

MY CUP RUNNETH OVER

Choreographer: Kathy Oliver **Release Date** March 2002
Record: 2109 Marsalis, Abilene, TX 79603 (915) 677-4150 e-mail kathyoliver@cox.net
Footwork: RCA Gold Standard 447-0784 or COL 04777- Flip: Try To Remember
Rhythm/Phase: Opposite throughout (Woman's footwork in parenthesis) **43 RPM**
Sequence: Waltz/Phase II+I unphased (Re-wrap across)
Sequence: Intro – A – A – Interlude – B – Ending

INTRO

- 1-8 **;;; TAMARA WHEEL 6;; UNWRAP TO FC; APT PT; PU;**
In Tamara pos wait 3 meas with trailing ft free. Wheel RF fwd R, fwd L, fwd R; fwd L, fwd R, fwd L to Fc WALL; In place R, L, R cont holding both hnds of ptrn (W unwraps trng LF fwd L, fwd R, fwd L to fc M); Step apt on L pointing R ft, -, -; fwd R, sm fwd L, cl R picking up W to CP LOD (fwd L trng LF in frnt of M, sd R, cl L);
- A
- 1-4 **2 FWD WALTZS;; 2 LEFT TRNS;;**
Fwd L, fwd R, cl L; fwd R, fwd L, cl R; Fwd L trng LF, fwd & sd R Cont trn, cl L; bk R cont trn, sd & fwd L, cl R to CP WALL;
- 5-8 **BOX;; REV BOX (SCAR);;**
Fwd L, sd R, cl L; bk R, sd L, cl R; Bk L, sd R, cl L; fwd R trng RF, Sd L, cl R to SCAR RLOD;
- 9-12 **TWINKLE BJO; MANUV; 2 R TRNS (BFLY);;**
Fwd L trng LF (W RF), fwd R trng LF ½, cl L to BJO/LOD; Fwd R trn RF, sd L cont trn, cl R to CP/RLOD (W bk L trng RF, fwd R cont trn, cl L); Bk L start RF trn, bk R cont trn, cl L trng 3/8; fwd R cont RF trn, fwd L, cl R;
- 13-17 **WALTZ AW; PU SCAR (BFLY); 3 PROG TWINKLES;;;**
Trailing hnds joined through trn LF (W RF) fwd L LOD, fwd R, cl L; Fwd R, sm fwd L, cl R leading W to pu to SCAR/ BFLY (Fwd L across M trng LF, fwd R to SCAR/BFLY, cl L); Fwd L, sd R trng slight LF, cl L to BJO/BFLY; fwd R, sd L trng slight RF, cl R to SCAR/BFLY; Fwd L, sd R trng slightly LF, cl L to BJO/BFLY;
- 18-22 **FWD & TCH; 3 BK PROG TWINKLES;;; BK & TCH (CP);**
Fwd R, tch L, -; Bk L, sd R trng slightly RF, cl L to SCAR/BFLY; Bk R, Sd L trng slightly LF, cl R to BJOBFLY; Bk L, sd R trng slightly RF, cl L to SCARBFLY; Bk R, tch L to CP * LOD, -;
* second time to WALL

INTERLUDE

- 1-4 **L TRN BOX ¾;;; BK SD CL (BFLY/WALL);**
Fwd L trng ¼ LF, sd R, cl L; Bk R trng ¼ LF, sd L, cl R; Fwd L trng ¼ LF, sd R, cl L; Bk R, sd L, cl R to BFLY/WALL;

