

MY CUP RUNNETH OVER

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RECORD: Collectables DPE1 -1029 "My Cup Runneth Over" by Ed Ames

FOOTWORK: Opposite, Directions for the man except where noted

SEQUENCE: INTRO,A,A,INTERLUDE,B,B(1-14),ENDING

RATING: Phase IV **RHYTHM:** WALTZ

INTRO

1-4 WAIT; SLO RT LUNGE; REC & SLIP; TRNLT & RT CHASSE;

- [1] CP DW M's R & W's L foot free wait 1 meas;
- [2] flex L knee, sd & slightly fwd onto R keeping L sd in twd ptrn as wt is taken on R flex R knee & make slight body trn to L (W flex R knee sd & slightly bk onto L keeping R sd in twd ptrn, as wt is taken on L flex L knee & make slight body trn to L), extend lunge;
- [3] rec L, with slight LF trn rise & slip R past L, bk R to CP DC;
- [4] fwd L trn LF, sd R/cl L, sd & bk R to BJO DRC;

5-8 OUTSD CHG; MANUV; SPIN TRN; BOX FIN;

- [5] bk L, bk R trn LF, sd & fwd L (W fwd R, fwd L trn LF, sd & bk R) to BJO DW;
- [6] fwd R (W bk L) trn RF, sd & bk L, cl R to CP RLOD;
- [7] beg RF upper body trn bk L piv ½ RF, fwd R betw W's feet cont trn, rec sd & bk L (W fwd R betw M's feet piv ½ RF, bk L cont RF trn, sd & fwd R) to CP DW;
- [8] bk R, sd R trn ¼ LF, cl R to CP DC;

PART A

1-4 1 LT TURN; HOVER CORTE; OUTSD SWIV; OPEN NAT TURN;

- [1] fwd L, trn LF sd R, cl L to CP RLOD;
- [2] bk R beg LF trn, sd & fwd L with hovering action, rec bk R to BJO DW;
- [3] bk L trn upper body RF, cross RIF of L no wt (W fwd R, swiv RF on ball of R), to SCP DW;
- [4] fwd R beg RF trn, sd & bk L, bk R (W fwd L, fwd R, fwd L) to BJO RLOD;

5-8 BK PASING CHG; BK & CHASSE TO SCP; IN & OUT RUNS;;

- [5-6] staying in BJO bk L, bk R, bk L; bk R trn LF, sd L/cl R, sd L to SCP DW;
- [7] fwd R beg RF trn, sd & bk L, bk R (W fwd L, fwd R betw M's feet, fwd L) to BJO RLOD;
- [8] bk L trn RF, sd & fwd R betw W's feet, fwd L (W fwd R beg RF trn, fwd & sd L cont RF trn, fwd R) to SCP DC;

9-12 WEAVE TO BJO;; FWD,FWD/LK,FWD; MANUV;

- [9] fwd R, fwd L trn LF to CP, sd & bk R DC;
- [10] bk L trng W to BJO, bk R trn LF to CP, sd & fwd L to BJO DW;
- [11-12] fwd R, fwd L/lk R beh L, fwd L; repeat intro meas 6;

13-16 HES CHG; OPEN REV TURN; OUTSD CK; BK HOVER TELEMAR;

- [13] beg RF trn bk L, cont RF trn sd & fwd R, draw L to CP DC;
- [14-15] fwd L, sd R trn LF, bk L to BJO DRC; bk R trn LF, sd & fwd L, ck fwd R to BJO DRW;
- [16] bk L trn RF, cont RF trn sd & fwd R betw W's feet with hovering action, fwd L (W fwd R betw M's feet piv ½ RF, sd & fwd L, fwd R) to SCP DC;

17-22 CROSS HES; OUTSD CHG; FWD,FWD/LK,FWD; MANUV; SPIN TURN; BOX FINISH;

- [17] thru R, beg LF trn on R, cont trn (W thru L, fwd R arnd M trn LF, cont trn on R swiv LF cl L) to BJO DRC;
- [18-22] repeat intro meas 5; repeat part A meas 11; repeat intro meas 6-8;;;

INTERLUDE**1-4 DIAMOND TURN;;;:**

- [1-2] fwd L trn ¼ LF to BJO, sd & bk R, bk L; bk R trn ¼ LF, sd & fwd L, fwd R;
 [3-4] repeat meas 1-2 to BJO DC;;

PART B**1-4 OPEN TELE; CHASSE TO BJO; CL WING; OPEN TELE;**

- [1] fwd L, trn LF sd R, sd & fwd L (W bk R, trn LF cl L heel trn, sd & fwd R) to SCP DW;
 [2] thru R, sd L/cl R, sd & fwd L to BJO DW;
 [3] fwd R, LF body trn, hold (W bk L, sd R across M, fwd L) to SCAR DC;
 [4] repeat part B meas 1;

5-8 NAT HOVER FALLAWAY; BK,BK/LK,BK; SLIP PIVOT TO BJO; MANUV;

- [5] fwd R with slight body trn RF, fwd L on toe trn R with slow rise, rec bk R
 (W fwd L, fwd R on toe betw Ms feet trng rf, rec bk L) to SCP DRW;
 [6] staying in SCP moving DC bk L, bk R/lk LIF, bk R;
 [7] bk L, with slight LF trn rise & slip R past L, fwd L
 (W bk R beg LF piv on ball of foot, fwd L cont LF trn, bk R) to BJO DW;
 [8] repeat intro meas 6;

9-12 OPEN IMP; SLO SD LK; REV FALLAWAY; SLIP & CHASSE TO BJO;

- [9] bk L beg RF heel trn, cont RF trn cl R, sd & fwd L
 (W fwd R, fwd L trng RF brush R to L, fwd & sd R) to SCP DC;
 [10] thru R, sd & fwd L, lk RIB trng slightly LF
 (W thru L beg LF trn, sd & bk R cont trn, LK LIF) to CP DC;
 [11] fwd L trn LF, sd R, XLIB (W bk R trn LF, sd L, XRIB) to SCP RLOD;
 [12] with slight LF trn rise & slip R past L (W beg LF piv on ball of R foot fwd L cont LF trn),
 sd L trn LF/cl R, sd & fwd L to BJO DW;

13-16 FWD & CHASSE TO SCP; OPEN NAT TURN; OPEN IMP; SLOW SD LK;

- [13-14] fwd R, sd L/cl R, fwd L to SCP DW; repeat part A meas 4;
 [15-16] repeat part B meas 9-10;;

ENDING**1-4 BK & CHASSE TO SCAR; CROSS HOVER TO SCP; PICKUP; FWD & RTLUNGE;**

- [1] bk L, trn RF sd R/cl L, sd & fwd R to SCAR LOD;
 [2] XLIF, sd R with slight rise, (W XRIB, sd L), rec L to SCP DC;
 [3-4] thru R, sd & fwd L, cl R to CP LOD; fwd L, flex L knee sd & slightly fwd onto R keeping
 L sd in twd ptrn as wt is taken on R flex R knee & make slight body trn to L
 (W bk R, flex R knee sd & slightly bk onto L keeping R sd in twd ptrn as wt is taken
 on L flex L knee & make slight body trn to L), extend lunge;