

MY WAY

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RECORD : Roper JH - 423 - A [Flip - Magic Is The Moonlight]

FOOTWORK : Opposite unless noted (Woman's footwork in parentheses)

RHYTHM : Rumba Phase 5

SEQUENCE : Intro, A, A var'n, B, A(mod), B[mod]

Speed : 45 rpm

INTRO

MEAS :

1 - 4 **WAIT ;; SLOW HIP RKS ; SLOW HIPS RKS W ROLL TRANS TO FAN ;**

1-2 In wrapped pos fcg WALL [W crosses R hnd over L hnd in frnt of bdy M standing slightly behind and to the left of the W M holding W's L hnd in his R hnd w/ his R arm bhd W's back W's R hnd and M's L hnd are jnd in frnt] both have left ft free wait 2 meas ;;

SS 3 Sm stp sd L rolling wgt and hip to the left, - , roll wgt and hip to R, - ;
SS (QQS) 4 Roll wgt and hip to L, - , roll wgt and hip to R (W swlg LF on R to fc LOD fwd L twd LOD in frnt of M stg LF roll keeping ld hnds jnd, cont LF roll sd and fwd R twd DLC, cont LF roll bk L to fc RLOD w/ R extended twd RLOD) in fan pos w/ ld hnds jnd, - ;

PART A

1 - 4 **ALEMANA ;; CUDDLES TWICE ;;**

1-2 In fan pos fcg WALL fwd L, rec R, cl L, - ; Bk R, rec L, sd R, - ;
(W cl R, fwd L, fwd R stg a RF swvl to fc ptr, - ; Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L to fc ptr and COH) in loose CP WALL, - ;
3 From CP giving W a slight L sd ld to open her out w/ slight R sd stretch sd L w/ L sd Stretch, rec R, cl L w/ R sd stretch plcg L hnd on W's R shldr blade ldg her to CP, - ;
(W w/ slight L sd stretch trng 1/2 RF bk R w/ R sd stretch free arm out to the sd, rec L w/ L sd stretch, fwd R w/ L sd stretch plcg R hnd on M's L shldr trng 1/2 LF blendg to CP fcg COH, - ;)

4 Repeat meas 3 of Part A stg w/ R (L) ft and reversing fig descriptions ;

5 - 8 **CHS TO HNDSHK ;;;**

5-8 In loose CP WALL release all hnds fwd L trng RF 1/2, rec fwd R, fwd L (W bk R w/ no trn, rec L, fwd R, - ; Fwd R trng LF 1/2, rec fwd L, fwd R (W fwd L trng RF 1/2, rec fwd R, fwd L), - ; Fwd L, rec R, bk L (W fwd R trng LF 1/2, rec fwd L, fwd R), - ; Bk R, rec L, fwd R (W fwd L w/ no trn, rec R, bk L) and jn hnds in R (R) hndshk fcg the WALL, - ;

9 - 12 **FLIRT TO L SHDW WALL ;; SWEETHEART TWICE [TANDEM WALL] ;;**

9-10 In R (R) hndshk fwd L, rec R, sd L (W rk bk R, rec L trng LF, cont trng LF to R VARSOU sd R), - ; Bk R, rec L, sd R (W rk bk L, rec R, sd L moving in frnt of M to L VARSOU) releasing all hnds and endg in L SHDW fcg WALL, - ;
11 In L SHDW pos ck fwd L w/ right sd ld into contra ck like action, rec R straightening bdy, sd L (W bk R w/ left sd ld into contra ck like action, rec L straightening bdy, sd R) endg in R SHDW pos, - ;
12 In R SHDW pos ck fwd R w/ left sd ld into contra ck like action, rec L straightening bdy, sd R (W bk L w/ right sd ld into contra ck like action, rec R straightening bdy, sd L) endg in TANDEM WALL, - ;

13 - 16 **CUCA WITH ARMS TWICE ;; CHASE ENDG [LD HNDS] ;;**

13-14 In TANDEM fcg WALL W in frnt of M still w/ no hnds jnd stp sd L sweeping ld hnds CW (CCW) out up and arnd, rec R cont arm sweep, cl L bringing hnds down in frnt of face w/ palms fcg bk to stg pos, - ; Sd R sweeping trl hnds CCW (CW) out up and arnd, rec L cont arm sweep, cl R bringing hnds down in frnt w/ palms fcg bk to stg pos, - ;

15-16 Still in TANDEM WALL w/ no hnds jnd fwd L, rec R, bk L (W fwd R trng LF 1/2, fwd L, fwd R), - ; Bk R, rec L, fwd R (W fwd L w/ no trn, rec R, bk L) jng ld hnds in LOP WALL, - ;

PART A variation

1 - 2 **OP HIP TWST ; FAN ;**

1-2 Ck fwd L, rec R, cl L (W bk R, rec L, fwd R twd M w/ tension in her right arm which causes W to swvl 1/4 RF on R on count of " and"), - ; Bk R, rec L, sd R (W fwd L twd LOD, trng LF step sd and bk R making 1/4 LF trn, bk L leaving R extended fwd w/ no wgt in fan pos fcg RLOD), - ;

3 - 4 **ALEMANA ;;**

3-4 Repeat meas 1 and 2 of Part A but end in BFLY WALL ;;

