, fwd R btwn W's ft comp 1/2 RF trn, - (Fwd R btwn M's ft, -, sd & bk L comp 1/2 RF trn, -) end CP LOD;
- 16** [Corte & Rec] Sd & bk L flex knee trn REV SCP, -, rec R blend to CP DLC, - (Sd & fwd R trng upper LF look wall, -, rec L blend CP DRW, -);

PART B

1-8 TELEMARK TO SEMI; THRU FORWARD CLOSE IN SCP; CRISS X;; RUN 3 SWITCH FACE REV; WALK 2 TO REV LOD; RUN 3 SWITCH SEMI LOD; WALK & PICK UP;

- 1 [Tel] Fwd L comm LF trn, sd R cont trn, sd fwd L SCP LOD, -(Bk R comm LF trn bringing L beside R with no weight, cont LF trn on R and transfer weight to L foot, sd & fwd R to SCP LOD,);
- 2 [Thru Fwd Cl] Thru R, fwd L, cl R to L, - (Thru L, fwd R, cl L to R, -) end SCP LOD;
- 3-4 [Criss X] In SCP thru both meas fwd L, -, thru R, -, XLIF of R, bk R, draw L to R, - (Fwd R, -, thru L, -, XRIF of L, bk L, draw R to L, -);
- 5 [Run 3] Fwd L, fwd R, fwd & sd L trng RF $\frac{1}{2}$ rel ld hnds & slide ld hnd under W's R plc on W's R shoulder blade, join trail hnds (Fwd R, fwd L, fwd & sd R trng $\frac{1}{2}$ LF slide ld hnd on top of M's L arm and plc on M's L shoulder, join trail hnds) end tight L V POS fcg RLOD;
- 6 [Wlk 2] Fwd R, -, fwd L, - (Fwd L, -, fwd R, -);
- 7 [Run 3] Fwd R, fwd L, fwd R trng LF $\frac{1}{2}$, - (Fwd L, fwd R, fwd L trng RF $\frac{1}{2}$, -) end in SCP LOD;
- 8 [Wlk & Pk Up] Repeat meas 5 of part A;

PART AMOD

1-8 SIDE STAIR 4; TANGO DRAW DLC; TURN LEFT 3; ON AROUND IN 3 SCP LOD; WALK & PICKUP; SIDE CORTE & REC DLC; GAUCHO TURN 8; FACE DLC;

- 1 [Sd Stair] Repeat meas 7 of Part A;
- 2-6 Repeat meas 2 thru 6 of part A;; -;; end CP DLC;
- 7-8 [Gauchio Trn 8] Start a full LF rk fwd L, rec R cont trn, rk fwd L, rec R cont trn; Rk fwd L, rec R cont trn, rk fwd L, rec R comp trn fc DLC (Start a full LF rk bk R, rec L, rk bk R cont trn, rec fwd L; Rk bk R cont trn, rec L, rk bk R comp trn, rec fwd L fc DRW);

PART B MOD

1-8 TELEMARK TO SEMI; THRU FORWARD CLOSE IN SCP; CRISS X;; RUN 3 SWITCH FACE REV; WALK 2 TO REV; RUN 3 SWITCH SEMI LOD; WALK 2 TO FACE WALL;

- 1-7 Repeat meas 1-7 of part B;;;;;;;
- 8 [Wlk 2] Fwd L, -, fwd R trng $\frac{1}{4}$ RF fc ptr & WALL, - (Fwd R, -, fwd L trng $\frac{1}{4}$ LF fc ptr & COH, -);

Repeat Part A 9-16;;;;;;;

END

1-5 GAUCHO TURN 4 FACE WALL; WHISK; THRU FACE CLOSE; SLOW SIDE CORTE WITH SLOW LEG CRAWL; --;

- 1-3 Repeat meas 8, 9 & 10 of Part A;;;
- 4-5 [Sd Corte & Slow Leg Crawl] Sd L with flex knee, -, rise slowly ldg a leg crawl, - (Sd R with flex knee, -, rise slowly bringing L leg up M's R leg toe pointed down, -); -, -, -, -;

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Short Cues for “For The Millionth Time

INTRO

1-4 CP FCG LOD; SLOW CORTE WITH LEG CRAWL;;;, REC DLW;

PART A

1-8 WALK 2; TANGO DRAW FACE DLC; TURN LEFT 3; ON AROUND IN 3 SCP LOD; WALK & PICKUP; SIDE STAIR 4; SIDE CORTE & REC DLC; GAUCHO TURN 4 FACE WALL;

9-16 WHISK; THRU FACE CLOSE; SERPIENTE;; THRU ROCK 3; WALK & MANUEVER; PIV 2 CP LOD; CORTE & RECOVER FACE DLC;

PART B

1-8 TELEMAR TO SEMI; THRU FORWARD CLOSE IN SCP; CRISS X;; RUN 3 SWITCH FACE REV; WALK 2 TO REV LOD; RUN 3 SWITCH SEMI LOD; WALK & PICK UP;

PART AMOD

1-8 SIDE STAIR 4; TANGO DRAW; TURN LEFT IN 3 ; ON AROUND IN 3 SCP LOD; WALK & PICKUP; SIDE CORTE & REC; GAUCHO TURN 8; FACE DLC;

PART B MOD

1-8 TELEMAR TO SEMI; THRU FORWARD CLOSE IN SCP; CRISS X;; RUN 3 SWITCH FACE REV; WALK 2 TO REV; RUN 3 SWITCH SEMI LOD; WALK 2 TO FACE WALL;

