

Band Of Gold

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MUSIC: CD STAR-515 with "How Deep Is Your Love" available from Palomino and choreographer

RHYTHM: Cha Cha **PHASE:** RAL Ph V **TIMING:** 1,2,3&4 or as noted in left margin

FOOTWORK: Opposite, except where noted for woman in parentheses **Recommended Speed:** 45 rpm

SEQUENCE: INTRO – A-B-INTERLUDE-B -ENDING **Release Date:** November 2004 **Revised:** February 2005

INTRO

1-4 WAIT; 1/2 BASIC; SPOT TRN; BREAK BK, REC FC, KNEE/PT, -;

1. Wait 1 meas hnds on hips fcg ptr & Wall ld ft ptg to LOD;
2. {1/2 basic} fwd L, rec R, sd L/cl R, sd L;
3. {spot trn} XRIF of L trng 1/2 LF, rec L cont trn to fc ptr, sd R/cl L, sd R;
- 12&3- 4. {break bk,rec, knee/pt} trng LF to fc LOD bk L, rec R swiveling to fc ptr, raise L knee to R knee/ extd L leg to sd & pt L toe LOD lowering on R, hold;

PART A

1-5 1/2 BASIC; TO NATL TOP to WALL; FWD BASIC LADY WRAP; WHEEL to fc WALL;;

- 1 {1/2 basic} in CP fwd L, rec R, sd L/cl R, sd L comm. trng RF;
- 2 {1 natl top only 1 meas} cross R in bk of L trng RF, sd L cont trn, XRIB of L/sd L cont trn, cl R; CP/WALL (W sd L trng RF, XRIF cont trn, sd L/XRIF, cont trn sd L;)
- 3 {fwd basic wrap} fwd L, rec R, bk L/cl R, bk L; (W bk R, fwd L to m's R sd trng LF 1/2 undr ld hnds, bk R/cl L,bk R;) WRAPPED POS both fcg WALL
- 4 {wheel} fwd R, fwd L, fwd R/cl L, fwd R; (W bk L, bk R, bk L/cl R, bk L;) WRAPPED/COH
- 5 fwd L, fwd R, fwd L/cl R, fwd L; (W bk R, bk L, bk R/cl L, bk R;) WRAPPED/WALL

6--8 LADY ROLL LEFT TO LOP; X-CHK, REC, CHG SIDES 2X Lady TRN to FC;;

- 6 {w roll l} in pl step R, L, sm sd R/cl L, sd R;(W sd & fwd L trng LF 1/2 , cont trng sd & bk R, sd L/cl R, sd L;) LOP/WALL
- 7 {x-chk, rec, chg sds 2x} X lunge L in frt of R, rec R, crossing behind W sd L/cl R, sd L; OP/WALL
- 8 X lunge R in frt of L, rec L, sd R/cl L, sd R;(W X lunge L in frt of R, rec R trng to fc ptr, sd L/cl R, sd L;) BFLY/WALL

9-12 TRAV'G DOOR 2X ;; CIRCLE AWAY & TOG;;

- 9-10 {travg door} rk sd L, rec R, XLIF/sd R, XLIF; rk sd R, rec L, XRIF/sd L, XRIF;
- 11 {circle awy & tog} Trng LF twd COH(W RF twd WALL) fwd & sd L, cont trn fwd R, fwd L/cl R, fwd L;
- 12 cont trng twd ptr fwd R, fwd L, fwd R/cl L, fwd R; LOP fcg

13-16 REV UNDRARM TRN; NY; ALEMANA; LADY TRN in 4 to R VARSOUVIENNE;

- 13 {rev undram trn}XLIF, rec R, sd L/cl R, sd L;(W XRIF trng ½ LF undr jnd ld hnds, rec L cont trn to fc ptr, sd R/cl L, sd R;) [drop ld hndhold join trl hnds]
14 {ny} thru R w/straight leg trng to sd by sd pos, rec L trng to fc ptr, sd R/cl L, sd R;
15 {alemana} fwd L, rec R, sd L/cl R, sd L comm. leading W to trn RF;(W bk R, rec L, sd R/cl L, sd R comm. RF trn;)
(1234) 16 bk R, rec L sd R/cl L, sd R;(W cont trng undr jnd ld hnds fwd L, cont trn fwd R, cont trn sd L, rec R;) R VARS/WALL

