

Needle%20In%20A%20Haystack%20QSHEET.txt

Needle In A Haystack

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CD Pieces Of My Life Track 11 – Needle In A Haystack

Artist/Source Mitchell John Download: Itunes.com or Amazon.com

Release / Speed Released: March 11 2012 Speed Slowed 3%

Footwork / Difficulty Opposite unless noted Degree Of Difficulty - Average

Rhythm/Level Two-Step Phase II

Sequence: INTRO A B BRI-1 C BRI-2 A B BRI-1 C END

INTRO

{LOF WALL} WAIT 4 MEAS ;;;; DBL TWL ;; APART PT ; OP TCH ; {OP LOD}

1-8 LOF M fcg WALL wait 4 meas; [DBL TWIRL] Fwd L ,-, fwd R ,-, Fwd L ,-, fwd R twd LOD (W trn RF under lead

hnds two full trns R ,-, L ,-, R ,-, L) end fcg ptr ,-, [APART PT] Apart L ,-, pt R twd ptr ,-, Tog R ,-, tch L to OP LOD ,-,

PART A

{OP LOD 2 FWD 2 STEPS ;; HITCH DBL ;; SLIDING DOOR ;; SLIDING DOOR ;; {OP LOD}

1-16 [2FWD 2 STEPS] OP LOD fwd L , cls R , fwd L ,-, Fwd R , cls L , fwd R ,-,

[HITCH DBL] In OP LOD Fwd L , cls R , bk L ,-, Bk R , cls L , fwd R ,-, [SLIDING DOOR] In OP LOD Rk aprt sd L

from ptr ,-, rec R ,-, XLIF, sd R , XLIF chng sds twd WALL (W XRIF , sd L , XRIF chng sds in front of M twd COH) ,-, [SLIDING DOOR] In OP LOD Rk aprt sd R from ptr ,-, rec L ,-, XRIF , sd L , XRIF chng sds twd COH

(W XLIF , sd R , XLIF chng sds in front of M twd WALL) end in OP LOD ,-,

{OP LOD} CIR AWAY 2 TWO STEPS ;; STRUT TOG IN 4 TO CP ;; LEFT TRNG BOX ;;;; {BFLY WALL}

[CIR AWAY] Release ptr & circle away LF (W RF) fwd L , cl R , fwd L ,-, Fwd R , cl L , fwd R end 6 ft aprt fcg RLOD ,-,

[STRUT TOG] Fcg RLOD both cont to circle LF (W RF) twd ptr strutting action fwd L

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, -, fwd R , -;

Fwd L , -, fwd R to CP WALL , -; [LEFT TRNG BOX] In CP WALL sd L , cls R , fwd L trng LF 1/4 fc LOD , -;

Sd R , cls L , bk R trng LF 1/4 fc COH , -; Sd L , cls R , fwd L trng LF 1/4 fc RLOD , -;

Sd R , cls L , bk R trng LF blending to BFLY WALL , -;

PART B

{BFLY WALL} FC TO FC ; BK TO BK ; BASKETBALL TRN TO CP ; ; TRAVELING BOX /w TWIRL ; ; ; {SCP LOD}

1-8 [FC TO FC] Sd L , cls R , sd L trn 1/2 LF (W RF) to bk to bk pos , -; [BK TO BK] Sd R , cls L , sd R trn 1/2 RF

(W LF) to BFLY WALL , -; [BASKETBALL TRN] In BFLY Lunge sd L , -, rec R trn RF (W LF) to LOP RLOD , -;

Lunge L RLOD , -, rec R trn RF (W LF) to CP WALL , -;

[TRVLG BOX w/ TWL] CP WALL sd L , cl R , fwd L , -; Trng to RSCP RLOD fwd R , -, fwd L (W twirl LF under M s

L & W s R hands L , -, R) , -; Blend CP WALL sd R , cl L , bk R , -; Trng to SCP LOD fwd L , -, fwd R , -;

PART C

{BFLY WALL} VN 3 & TCH ; WRAP 3 & TCH ; UNWRAP 3 & TCH ; CHNG SIDES 3 & TCH; {BFLY COH}

1-16 [VN 3 & TCH] In BFLY WALL sd L LOD, XRIB , sd L , tch R ; [WRAP 3 & TCH] Sd R RLOD , XLIB ,

sd R trn LF to fc LOD, tch L (W wrap trng LF L , R , L to fc LOD tch R) keep hnds jnd raise M s L & W s R hnds

over W s head M s R & W s L hnds jnd at waist level ; [UNWRAP 3 & TCH] Release M s L & W s R hnds

in plc L , R , L , tch R unwrap W to arms length to end fcg LOD (W unwrap trn RF R , L , R , tch L end fcg COH);

[CHNG SD' S] Under M s R & W s L jnd hnds roll RF R , L , R , tch L to BFLY COH (W roll LF to BFLY WALL);