PART A9-16

9-16 WHISK; THRU FACE CLOSE; SERPIENTE;; THRU ROCK 3; WALK & MANUEVER; PIV 2 CP LOD; CORTE & RECOVER FACE DLC;

END

1-5 GAUCHO TURN 4 FACE WALL; WHISK; THRU FACE CLOSE; SIDE CORTE WITH SLOW LEG CRAWL;;

MY BOOGIE SHOES

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BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235

MUSIC: "Boogie Shoes" – KC & The Sunshine Band **SPEED:** Slow From 30 to 26MPM

WEBSITE: www.curtandtammy.com **E-MAIL:** cworlock@tampabay.rr.com

SEQUENCE: Intro, A, B, C, D, E, B, D, Ending **RELEASED:** November 2025

RHYTHM: West Coast Swing **PHASE:** VI **FOOTWORK:** Described for M - W opp (or as noted)

INTRO

1 - 4 WAIT;; WHIP w/HAND CHANGE BEHIND THE BACK;;

---- Wait 2 measures LOP "V" fcg ptr & LOD w/lead foot free pointed twd ptr for both;;

123&4 **{Whip w/Hand Chg Beh Bk}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm behind her bk (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing RLOD;

123&4 Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng 7/8 RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R hands "V" pos M fcing ptr & LOD;

PART A

1 - 4 FC LOOP SUGAR PUSH w/EXTRA ROCK 2 (HANG ON) M HOOK TURN TO;; **RIGHT SIDE PASS w/TUCK & DOUBLE TWIRL;;**

12-4 **{Fc Loop Sugar Push}** Bk L, almost cl R to L, pt L fwd as you loop joined R hands over head L hand on W's R hip, rock fwd L (fwd R, L, tap R behind L & L hand on M's R hip, rock bk R);

123&4 **{w/Extra Rock 2 M Hook Trn}** Rec R, fwd L keeping R hands joined, XRIB of L trng RF/cont RF trn sd L, cont RF trn fwd & across R twd DRW (rec L, bk R, bk to anchor L/R, L) to end in R side pass POS M FCING DRC out of slot W FCING RLOD w/R hands still joined now low;

12-4 **{Right Side Pass w/Tuck & Double Twirl}** Soft lunge fwd & sd L leading W fwd, rec R, tch L to R leading W to trn R to fc you, fwd L leading W under joined R hands;

123&4 Fwd R, L, bk to anchor R/L, R (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd RLOD, fwd L trng 7/8 RF under joined R hands, fwd R completing 1 ½ RF trn bk to anchor L/R, L) to end w/R hands M fcing ptr & RLOD;

5 - 8 BEHIND THE BACK WHIP w/INSIDE TURN;; SIDE WHIP;;

123&4 **{Behind The Back Whip w/Inside Trn}** Bk L, rec R across L trng ¼ LF leading W to trn RF, releasing R hands & keeping L arm down at your side small bk L COH/bk R, bk L connecting L arm to W's R arm (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M outside slot fcing WALL & W fcing RLOD;

123&4 Allow L hand to slide to W's R hand & lift W's R hand trng ¼ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L, fwd R trng ½ LF under joined lead hands, bk to anchor L/R, L) to end LOP "V" M fcing ptr & RLOD;

12-- **{Side Whip}** Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd RLOD, hold (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R);

1-3&4 Shifting weight to L, using strong press line on L, cont to lead W fwd bk in slot to anchor R/L, R (fwd L, fwd R

(123&4) trng ½ LF, bk to anchor L/R, L) to end "V" M fcing ptr & RLOD;

PART B

1 - 4 UNDERARM TURN TO RIGHT HANDS CONT CHASSE;; ROLL 2 TO SINGLE TRAVEL & ROLL;;

123&4 **{Underarm Trn to R Hands Cont Chasse}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec

1&2&3&4 R, small fwd L to R hand star; Sd R/cl L to R, sd R/cl L to R, sd R/cl L to R, sd R trng ¼ RF;

123&4 **{Roll 2 To Single Travel & Roll}** Cont RF trn sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing DLW W fcing DRC, sd L/cl R to L, sd L trng ¼ LF;

123&4 Cont LF trn sd R trng ½ LF, sd & fwd L cking anchor R/L, R to end LOP "V" M fcing ptr & LOD;

5 - 8 START SUGAR TOE HEEL CROSSES; w/TRAVELING VOLTA OUT; FINISH w/POINT SIDE; **STEP SPIN w/RONDE & ANCHOR TO RIGHT HANDSHAKE; * 2nd TIME NO HANDSHAKE**

12-- **{Start Sugar Toe Heel Crosses w/Traveling Volta Out}** Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd;

1&2&3&4 Moving twd WALL XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R;

--3- **{Finish w/Point Side}** Swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF on L/XRIF of L, point L sd twd COH;

1-3&4 **{Step Spin w/Ronde & Anchor to R Handshake}** Trng ¼ LF fwd L twd COH, ronde R ft CCW (L ft CW) trng 5/8 LF further, anchor R/L, R & join R hands to end M FCING ptr & LOD;

NOTE: * 2nd time through Part B, anchor to join lead hands as usual, so just cue "Step Spin w/Ronde & Anchor".