17-20 PARALLEL CHASE 4X – on last MAN TRANS in 4, LADY SPIRAL to REV;;;;

- THE SAME FOOTWORK FOR M & W THE NEXT 3 ½ MEASURES
17 {parallel chase 2X} sd L trng RF, rec fwd R, fwd L/cl R, fwd L;
18 sd R trng LF, rec fwd L, fwd R/cl L, fwd R;
19 repeat meas 17;
1234 20 sd R trng LF, rec fwd L, fwd R trng RF drop hndhold, cont trn sd & bk L; (W sd R trng LF, rec fwd L, fwd R/cl L, in pl R spiraling ½ LF;) both fc RLOD in ½ OP trl ft ptd to RLOD [NOW OPP FOOTWORK]

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PART B

1-4 HOCKEYSTICK ENDING TO FWD TRIPLES;; RK FWD, REC, BK TRIPLES ;;

- 1 {hockeystick endg to fwd triples} bk R, rec L, fwd R/cl L, fwd R; (W fwd L, fwd R trng LF to fc ptr, bk L/cl R, bk L;)
1&23&4 2 chg to left hndhold fwd L/cl R, fwd L, right hndhold fwd R/cl L, fwd R; (W bk R/cl L, bk R, bk L/cl R, bk L;)
3 {rk to bk triples} rk fwd L, rec R, bk L/cl R, bk L; (W rk bk R, rec L, fwd R/cl L, fwd R;)
1&23&4 4 chg to left hndhold bk R/cl L, bk R, right hndhold bk L/cl R, bk L; (W fwd L/cl R, fwd L, fwd R/cl L, fwd R;)
R HNDSHK/RLOD

5-8 UNDRARM TRN to WALL/BFLY; SGL CUBAN BREAKS; LUNGE/LADY SIT; SPOT TRN;

- 5 {undram trn} bk R, rec L trng to fc wall, sd R/cl L, sd R; (W fwd L comm. RF trn undr jnd R hnds, cont trng fwd R, sd L/cl R, sd L;) BFLY/WALL
1&23&4 6 {sgl cubans} XLIF/rec R, sd L, XRIF/rec L, sd R; (W XRIF/rec L, sd R, XLIF/rec R, sd L;) BFLY/WALL
7 {lunge w sit} lower on R extd L leg sd & bk, rise no wgt chg, sd L/cl R, sd L;(W bk R on soft knee L leg extd fwd, rec L, sd R/cl L, sd R;)
8 repeat meas 3 INTRO;
9-12 REV UNDRARM TRN; NY; BREAK BK TO OP/LOD; AIDA;
9-10 Repeat 13-14 PART A;
11 {break bk to op} trng LF to fc LOD bk L, rec fwd R, fwd L/cl R, fwd L; OP/LOD

12 {aida} fwd R trng RF (W LF), sd L cont trng, bk R/lk L in frt of R, bk R; V bk-to-bk pos

13-16 SWITCH ROCK to OP; SGL CUBANS [away & tog]; THRU to FCG FAN; START A HOCKEYSTICK;

13 {switch rk to op} trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R trng to fc LOD, fwd L/cl R, fwd L;OP/LOD

1&23&4 14 {sgl cubans} XRIF of L trng away from ptr, rec L, sd R fc LOD, XLIF of R trng twd ptr, rec R, sd L; OP/LOD

15 {thru to fcg fan} thru R, fwd L, sm fwd R/cl L, fwd R; (W thru L, trng LF sd & bk R, bk L/cl R, bk L;) LOP/LOD

16 {start hockeystick} fwd L, rec R, in pl L/R, L; (W cl R, fwd L, fwd R/cl L, fwd R to m's right sd ;) [jnd ld hnds raised betw ptrs to form a "window"]

17-20 TUMMY-CHK & BK to FCG FAN; LUNGE/Lady SIT; SPOT TRN; SPOT TRN IN 4 TO WALL;

17 {tummy-ck, bk to fan} R hnd at W's waist fwd R chkg, rec L, bk R/cl L, bk R;(W fwd L chkg, rec R, bk L/cl R, bk L;)