{BFLY COH} TRAVELING DOOR ; ; TRAVELING DOOR ; ; VN 3 & TCH ; WRAP 3 & TCH ; (WRAP POS FCG LOD)

[TRAVELING DOOR]In BFLY COH Rk sd L , -, rec R , -; XLIF, sd R , XLIF(W XRIF , sd L , XRIF), -;

[TRAVELING DOOR] Rk sd R , -, rec L , -; XRIF , sd L , XRIF (W XLIF , sd L , XLIF), -;

[VN 3 & TCH] In BFLY COH sd L RLOD, XRIB , sd L , tch R ; [WRAP 3 & TCH] Sd R LOD,

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XLIB, sd R trn LF

to fc RLOD, tch L (W wrap trng LF L , R , L trn RF to fc RLOD tch R) keep hnds jnd
M s L & W s R hnds

over W s head & M s R & W s L hnds jnd at waist level ;

[UNWRAP 3 & TCH ; CHNG SIDES 3 & TCH ; TRAVELING DOOR ;; TRAVELING DOOR ;; {BFLY
WALL}

[UNWRAP 3 & TCH] Release M s L & W s R hnds in plc L , R , L , tch R unwrap W to
arms length to end fcg RLOD

(W unwrap trn RF R, L, R, tch L to end fcg WALL); [CHNG SD' S] Under M s R & W s L
jnd hnds roll RF R , L , R ,

tch L to BFLY WALL (W roll LF to BFLY COH) [TRAVELING DOORS] In BFLY repeat action
of Part C meas 5-8 ;;;;

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BRIDGE1

{SCP LOD} SD DRAW CLS ; {BFLY WALL}

1 [SD DRAW CLS] In SCP LOD blend to BFLY sd L ,-, draw R cls R end in BFLY WALL ,-;

BRIDGE2

{BFLY WALL} SD DRAW CLS ; WLK 2 TO OP ; {OP LOD}

1-2 [SD DRAW CLS] In BFLY WALL sd L ,-, draw R cls R to end BFLY WALL ,-;

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[WLK 2 TO OP] Blending to OP LOD fwd L ,-, fwd R ,-;

END

{BFLY WALL} VN 3 & TCH ; WRAP 3 & TCH ; UNWRAP 3 & TCH ; CHNG SIDES 3 & TCH ; {BFLY COH}

1-15 Repeat action of Part C meas 1-4 to end in BFLY COH ;;;

{BFLY COH} TRAVELING DOOR ;; TRAVELING DOOR TO OP ;; 2 FWD 2 STEPS ;; {OP RLOD}

Repeat action of Part C meas 5-8 end in OP RLOD ;;; [2 FWD 2 STEPS] In OP RLOD repeat action of Part A meas 1-2 ;;

{OP RLOD} LACE ACROSS 2-STEP ; TWO STEP TO FC ; DBL TWL ;; APART PT ; {OP FCG WALL}

[LACE ACROSS] Join lead hnds fwd L , cls R , fwd L (W fwd R , cls L, fwd R XIF of M und jnd lead hnds)

end in LOF RLOD ,-, [2 STP TO FC] Fwd R , cls L , fwd R trng LF 1/4 to end fcg ptr in LOF WALL ,-;

[DBL TWIRL] In LOF Fwd L ,-, fwd R ,-, Fwd L ,-, fwd R twd LOD (W trn RF under lead hnds two full trns

R ,-, L ,-, R ,-, L) end fcg ptr ,-, [APART PT] Apart L ,-, pt R twd ptr ,-;

NEEDLE IN A HAYSTACK (PH 2 two-step) speed slowed 3 %

Seq: Intro A B Bri-1 C Bri-2 A B Bri-1 C End.

(lop-fcg) WAIT 4; ;;; DBL TWL; ; APRT PT; OP-TCH;

“A” “B” “C” “END”

2 FWD 2' S; ; FC TO FC; VN TCH; VN TCH;

HITCH DBL; ; BK TO BK; VN WRAP; VN WRAP;

SLIDING DOOR 2X; ; ; B-BALL TRN; ; (cls) UN-RAP; UN-RAP;

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CIR AWAY 2-2' S;; TRVLG BOX w/TWL;;; CHNG SD' S; CHNG SD' S;
STRUT TOG IN 4;; (cls) (BRI-1) TRVLG DOOR 2X;;; TRVLG DOOR 2X;;; (op)
LEFT TRNG BOX;;; (B-bfly) "BRI-1" VN TCH; 2 FWD 2' S;;
SD DRAW CLS; VN WRAP; LACE ACROS;
(C-bfly) UN-RAP; 2 STP to FC;
CHNG SD' S; DBL TWL;;
"BRI-2" TRVLG DOOR 2X;;; APRT PT;
SD DRAW CLS; (BRI-2) (END)
WLK 2 TO OP; (A)