PART C**1 - 4 SUGAR PUSH w/INSIDE OUT TURN;; HANDSHAKE WHIP w/LADIES FREE ROLL RIGHT & SPIN OPTION;;**

12-4 {Sugar Push w/Inside Out Turn} Bk L, almost cl R to L, raising joined R hands to turn W LF tch L to R placing L hand on W's L shoulder, fwd & sd L out of slot (fwd R, fwd L, trng ½ LF on L under joined R hands tch R to L, fwd R) to TANDEM POS LOD M behind W;

123&4 Fwd R, fwd L checking, bk to anchor R/L, R (fwd L trng 7/8 RF under joined lead hands, cont RF trn fwd R completing 1 ½ RF twirl to fc M, bk to anchor L/R, L) to end with R handshake M fcing ptr & LOD;

123&4 {Handshake Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M out of slot w/R handshake M fcing ptr & RLOD;

123&4 {w/Ladies Free Roll R & Spin Option} Lead W fwd to roll R releasing R hands trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L spiral 7/8 RF on L, fwd R cont RF trn, fwd L trng RF/cont RF trn cl R to L, bk L completing another 1 ½ RF trn) to end LOP "V" M fcing ptr & LOD;

OPTION: Though spin is described, W may just do standard anchor L/R, L to replace the spin after the roll.

5 - 8 HALF WHIP; w/ROCK & PIVOT TO ROCK WHIP;;; KICK BALL CHANGE;;

123&412 {Half Whip w/Rock & Pivot to} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & bk L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP M fcing RLOD; Rock fwd R, sd & bk L pivot 3/8 RF,

341234 {Rock Whip & Kick Ball Chg} Cont RF trn as a couple fwd R LOD between W's feet, cont RF trn to rec L twd COH; Cont RF trn fwd R RLOD between W's feet, cont RF trn to rec L twd WALL, cont RF trn fwd R LOD between W's feet, fwd L;

1&23&4 Bk to anchor R/L, R, trng hip ¼ LF kick L fwd twd DLC (DRC)/cl L on ball of L, cl R to L in place whole foot to end LOP "V" M fcg ptr & LOD;

PART D**1 - 4 SUGAR WRAP KNEE LIFT & 2 HAND DOUBLE ANCHOR;; HUSTLE WHIP w/OUTSIDE TRN;;**

12-4 {Sugar Wrap Knee Lift To 2 Hand Double Anchor} Bk L, almost cl R to L, pt L fwd as you lead W to trn RF w/lead hands now in front of W's center in TANDEM WRAP POS LOD, fwd L trng W LF to join trail hands;

1&2&3&4 Bk to double anchor R/L, R/L, R/L, R (fwd R, fwd L trng ½ RF, lift R knee in "4" position as you push L palm to LOD like a stop sign, fwd R trng ½ LF joining trail hands; bk to double anchor L/R, L/R, L/R, L);

123&4 {Hustle Whip w/Outside Turn} Bk L, rec R across L comm RF trn raising arms out to sd, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF raising arms out to sd, cont RF trn bk R/cl L to R, fwd R) to end double hand hold M fcing RLOD slightly out of slot to his L;

123&4 Trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng 7/8 RF under joined lead hands, fwd R completing 1 ½ RF turn to fc M, bk to anchor L/R, L) to end LOP "V" M fcing LOD;

5 - 8 UNDERARM TURN IN 4 w/CLOSE; QUICK SIDE BREAK & IN IN OUT OUT; WRAPPED WHIP w/SURPRISE CHECK ENDING;;

1234 {Underarm Turn in 4 w/Close} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & RLOD;

1&2&3&4 {Qk Side Break & In In Out Out} Sd L/sd R, together L under L hip/cl R to L, lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L to end w/feet together LOP FCING M fcing ptr & RLOD;

123&4 {Wrapped Whip} Bk L, rec R across L and join trail hands comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAP POS FCING LOD;

123&4 {w/Surprise Check Ending} Fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, bk to anchor R/L, R (bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn bk to anchor L/R, L) release trail hands to end LOP FCING M fcing ptr & LOD;

PART E**1 - 4 LEFT SIDE PASS w/LADIES LEG SWEEPS & INSIDE TURN;;; CHEEK TO CHEEK;;**

12-- {Left Side Pass w/Leg Sweeps & Inside Turn} Bk trng ¼ LF, bk & sd R twd LOD framing W in "L" shape pos, (12-4) hold leading W to swvl LF, hold leading W fwd (fwd R, fwd L, sweep R leg CCW trng ½ LF on L, fwd R LOD);

--3&4 Hold leading W to swvl RF, hold leading W fwd releasing frame from "L" pos, as you raise joined lead hands in

(-23&4) place L/R, fwd L trng ¼ LF (sweep L leg CW trng ½ RF on R, fwd L RLOD, comm LF trn under lead hands fwd & sd R/cl L to R, bk R completing 1 ½ LF trn); Anchor R/L, R (anchor L/R, L) to end LOP "V" fcing ptr & RLOD,

34-2 {Cheek to Cheek} Bk L, rec R comm RF trn; Lift L knee up & across body trng 3/8 RF touching M's L hip to W's

3&4 R hip, small fwd & across L, trng slightly LF bk to anchor R/L, R (fwd R, L comm LF trn; lift R knee up & across body trng 3/8 LF, small fwd & across R, trng slightly RF bk to anchor L/R, L) to end LOP "V" M fcg ptr & RLOD;

