

MY COLORING BOOK

COMPOSERS: Jim & Bonnie Balu - 4420 Tennyson, Denver, CO 80212 - 303/477-1594

ASSISTED BY: Richard Booth - Dance Unlimited, Denver, CO

RECORD: Collectables COL0296B - Sandy Stewart

FOOTWORD: Opposite except where noted

SEQUENCE: Intro, A,A,B,A,B,(A 1-8), Tag

RHYTHM: Waltz - Phase VI - Speed 45 Release date: June, 1994

INTRO

NOTE: INTRO IS EASY BUT WORDY TO WRITE

WAIT: - HAND ROLL 3 - HAND ROLL 3 - HANDS IN UP & OUT - LADY HAND ROLL 3 - MAN IIAND ROLL 3 - APART POINT - PICKUP BFLY - I (ANDS IN UP & OUT (Note- Until two left turns, above actions are being danced to words. Start left turn on "Me".)

-Hand roll 3("for those who fancy coloring books")

LOP M fcg wall touching fingertips with L sway M's R hnd on hip (W's L lmd on hip) rotate touching finds 3 reveloutions CCW (W CW) up & out changing sway to right & joining M's R (W's L) fingertips Note: wax on movement.

-Hand roll 3("and lots of people do")

rotate touching finds 3 reveloutions CW (W CCW) up & out changing to no sway blfy fingers touching only Note: wax off movement.

-Hands in up & out ("here's a new one for you") L) ~j

slowly move both Lands out, down & in, while watching them come together, bring them up between you, when eyes meet, stop following hands. Continue hands up & out to side.

-Lady hand roll 3 ("a most unusual coloring book")

,M to L press position, hands on hips holding while W to R press position L hand on hip, R

down to side, palm turned slightly to 1 repeat wax on mvmnt.

- 1 - 2 (Start waltz on "Me") M loosely cuddles W with both hands (W arms extended to side) fcg LOD fwd L trng LF, sd R, cl L to R fcg RLOD; bk R cont LF trn, sd L, cl R to L fcg DW;
- 3 - 4 CP DW fwd L, fwd sd R, XLIB of R (W XRIB of L) end SCP DC; thru R, sd L slight LF trn, XRIB of L blend to CP fcg DC;

PART A

- 4 THREE FALLAWAYS; DOUBLE REVERSE SPIN;

- 1-2 CP DC fwd L trng LF, sd R XLIB of R taken well under body with L sway (W bk R, sd L, XRIB of L head to R); bk R trng LF, sd & fwd L CP, XRIB of L to RSCP right sway fcg wall (W fwd L, sd & slightly bk R to CP, XL well bhd R);
- 3-4 fwd L LOD, sd R, XLIB of R/bk R with slip trng LF keeping L leg extended in CBMP no sway (W bk R, sd L, XRIB of L/fwd L head to left); CP DW 123& fwd I. trn LF, sd R cont LF trn, spin LF on R/tch L to R end fcg DRW (W bk R, cl L to R heel trn/fwd R cont LF trn, XLIF of R);

- 8 CONTRA CHECK & SWITCH; RUDOLPH RONDE & SLIP; FWD RIGIITCHASSE: OUTSIDE CHANGE TO SCP

- 5-6 flex R knee fwd L slight LF trn with crossed thighs R shldr lead, rec R trn 1/2 RF, check bk L twd RLOD (W flex L knee bk R looking well to L, rec L, check fwd R); CP LOD fwd R btwn W's feet keeping L sd into W, rec L bk & sd R to CP DC (W bk L trng RF to SCP flare R leg CW keeping R sd twd M, bk R head to L swivel LF, fwd L);
- 7 - 8 fwd L trng LF, sd & fwd R LOD/cl L to R, sd & bk R bik »d contra bjo M fcg DRC; bk L, bk R trng LF, sd & fwd L (W fwd R); SCP DW

1-12 TURNING FALLAWAY WHISK TWICE.: FWD RONDE CHANGE/POINT; SIDE WHISK RECOVER;

- 9 -10 DW fwd R comn RF trn, cont RF trn sd L DW, cont rotation sd R DW/XLIB of R end fcg DC (W fwd L, fwd R btwn M's ices, sd L/XR behind L SCP); fcg LOD repeat meas 9 of part A 123&; 123&

- 11-12 fwd R with L sway ronde L CW (W CCW), cl L to R on balls of feet no sway, pt

R DRW in R sway lowering into L ft; sd R fcg DW CP, XL behind R on toes sway L (W XR behind L), rec R, SCP DC blend to CP on first beat of next meas

PART B

to R heel trn, sd & fwd R); fwd R LOD(W fwd trn LF to CP), sd L/XR behind L(W XL behind R) with R sway RSCP, sd & fwd L blend to SCP; 12&3
3-4 repeat meas 2

of part B ending in contra bjo pos(W's last stp sd & bk R); 12&3
fwd R trng RF to fc RLOD , sd L, cl R to L;

5-8 **OVERSPTN TURN, RIGHT TURNING LOCK TWICE TO SCP;; QUICK
OPEN REVERSE:**

5-6 bk L pivot RF, fwd R cont trn slowly rise mkg 7/8 trn to fc DRW, sd & bk L; bk R Rsd leading/XL loosely in front of R, sd & slightly fwd R sml stp btwn W's ft, staying in CP fwd L pivot softly RF & bkng DC(W bk R 1/2 trn to R staying in CP); 12&3

7-8 repeat meas 6 of part B to SCP chng last stp L diag fwd L sd leading(W sd R SCP having brshd twd L); fwd R DC(W fwd L), fwd L trng LF/sd R cont trn, bk & sd L in contra bjo fcg RLOD(W fwd R);

9 -12 **THROWAWAY OVERSWAY SAME FOOT LUNGE & SLIP TO OPEN TELEMARCK
;; PICKUP SIDE LOCK.**

9-10 bk R comm LF trn, sd L DW, slowly relax knee trng body LF sway slightly to R

Y look at W(W fwd L comm LF trn, sd R DW, relax knee trn body to L draw L bk pnt toe DW); rise bring W to SCP no weight change R still extended M fcg wall, cl R to L, extend L LOD in same foot lunge line/comm body trn to L slipping W to CP(W bring L to tch inside R trn to SCP, -, extend L LOD chg head to CP/fwd L small step trng LF to CP);

11-12 repeat meas 1 of part B; repeat meas 4 of intro;

TAG

1 - 9 **LEFT WHISK RECOVER TO STANDING SPIN . . . , TIPPLE CHASSE TO LOD
RUMBA CROSS TWICE.: SLOW CONTRA CHECK & EXTEND;**

1-2 thru R trng RF(W LF), sd R, XRIB of L(W XLIB of R) to RSCP fcg RLOD, -

M rec on L rotate upper body RF, fcg DRW fwd R outside ptr bring W to Contra bjo, fwd L head to L leaving weight mostly on R with RF upper body rotation(W rec R, starting rotation with running steps around M L/&,R/&);

3-4 rotating with buzz trn action using R ft as pivot pt wght mostly on R thruout meas 3 4 & 5 of tag R/&,L/&,R/& (W cont running action L/&,R/&,L/&); L/&,R/&,L/&(W R/L/,R/&);

5-6 cont buzz action R/&,L/&,R(W cont run action L/&,R/&,L); bk L comm RF trn, sd JIM L to R cont RF trn, sd R fcg LOD CP; Note: Standing spin takes 3 full trns in 3 meas