18 repeat meas 7 PART B; to BFLY/LOD

19 repeat meas 3 INTRO; to BFLY/LOD

1234 20 {spot trn in 4} XLIF of R trng RF ½, fwd R trng ½ RF, fwd L trng ¼ RF to fc ptr & wall, cl R; (XRIF trng ½ LF, sd L trng

¼ LF, rec R, cl L;) to BFLY/WALL

INTERLUDE

1-4 ½ BASIC; TO FULL NATL TOP;;;

1 {1/2 basic} repeat meas 1 PART A;

2 {natl top} XRIB, sd L trng RF, cont trn XRIB/sd L, XRIB; (W trng RF sd L, XRIF, sd L/XRIF, sd L;)

3 sd L cont RF trn, XRIB, sd L/XRIB, cont trn sd L; (W XRIF cont trn, sd L cont trn, XRIF/sd L, XRIF;)

4 XRIB cont trn, sd L cont trn, XRIB/sd L, cl R; (W sd L cont trn, XRIF cont trn, sd L/XRIF, cl L;)

CP/WALL

5-10 ALEMANA LADY IN 4 TO VARSOU;; PARALLEL CHASE 4X;;; MAN TRANS in 4, LADY SPIRAL to REV;

5-10 Repeat meas 15-20 PART A;;; both end fcg RLOD

REPEAT B

ENDING

1-4 BREAK BK TO OP; SGL CUBANS[away & tog]; SPOT TRN; KNEE, PT, - , - ;

1 {break bk to op} trng LF to fc LOD bk L, rec fwd R, fwd L/cl R, fwd L;

2 repeat meas 14 PART B;

3 Repeat meas 3 INTRO;

12 - 4 {knee, pt} hnds on hips lift L knee to R knee, lowering on R extd L leg to sd & pt L toe LOD, hold, hold;

BAND OF GOLD (Cunningham) ph 5 cha
[hnds on hips – lead ft ptd to line] WAIT ;

Intro:

½ BASIC; SPOT TRN; BREAK BK, REC FC, KNEE/PT, -;

A

½ BASIC to NATL TOP to wall;; FWD BASIC/Lady WRAP;
WHEEL arnd to fc wall;; Lady ROLL Left to LOP;
X-CHK, REC, CHG SDS; 2x Lady TRN to FC;
TRAVELLING DOOR; both ways;
CIRCLE AWY & TOG;; REV UNDRARM TRN to NY;;
ALEMANA; Lady in 4 to VARSOU; [left ft]
PARALLEL CHASE 4x -on last, Man trans in 4, Lady spiral to REV

B

HOCKEYSTICK ENDG & FWD TRIPLE [chging hnds];;
FWD, REC, BK TRIPLES ;;
UNDRARM TRN to WALL in BFLY; SGL CUBANS;
LUNGE/Lady SIT; SPOT TRN; REV UNDRARM TRN; NY;
BREAK BK to OP/LOD; AIDA;
SWITCH RK to OP; SINGLE CUBANS [awy & tog];
THRU to a fcg FAN; START HOCKEYSTICK;
TUMMY-CHK & bk to fan; LUNGE/Lady SIT; SPOT TRN;
SPOT TRN in 4 to WALL;

Interlude

½ BASIC to FULL NATL TOP;;;;
ALEMANA; Lady in 4 to VARSOU; [L ft]
PARALLEL CHASE 4x - on last, Man in 4 – Lady spiral to REV

B

HOCKEYSTICK ENDG & FWD TRIPLES [chging hnds];;
FWD, REC, BK TRIPLES ;;
UNDRARM TRN to WALL in BFLY; SGL CUBANS;
LUNGE/Lady SIT; SPOT TRN; REV UNDRARM TRN; NY;
BREAK BK to OP/LOD; AIDA;
SWITCH RK to OP; SINGLE CUBANS [awy & tog];
THRU to a fcg FAN; START HOCKEYSTICK;
TUMMY-CHK & bk to fan; LUNGE/Lady SIT; SPOT TRN;
SPOT TRN in 4 to fc WALL;

End

BREAK BK to OP; Single CUBANS [away & tog];
SPOT TRN [hnds on hips]; KNEE, PT, -,-;