PART E (CON'T)**5 - 8 SHADOW TUCK & ROLL;; INSIDE SURPRISE WHIP;;**

- 12-4 {**Shadow Tuck & Roll**} Bk L, rec R across L comm RF trn releasing lead hand placing W's R hand in yours, leading W to trn LF cont RF trn point L sd twd RLOD to momentary shadow pos fcing COH R hands joined at about shoulder level & L hand on W's L shoulder, fwd L across slot trng RF (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd LOD) to momentary TANDEM POS LOD M slightly L out of slot BEHIND W;
- 123&4 Fwd R leading W to roll RF & release R hands, fwd L, bk to anchor R/L, R (fwd L rolling 7/8 RF on L, fwd R completing 1 ½ RF trn, bk to anchor L/R, L) to end LOP "V" M fcing ptr & LOD;
- 123&4 {**Inside Surprise Whip**} Bk L leading W under LF, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R) to momentary CP M fcing RLOD;
- 123&4 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" fcg ptr & RLOD;

PART B**PART D****ENDING****1 - 4 UNDERARM TURN IN 4 w/CLOSE; QUICK SIDE BREAK & IN IN OUT OUT;**
UNDERARM TURN IN 4 w/CLOSE; IN IN ROLL 2 TO CENTER & SIDE LUNGE w/HANDS;

- 1234 {**Underarm Turn in 4 w/Close**} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & RLOD;
- 1&2&3&4 {**Qk Side Break & In In Out Out**} Sd L/sd R, together L under L hip/cl R to L, lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L to end w/feet together LOP FCING M fcing ptr & RLOD;
- 1234 {**Underarm Turn in 4 w/Close**} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & LOD;
- 1&234 {**In In Roll 2 to Center & Side Lunge w/Hands**} Together L under L hip/cl R to L, comm LF (RF) roll trng ¼ LF fwd COH, fwd R trng ¾ LF (RF) to fc ptr & LOD, lunge sd L twd COH taking both hands down & out to sides about hip level fingers spread & palms fcing ptr;

NOTE: This last side lunge step should be on the word "Yeah".

NOTE: Timing listed on side under measures refers to actual weight changes.

MY CUP RUNNETH OVER

Choreographers: Ken and Amy Shotting, 5525 Hunting Horn Dr., Ellicott City, MD 21043,
kashotting@aol.com

Music: My Cup Runneth Over – Artist: Jim Nabors – length: 2:27

Album: The Best Of Jim Nabors (available on amazon.com)

Rhythm: Phase II+1 (interrupted box)

Sequence: Intro AB ABC Bmod End

Speed: 43 rpm or to suit

Footwork: Opposite (Woman's instructions in parentheses)

Sequence: **Intro AB ABC Bmod End**

INTRODUCTION

1-4 **WAIT;; SIDE BOW & CURTSY; SIDE TOUCH BFLY WALL, -;**

- 1-2. {Wait} Wait 2 meas bth ld ft free LOW BFLY WALL;;
3. {Sd bow & curtsy} Sd L, place L hnd acrs waist & R hnd acrs back bend fwd at waist (Xrib of L no wgt & lower body), -;
4. {Sd tch} Sd R risg BFLY WALL, tch L, -;

5-8 **CANTER TWICE;; APART, POINT, -; TOGETHER, TOUCH BFLY WALL, -;**

- 5-6. {Canter 2x} Sd L, draw R to L no wgt chg, cl R; Repeat Part A meas 5;
7. {Apt Pt} Apt L, pt R twd ptr, -;
8. {Tog tch} Rec R, tch L BFLY WALL, -;

PART A

1-4 **BALANCE LEFT & RIGHT;; WALTZ AWAY; CROSS WRAP [REV];**

- 1-2. {WZ bal L&R} Sd L, XLib of L (XLib of R), sip L; Sd R, XLib of R (XLib of L), sip R;
3. {WZ awy} Fwd L trng awy from ptr, sd & fwd R to a slight BK-BK POS, cl L;
4. {Xwrp} Lwrg trl hnd ldg W to swvl LF fc DRC fwd R commg RF trn, fwd L to WRP compg RF trn to fc RLOD, cl R (swvl LF fwd L commg LF trn, fwd R WRP compg LF trn to fc RLOD, cl L);

5-8 **FORWARD 3; FORWARD FACE CLOSE [CP COH]; TWISTY BALANCE LEFT & RIGHT;;**

5. {Fwd drw tch} Fwd L, fwd R, fwd L;
6. {Fwd fc cl} Thru R (thru L), sd L blendg to CP COH, cl R;
- 7-8. {Twisty bal L&R} Sd L, XLib of L (XLib of R), sip L; Sd R, XLib of R (XLib of L), sip R;

9-10 **TWISTY VINE 3; FORWARD FACE CLOSE;**

9. {Twisty vin 3} Sd L, XLib of L (XLib of R) SCAR DRW, sd L CP WALL;
10. {Fwd fc cl} Blendg to BJO DLW fwd R, sd L blendg to CP WALL, cl R;

PART B

1-4 **LEFT TURNING BOX ½ [CP WALL];; DIP & HOLD; MANEUVER;**

- 1-2. {L trng box ½} Fwd L comm ¼ LF trn, comp trn sd R, cl L; Bk R comm ¼ LF trn, comp trn sd L, cl R;
3. {Dip & hold} Bk & slightly sd L takg full wgt w/L knee slightly bent R leg straight, -, -;
4. {Manuv} Fwd R comm RF upper body trn, cont RF trn to fc ptr sd L blendg to CP RLOD, cl R (bk L to fc LOD, sd R, cl L);