B

- 1-4 WALTZ AW; WRAP FWD; FWD WALTZ; RE-WRAP ACROSS;
Trailing hnds joined through trn LF (W RF) fwd L LOD, fwd R, L; retain trailing hnds fwd R, L wrap W into R arm, fwd R jn lead hnds (W fwd L trn LF ½, bk R cont trn ½, fwd L); fwd L, R, L; {Re-Wrap Across} fwd R release triling hnds lead W to trn under lead hnds as R hnd slides across W's back, fwd L jn trailing hnds at waist level, fwd R end in left wrapped position with lead hnds at W's L shoulder (W fwd L start in frnt of M trn LF ½ under jnd lead hnds keep L arm folded in frnt of body, bk R cont trn ½ jn trailing hnds at waist, fwd L);
- 5-8 2 FWD WALTZ (COH);; BOX;;
Fwd L, R, L; R, L, R trng to CP fc COH; Fwd L, sd R, cl L to R; bk R, sd L, cl R to L;
- 9-12 WALTZ AW (RLOD); WRAP FWD; FWD WALTZ; RE-WRAP ACROSS;
Trailing hnds joined through trn LF (W RF) fwd L RLOD, fwd R, L; retain trailing hnds fwd R, L wrap W into R arm, fwd R jn lead hnds (W fwd L trn LF ½, bk R cont trn ½, fwd L); fwd L, R, L; {Re-Wrap Across} fwd R release triling hnds lead W to trn under lead hnds as R hnd slides across W's back, fwd L jn trailing hnds at waist level, fwd R end in left wrapped position with lead hnds at W's L shoulder (W fwd L start in frnt of M trn LF ½ under jnd lead hnds keep L arm folded in frnt of body, bk R cont trn ½ jn trailing hnds at waist, fwd L);
- 13-16 2 FWD WALTZ (WALL);; BOX;;
Fwd L, R, L; R, L, R trng to CP fc WALL; Fwd L, sd R, cl L to R; bk R, sd L, cl R to L;
- 17-22 DIP BK & HOLD; REC SCAR; TWINKLE BJO; MANUV; 2 R TRNS (SCAR/BFLY);;
Bk L, -, -; Fwd R trng RF ¼ (W LF), fwd L, cl R to SCAR fc RLOD; fwd L trng LF (W RF), cl R cont trn to fc LOD; fwd L to BJO/LOD; Fwd R trn RF, sd L cont trn, cl L to CP/RLOD (W bk L trng RF, fwd R cont trn, cl L); Bk L start RF trn, bk R cont trn, cl L trng 3/8; fwd R cont RF trn, fwd L, cl R to SCAR/BFLY;

ENDING

- 1-4 3 PROG TWINKLES;;; FWD & TCH; 3 BK PROG TWINKLES;;; BK & TCH CP);
Fwd L, sd R trng slight LF, cl L to BJO/BFLY; fwd R, sd L trng slight RF, cl R to SCAR/BFLY; Fwd L, sd R trng slightly LF, cl L to BJO/BFLY; Fwd R, tch L, -; Bk L, sd R trng slightly RF, cl L to SCAR/BFLY; Bk R, Sd L trng slightly LF, cl R to BJO/BFLY; Bk L, sd R trng slightly RF, cl L to SCAR/BFLY; Bk R, tch L to CP, -;
- 9-11 2 L TRNS;;; DIP BK TWIST & HOLD;
Fwd L trng LF, fwd & sd R Cont trn, cl L; bk R cont trn, sd & fwd L, cl R to CP WALL; Strong stp bk L, twisting slightly LF, -;

MY CUP RUNNETH OVER WITH LOVE

Kathy Oliver

**TAMARA - FC WALL - 3 MEAS WT
TRAILING FT FREE**

**WALTZ II+I UNPHASED (Re-Wrap)
(Re-Wrap Across) 43 RPM**

INTRO

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1-8 ;;; TAMARA WHEEL 6;;UNWRAP TO FC; APT PT; PU;

A

A

A

1-4 2 FWD WALTZS;; 2 L TRNS;;

INTER

5-8 BOX;; REV BOX (SCAR);;

9-12 TWINKLE BJO; MANUV; 2 R TRNS (BFLY);

B

13-17 WALTZ AW; PU SCAR; 3 PROG TWINKLES;;;

18-22 FWD & TCH; 3 BK PROG TWINKLES;;; BK & TCH (CP);

END

INTERLUDE

1-4 L TURNING BOX $\frac{3}{4}$;;; BK SD CL (BFLY / WALL);

B

1-4 WALTZ AW; WRAP FWD; FWD WALTZ; RE-WRAP ACROSS;

5-8 2 FWD WALTZ (COH);; BOX;;

**9-12 WALTZ AW (RLOD); WRAP FWD; FWD WALTZ; RE-WRAP
ACROSS;**

13-16 2 FWD WALTZ (WALL) ;; BOX;;

**17-22 DIP BK & HOLD; REC SCAR; TWINKLE BJO; MANUV;
2 R TURNS (SCAR/BFLY);;**

ENDING

**1-8 3 PROG TWINKLES;;; FWD & TCH; 3 BK PROG TWINKLES;;;
BK & TCH (CP);**

9-11 2 L TRNS;; DIP BK TWIST & HOLD;