MY WAY [Page 2 of 2]

PART A variation - cont'd

5 - 8 OP BRK [& STACK HNDS] ; CROSS HND UNDERARM TRN ;

BRK TO HALF OP WITH HEAD LOOPS ; KIKI WLKS 3 ;

5-6 From BFLY WALL rk apt strongly on L to LOP fcg pos while extending free arm up w/ palm out, rec on R lowering free arm, sd L stacking R (R) hnds over L (L) hnds, - ; In stacked hnds pos bk R, rec L, sd R (W XLif undr jnd R (R) hnds trng 1/2 RF keeping L (L) hnds jnd, rec R cont RF trn to fc ptr, sd L) endg w/ L (L) hnds high just above M's head and R (R) hnds jnd between ptrs at waist level, - ;

7-8 Fcg ptr w/ jnd L (L) hnds high and R (R) hnds low swvl LF (RF) on R (L) bk L to fc LOD at the same time looping L (L) hnds over M's head then releasing and raising R (R) hnds looping them over W's head then releasing blendg to HALF OP w/ ld arms extended out to sides, rec R, fwd L in HALF OP LOD, - ; In 1/2 OP LOD fwd R, fwd L, fwd R pleg each ft directly in frnt of the supporting ft, - ;

9 - 12 SLDG DR TWICE ;; CIRC AWY AND TOG [BJO BL] ;;

9-10 Releasing HALF OP pos fcg LOD rk apt L, rec R, XLif (XRif) changing sides still fcg LOD W crosses in frnt of M, - ; Rk apt R, rec L, XRif (XLif) changing sides still fcg LOD w crosses in frnt of M, - ;

11-12 Swvlg LF (RF) 1/4 preparing to move awy from ptr in a circular CCW (CW) pattern fwd L, fwd R cont CCW (CW) circ, fwd L [trng 180 degrees], - ; Cont circular pattern twd ptr fwd R, fwd L cont CCW (CW) circ, fwd R to BJO BL, - ;

13 - 16 WHEEL [CP WALL] ;; LATIN WHISK ; THRU SD CL ;

13-14 In BJO BL wheel RF fwd L, fwd R, fwd L, - ; Cont wheel fwd R, fwd L, fwd R to CP WALL, - ;

15-16 In CP WALL XLib (XRib), rec R, sd L, - ; Trng to SCP LOD thru R (L), sd L twd LOD, cl R in CP WALL, - ;

PART B

1 - 4 HALF BASIC ; FAN ; HKY STK LD [TANDEM WALL] ; OPP FENCE LINE ;

1-2 In CP WALL fwd L, rec R, sd L, - ; Bk R, rec L, sd R (Fwd L, trng LF step sd and bk R making 1/4 LF trn, bk L leaving R extended fwd w/ no wgt in fan pos fcg RLOD), - ;

3 Fwd L, rec R, releasing ld hnds cl L (W cl R, fwd L, releasing ld hnds trng 1/4 LF sd R) in TANDEM pos both fcg WALL W in frnt of M, - ;

4 Lunge thru R (L) twd LOD (RLOD) w/ bent knee looking twd LOD (RLOD), rec L (R), step sd R (L) to TANDEM WALL, - ;

5 - 8 CHS ENDG [BFLY WALL] ;; ALEMANA ;;

5-6 In TANDEM WALL W still in frnt of M fwd L, rec R, bk L (W fwd R trng LF 1/2, rec fwd L, fwd R), - ; Bk R, rec L, fwd R (W fwd L w/ no trn, rec R, bk L) to BFLY WALL, - ;

7-8 In BFLY WALL fwd L, rec R, releasing trl hnds and bringing jnd ld hnds up to palm to palm pos cl L ldg W to trn RF (W bk R, rec L, sd R stg RF swvl), - ; Bk R, rec L, sd R (W cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L) to fc ptr, - ;

9 - 12 BRK TO OP LOD ; AIDA ; SWCH RK [BFLY] ; SPOT TRN [BFLY] ;

9 Releasing ld hnds and jng trl hnds swvl LF (RF) on R (L) bk L (R) to OP LOD, rec R, fwd L, - ;

10 In OP LOD fwd R trng RF, sd L contg RF trn, bk R endg in V bk -to-bk pos fcg RLOD, - ;

11 Trng LF to fc ptr sd L twd LOD ckg bringing jnd ld hnds thru twd LOD, rec R, sd L, - ;

12 XRif trng 1/2 LF, rec L contg LF trn to fc ptr, sd R to BFLY WALL, - ;

PART A - modified

1 - 2 ALEMANA ;;

1-2 Repeat meas 7 & 8 of Part B but end in loose CP WALL ;;

3 - 16 3-16 Repeat meas 3 to 16 of Part A but end in CP WALL ;;; ;;; ;;; ;;;

PART B - modified

1 - 11 1-11 Repeat meas 1 to 11 of Part B ;;; ;;; ;;;

12 AIDA [WITH EXPLODING ARMS] ;

12 In BFLY WALL thru R (L) twd LOD, sd L trng RF, cont RF trn bk R raising trl arms in CW (CCW)

fashion endg in V bk -to-bk pos fcg RLOD w/ ld hnds jnd and trl arms up and out, - ;