5-8 **INTERRUPTED BOX;;;;**

- 5-8. {Intrpd box} Fwd L, sd R, cl L; Bk R with slight RF upper body rotation & raising ld hnds, sd L ldg W to begin curvg RF undr jnd lead hnds, cl R (fwd L comm one full RF trn, crv fwd R, crv fwd L); Fwd L, sd R, cl L blendg to CP LOD (crv fwd R, L, R comp one full RF trn); Bk R, sd L, cl R;

9-12 **2 RIGHT TURNS;; CANTER TWICE;;**

- 9-10. {2 RF trng WZ} Bk L comm 3/8 RF trn, comp RF trn sd R, cl L; Fwd R comm 3/8 RF trn, comp RF sd L, cl R BFLY WALL;
- 11-12. Repeat Intro meas 5-6;;

PART A

PART B

PART C**1-4 LEFT TURNING BOX;;;:**

- 1-4. {L trng box} Blendg to CP WALL fwd L comm ¼ LF trn, comp trn sd R, cl L; Bk R comm ¼ LF trn, comp trn sd L, cl R; Fwd L comm ¼ LF trn, comp trn sd R, cl L; Bk R comm ¼ LF trn, comp trn sd L, cl R to BFLY;

5-8 BALANCE LEFT & RIGHT;; SOLO TURN 3 [FC REV]; BACK DRAW POINT;

- 5-6. Repeat Part A meas 1-2;;
 7. {Solo WZ trn 3} Fwd L twd LOD comm ¾ LF (RF) trn, cont trn sd R, comp ¾ trn cl L LOP RLOD;
 8. {Bk drw pt} Bk R, drw L to R no wgt, pt L;

9-12 THRU TWINKLE [TO REV]; THRU FACE CLOSE; FORWARD POINT FORWARD; BACK POINT BACK;

9. {Thru twkl} Bth thru L to fc ptr, sd R bth trng to a fcg V POS, cl L;
 10. Repeat Part A meas 6 CP WALL;
 11. {Fwd pt fwd} Fwd L, fwd pt R, -;
 12. {Bk pt bk} Bk R, bk pt L, -;

PART B [MOD]**1-12 BOX;; DIP & HOLD; MANEUVER; INTERRUPTED BOX;;; 2 RIGHT TURNS;; CANTER TWICE;;**

- 1-2. {Box} Fwd L, sd R, cl L; Bk R, sd L, cl R;
 3-12. Repeat Part B 3-12;;;;;;;

ENDING**1-4 BALANCE LEFT & RIGHT;; SIDE BOW & CURTSY; TOGETHER CP WALL TOUCH, -;**

- 1-2. Repeat Part A meas 1-2;;
 3. Repeat Intro meas 3;
 4. {Tog tch} Fwd R risg CP WALL, tch L, -;

5 DIP & HOLD;

1. Repeat Part B meas 3;
 2. {Twist} Rotate upper body CCW no wgt chg;

QUICK CUES**INTRO** [Bth ld ft free LOW BFLY WALL]

- 1 - 4 **WAIT;; SIDE BOW & CURTSY; SIDE TOUCH BFLY WALL, -;**
 5 - 8 **CANTER TWICE;; APART, POINT, -; TOGETHER, TOUCH BFLY WALL, -;**

PART A [BFLY WALL]

- 1 - 4 **BALANCE LEFT & RIGHT;; WALTZ AWAY; CROSS WRAP [REV];**
 5 - 8 **FORWARD 3; FORWARD FACE CLOSE [CP COH]; TWISTY BALANCE LEFT & RIGHT;;**
 9 - 10 **TWISTY VINE 3; FORWARD FACE CLOSE;**

PART B [CP COH]

- 1 - 4 **LEFT TURNING BOX ½ [CP WALL];; DIP & HOLD; MANEUVER;**
 5 - 8 **INTERRUPTED BOX;;;;**
 9 - 12 **2 RIGHT TURNS;; CANTER TWICE BFLY WALL;;**

PART A [BFLY WALL]

- 1 - 4 **BALANCE LEFT & RIGHT;; WALTZ AWAY; CROSS WRAP [REV];**
 5 - 8 **FORWARD 3; FORWARD FACE CLOSE [CP COH]; TWISTY BALANCE LEFT & RIGHT;;**
 9 - 10 **TWISTY VINE 3; FORWARD FACE CLOSE;**

PART B [CP COH]

- 1 - 4 **LEFT TURNING BOX ½ [CP WALL];; DIP & HOLD; MANEUVER;**
 5 - 8 **INTERRUPTED BOX;;;;**
 9 - 12 **2 RIGHT TURNS;; CANTER TWICE;;**

PART C [CP WALL]

- 1 - 4 **LEFT TURNING BOX;;;;**

**5 - 8 BFLY BALANCE LEFT & RIGHT;; SOLO TURN 3 [FC REV]; BACK DRAW POINT;
9 -12 THRU TWINKLE [TO REV]; THRU FACE CLOSE; FORWARD POINT FORWARD; BACK POINT BACK;**

PART B [mod] [CP WALL]

**1 - 4 BOX;; DIP & HOLD; MANEUVER;
5 - 8 INTERRUPTED BOX;;;;
9 -12 2 RIGHT TURNS;; CANTER TWICE;;**

ENDING [BFLY WALL]

**1 - 4 BALANCE LEFT & RIGHT;; SIDE BOW & CURTSY; TOGETHER TOUCH CP WALL;
5 DIP & HOLD;**

Nothing's Gonna Stop Us Cha

Choreographers: Ken and Amy Shotting, 5525 Hunting Horn Dr., Ellicott City MD 21043, kashotting@aol.com

Music: "Nothing's Gonna Stop Us Now" by Starship from the album "No Protection" (available @amazon.com – length: 4:30 – cut @ 3:47, fade from 3:40)

Speed: As downloaded

Rhythm: Cha Cha

Phase: IV+2 (Cuddle, Stop & Go Hockey Stick), V+1 w/optional Rope Spin

Timing: 123&4 unless otherwise noted. Timing reflects actual weight changes.

Footwork: Opposite except as noted (Woman's instructions in parentheses)

Sequence: Intro A B Bridge A B C D B[1-7] End

INTRODUCTION

1-5 WAIT; ALTERNATIVE BASIC TWICE;; CHASE ½ TO TANDEM WALL;;

1. {Wt} LOW BFLY WALL bth ld ft free ptd LOD wt 1 meas of percussion;
- 2-3. {Alternative bas 2x} Cl L, sip R, sd L/cl R, sd L; Cl R, sip L, sd R/cl L, sd R;
- 4-5. {Chs ½} Fwd L trng ½ RF, rec R, fwd L/lk Rib of L, fwd L (W bk R, rec L, fwd R/lk Lib of R, fwd R); Fwd R trng ½ LF, rec L, fwd R/lk Lib of R, fwd R (W fwd L trng ½ RF, rec R, fwd L/lk Rib of L, fwd L) to TANDEM WALL;

6-9 CUCARACHA TWICE W/HIP CHECKS;; [OPPOSITION] TRAVELING DOOR TWICE; 2ND ONE W LUNGE TURN & SIDE CHA TO LCP WALL;

- 6-7. {Cuca 2x w/peeks} Sd L w/partial wgt lookg twd ptr pleg R hd on W's R hip, rec R, cl L/sip R, L; Sd R w/partial wgt lookg twd ptr pleg L hd on W's L hip, rec L, cl R/sip L, R;
- 8-9. {Trav dr 2x} Rk sd L, rec R, XLif of R/sd R, XLif of R (W rk sd R, rec L, XRif of L/sd L, XRif of L); Rk sd R, rec L, XRif of L/sd L, XRif of L (W rk sd L, rec R swvlg ½, sd L/cl R, sd L) blendg to a momentary LCP WALL;

PART A

1-4 CUDDLE TWICE;; CROSS BODY; TO LEFT ESCORT LOD;

- 1-2. {Cuddle 2x} Sd L ldg W to op out, rec R, cl L to CUDDLE/sd R, cl L (W swvlg ¼ RF sd and bk R xtndg R arm ptg L ft LOD, stp L swvlg LF to fc ptr, sd R/cl L, sd R); Sd R ldg W to op out, rec L, cl R to CUDDLE/sd L, cl R (W swvlg ¼ LF sd and bk L xtndg L arm ptg R ft RLOD, stp R swvlg RF to fc ptr, sd L/cl R, sd L) CUDDLE POS WALL;
- 3-4. {Xbody L ESCORT} Fwd L blendg to LCP, rec R trng LF 1/8, cont trng LF 1/8 sd L/cl R, sd L (W bk R, rec L, fwd R/XLib of R, fwd R); Bk R, rec L (W fwd L, fwd R trng LF fc LOD L ESCORT POS), fwd R/lk Lib of R, fwd R ESCORT LOD;

5-8 WALK 2 & CHA; SLIDING DOOR WITH W HEAD LOOP [HIP CHECK] TO SHADOW LOD; W CHASE TURN M TURN LF COH; FAN;

5. {Wlk 2 & cha} Fwd L, fwd R, fwd L/lk Rib of L, fwd L;
6. {Sldg dr} Rk apt R LOP LOD, rec L, M bhd W loop jnd ld hnds over W's hd XRif of L/sd L pleg R hd on W's R hip, XRif of L (W XLif of R/sd R, W XLif of R) SHADOW LOD;
7. {W chs trn M fc COH} Fwd L trng ¼ LF, bk R ldg W to L-SHAPED M fcg COH, sd L/cl R, sd L (W fwd R trng ½ LF, fwd L, fwd R/lk Lib of R, fwd R);
8. {Fan} Bk R, rec L ldg W to fan, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF, bk L/lk Rif of L, bk L) end FAN POS M fcg COH;

9-12 START ALEMANA TO FC; THRU TO AIDA [REV]; SWITCH ROCK TO HND SHK; R HAND UNDERARM TURN;

9. {Start alemana} Fwd L, rec R, sd L/cl R, sd L ldg W to trn RF (W Cl R, fwd L, fwd R/lk Lib of R, fwd R trng RF) LOP-FCG COH;

10. {Aida} Thru R, sd L comm RF trn, bk R cont RF turn to V BK-TO-BK/lk Lif of R, bk R (W thru L, sd R comm LF trn, bk L cont LF turn to V BK-TO-BK/lk Rif of L, bk L);
11. {Swch rk} Trng LF bring jnd hnds thru to fc ptr sd L (W trng RF to fc ptr sd R) LOP-FCG COH, rec R, sd L to HNDSHK/cl R, sd L;
12. {Undrm trn} Bk R DRW ldg W to RF undrm trn, rec L to fc COH, sd R/cl L, sd R (W swvl ¼ RF undr jnd R hnds fwd L, swvl ½ RF rec R, swvl ¼ sd L/cl R, sd L) HNDSHK COH;
- 13-17 SHADOW NEW YORKER; WHIP BFLY WALL; FENCE LINE; TIME STEP w/ARMS BFLY WALL; HAND TO HAND IN 4;**
13. {Shdw NY} Trng RF (W LF) fwd L LOD chkg, rec R fc ptr, sd L/cl R, sd L HNDSHK WALL;
14. {Whip} Bk R trng ¼ LF, fwd L trng ¼ LF, sd R/cl L, sd R (W fwd L, fwd R trng LF ½, sd L/cl R, sd L) to BFLY WALL;
15. {Fnc line} Lun thru XLif R (W XRif of R) looking RLOD, rec R fc ptr, sd L/cl R, sd L BFLY WALL;
16. {Tim stp} XRib of L (W XLib of R Xg hds over heart), rec L (W rec R xtndg bth hds twd ptr), sd R/cl L, sd R blendg BFLY WALL;
- 1234 17. {Hd-hd in 4} Swvl LF to OP (W swvl RF) bk L, rec R trng RF (W trng LF) to BFLY WALL, sd L, rec R;

PART B**1-4 HAND TO HAND: FAN; STOP & GO HOCKEY STICK;:**

1. {Hd-hd} Swvl LF to OP (W swvl RF) bk L, rec R trng RF (W trng LF) to BFLY WALL, sd L/cl R, sd L;
2. {Fan} Bk R, rec L ldg W to fan, sd R/cl L, sd R (W fwd L, sd & bk R trng LF ½, cont LF trn bk L RLOD/lk Rif of L, bk L) FAN POS;
- 3-4. {Stop & go hky stk} Fwd L, rec R, sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib of R, fwd R trng ½ LF); Ck fwd & acrs R lookg at ptr plc R hd on W's L shldr blade, rec L, sd R/cl L, sd R (W ck bk L, rec R extndg L arm straight up, lwrng L arm fwd L/lk Rib of L, fwd L trng ½ RF) FAN POS;

5-8 HOCKEY STICK;: SHOULDER TO SHOULDER; FENCE LINE:

- 5-6. {Hky stk} Fwd L, rec R, sm L/sd R, cl L (W cl R, fwd L, fwd R/lk Lib of R, fwd R); Bk R trng slightly RF, rec L ldg W undr jnd ld hnds, fwd R/lk Lib of R, fwd R (W fwd L, fwd R trng LF ½, bk L/lk Rif of L, bk L) BFLY DRW;
7. {Shldr-shldr} Fwd L outsd ptr to SCAR (W bk R), rec R to fc, sd L/cl R, sd L BFLY WALL;
8. {Fnc line} Lun thru XRif of L (W XLif of R) lookg LOD, rec L, sd R/cl L, sd R BFLY WALL [2nd time LOW BFLY WALL];

BRIDGE**1-2 FENCE LINE IN 4 W/CL; HIP ROCKS [TWO SLOWS] TO CUDDLE POS WALL;**

- 1234 1. {Fnc line in 4} Lun thru XLif of R (W XRif of L) lookg RLOD, rec R, sd L, cl R BFLY WALL;
- 1-3- 2. {Hip rks} Rk sd L rollg hip sd & bk, -, rec R rollg hip sd & bk CUDDLE POS WALL, -;

PART A**PART B****PART C****1-4 LOW BFLY RONDE BOX TO HNDSHK;: FLIRT; W SNAP LF TO A LEFT HAND STAR [M FACE WALL];**

- 1-2. {Ronde box} Ronde L CW XLif of R, sd R, bk L/lk Rif of L, bk L; ronde R CW XRib of L, sd L, fwd R/lk Lib of R, fwd R to HNDSHK;
- 3-4. {Flirt to LHS} Fwd L, rec R, sd L/cl R, sd L (W bk R, fwd L, fwd R trng LF to VARS/sd L, cl R); bk R, rec L, sd R/cl L, sd R relg R hnds trng W LF to LHS (W Bk L, rec R, sd L acrs M/cl R, sd L trng ½ LF COH) LHS WALL);

5-8 UMBRELLA TURN ½ BFLY LOD;: FORWARD BASIC TO WRAP LOD; BACK BASIC [STAY IN WRAP];

- 5-6. {Umbr trn} Fwd L twd WALL, rec R, bk L/lk Rif of L, bk L (W bk R, rec L, fwd R trng ½ LF undr jnd hnds/lk Lif of R, bk R) bth fcg WALL; Bk R, rec L trng ¼ LF BFLY LOD, sd R/cl L, sd R (W bk L, rec R trng ¼ RF undr jnd hnds, sd L/cl R, sd L);

7. {**Fwd bas wrap**} Fwd L, rec R ldg W to trn LF, bk L/lk Rif of L, bk L (W bk R, rec L comm LF trn, fwd R cont LF trn to **WRAP POS LOD/cl L, bk L**);
8. {**Bk bas**} Bk R, rec L, fwd R/lk Lib of R, fwd R;
- 9-10 WALK 2 & CHA; WALK 3 TO FC LEAD HANDS LOW & STAMP:**
9. Repeat Part A meas 5;
- 123- 10. {**Wlk 3 to fc & stamp**} Fwd R, fwd L, fwd R swvlg to LOP-FCG ptr & WALL ld hds low, make a pronounced sound w/L ft w/o takg wgt;

PART D**1-4 OPEN BREAK; CRAB WALKS;; NEW YORKER;**

1. {**Op brk**} [On the word "Hey"] Rk apt L to LOP-FCG xtdg trl arm up w/palm out, rec R lowerg trl arm BFLY WALL, sd L/ cl R, sd L;
- 2-3. {**Crb wlks**} XRif of L (W XLif of R), sd L, XRif of L (W XLif of R)/sd L, XRif of L (W XLif of R); Sd L, XRif of L (W XLif of R), sd L/cl R, sd L BFLY WALL;
4. {**NY**} Thru R (W thru L) to OP LOD, rec L to BFLY WALL, sd R/cl L, sd R;

5-8 [Lead hands low] ALEMANA TO A LARIAT [OPTIONAL ROPE SPIN*];:::

- 1-2. {**Alemanana [optional rope spn]**} Fwd L, rec R, bk L/cl R, sip L ldg W trn RF (W bk R, rec L, fwd R/lk Lib of R, fwd R trng 1/8 RF); bk R, rec L, cl R/sm sd L, cl R [*ldg W to sprl RF] (W fwd L swvl fc DRW, fwd R swvl fc ptr, fwd L/lk Rib of L, fwd L [*sprl 7/8 RF]);
- 3-4. {**Lrt [*rope spn]**} Sd L w/partial wgt, rec R, cl L/sip R, L (W comm one full CW circ arnd M keepg ld hnds jnd and passg them ovr M's hd stepg fwd R, fwd L, fwd R/lk Lib of R, fwd R); Bk R, rec L, sd R/cl L, sd R (W cont circ arnd M fwd L, fwd R to fc ptr, sd L/cl R, sd L) BFLY WALL;

PART B [1-7]**ENDING****1-4 FAN; START STOP & GO HOCKEY STICK; LUNGE & SIT HOLD; W SLOWLY CARESS;**

- 1-2. Repeat Part B meas 2-3;;
- 1--- 3. {**XLug & hold**} Ck fwd & acrs R lookg at ptr plcg R hd on W's L shldr blade (W ck bk L extndg L arm straight up), -, -, -;
- 4. {**W caress**} (W slowly lwr L arm & caress);

QUICK CUES**INTRO** [Low BFLY WALL]

- 1 - 5 WAIT; ALTERNATIVE BASIC TWICE;; CHASE ½ TO TANDEM;;
6 - 9 CUC TWICE W/HIP CHECKS;; [OPPOSITION] TRAVELING DOOR TWICE; 2ND ONE W
LUNGE TURN IN & CHA TO FACE;

PART A [CP WALL]

- 1 - 4 CUDDLE TWICE;; CROSS BODY; TO LEFT ESCORT LOD;
5 - 8 WALK 2 & CHA; SLIDING DOOR WITH W HEAD LOOP [HIP CHECK] TO SHADOW; W
CHASE TURN M TURN L FC COH; FAN;
9- 12 START ALEMANA TO FC; THRU TO AIDA; SWITCH RK TO HNDSHK; R HAND
UNDERARM TURN;
13-17 SHADOW NEW YORKER; WHIP BFLY WALL; FENCE LINE; TIME STEP w/ARMS BFLY
WALL; HAND TO HAND IN 4;

PART B [BFLY WALL]

- 1 - 4 HAND TO HAND; FAN; STOP & GO HOCKEY STICK;;
5 - 8 HOCKEY STICK;; SHOULDER TO SHOULDER; FENCE LINE;

BRIDGE [BFLY WALL]

- 1 - 2 FENCE LINE IN 4 W/CL; HIP ROCKS [TWO SLOWS] BLENDING TO CUDDLE WALL;

PART A [CP WALL]

- 1 - 4 CUDDLE TWICE;; CROSS BODY; TO LEFT ESCORT LOD;
5 - 8 WALK 2 & CHA; SLIDING DOOR WITH W HEAD LOOP [HIP CHECK] TO SHADOW; W
CHASE TURN M TURN L FC COH; FAN;
9- 12 START ALEMANA TO FC; THRU TO AIDA; SWITCH RK TO HNDSHK; R HAND
UNDERARM TURN;
13-17 SHADOW NEW YORKER; WHIP BFLY WALL; FENCE LINE; TIME STEP w/ARMS BFLY
WALL; HAND TO HAND IN 4;

PART B [BFLY WALL]

- 1 - 4 HAND TO HAND; FAN; STOP & GO HOCKEY STICK;;
5 - 8 HOCKEY STICK;; SHOULDER TO SHOULDER; FENCE LINE;

PART C [LOW BFLY WALL]

- 1 - 4 LOW BFLY RONDE BOX TO HNDSHK;; FLIRT; W SNAP LEFT TO LEFT HAND STAR [M
FACE WALL];
5 - 8 UMBRELLA TURN ½ BFLY LOD;; FORWARD BASIC TO WRAP LOD; BACK BASIC
[STAY IN WRAP];
9-10 WALK 2 & CHA; WALK 3 TO FC & STAMP;

PART D [LOP-FCG ptr & WALL]

- 1 - 4 OPEN BREAK; CRAB WALKS;; NEW YORKER;
5 - 8 [Lead hands low] ALEMANA TO A LARIAT [OPTIONAL ROPE SPIN];;;

PART B [1-7] [BFLY WALL]

- 1 - 4 HAND TO HAND; FAN; STOP & GO HOCKEY STICK;;
5 - 7 HOCKEY STICK;; SHOULDER TO SHOULDER;

ENDING [BFLY WALL]

- 1 - 4 FAN; START STOP & GO HOCKEY STICK; LUNGE & SIT HOLD; W SLOWLY CARESS;