#### NO LADY

Choreographers:	Jerry & Diana Broadwater 4017 Sara Granite City IL 62040 618-931-6949
Record:	Through Palomino or Choreographer Flip: DREAM OF ME
Footwork:	Opposite, directions for man (lady as noted) Speed: 46-48 RPM or
	Comfort
Phase:	VI Rhythm: West Coast Swing with Anchor exit Time: 3:12
Sequence:	Intro: A B C B A 1-8 Ending March 1997

1-6 <u>TANDEM POSITION RLOD left foot free for both WAIT TWO PICK UP</u> <u>NOTES FOUR FWD TRIPPLES :: WALK SIX LADY TRANSITION TO FACE</u> <u>– FACE LOOP SUGAR PUSH with Lea Crawl</u>

[Four Fwd Tnpples 1&,2,3&,4; 5&,6,7&,8; j on the word mama Fwd UR,L,RIL,R; UR,L,RIL,R; [Walk SIx Lady Transition 55; SS; Q,Q, (Q&,Q, )] soft knees down low fwd L with strong CBMP

blending to shadow position sd and fwd R loosing some of the CBMP,-; fwd L CBMP,-, fwd R

loosing CBMP,-; fwd L CBMP, latin close inside arch of R foot behind L foot (fwd L CBMPI fwd R

tmg left face to face partner LOD,close L to R ) join right hnds end fcg RLOD, [Face Loop Sugar Push with Leg Crawl 1,2; 3,4,5&,6;] bk L, bk R with right shoulder lead; lift W's right arm over M's head to rest on left shoulder left hnd to W's right hip pt L (bring right leg up M's left leg ) ,fwd L W's right hand slides down M's left arm, XRIB rec sd L, sd R end fcg RLOD;

## 7-12 <u>SURPRISE WHIP :: UNDERARM TRN HOOK SNAP and FREEZE:: LEFT</u> <u>SIDE</u>

## PASS OVERTURNED TO FC WALL AND POINT::

- [Surprise Whip 1,2,3&,4; 5,6,7&,8;] bk L, Rec fwd and sd R moving to W's right sd commence right fc tm 1/4 to CP, sd L continuing right fc tm 114/recover fwd R, Sd L completing 1/2 right fc tin; ck fwd R CBMP tmg upper body strongly to the right leading woman to tm sharply to the right stopping W with M's right hand on W's back in an L-shaped semi-closed position looking at partner, rec bk L raising joined lead hands, XRIB/rec sd L, sd R end fcg LOD; (fwd R, fwd L tmg right fc 1/2, bk Rid L to R, fwd R between M's feet tmg sharply right face keeping left leg close to right and under the body; ck bk L, rec fwd R trng right fc under joined lead hands to fc partner, XLIB/rec sd R,sd L end fcg RLOD;)
- [Underarm Tm Hook Snap and Freeze 1,23&,4; 5&,6,7,8; 3 bk L, fwd and sd R moving to W's right

Sd with upper body tm to the right raise lead hands, Sd and fwd L commence right fc tm/rec R

continue right fc tin, fwd L swiveling right fc away from partner; bk Rid L, fwd R,

swivel left fc to fc

partner and RLOD, point L; (with left hand on left hip fwd R, fwd L with slight left fc tin under joined

lead hnds, sd RIXLIF of R, commence left fc tin bk R swiveling left fc away from partner; bk Ucl R

fwd L swivel right fc to fc partner and LOD, point R;)

[Left Side Pass Overturned to Fc **Wall** and Point I, 2,3&,4; 5&,67,8; 3 bk and sd I tmg 1/4 left fc left shoulder lead, rec sd and bk R trng 1/4 left fc to fc LOD, fwd L *Id* R, fwd L swivel right fc away from partner bk Rid L, fwd R, swivel left fc to fá wall pOint L; (with left hand on left hip fwd R, fwd L with slight upper body tin to look at partner, sd RIXLIF of **R**. commence left fc tin bk R swiveling left fc to fc LOD and wall, bk Ucl R, fwd L trng right fc to fc wall, point R;)

#### 13-16 <u>TURKEY WLKS IN 6 SD CLOSE TO FC (Option: WOMAN CAN</u> <u>SYNCOPATE 1:: SURPRISE</u> <u>WHIP TO TANDEM LOD:</u>

- [Turkey Wlks In 6 SIde Close to Fc 1,2,3,4; 5,6,7,8; (5&,6&,7,B;) 3 man travels behind woman elbows in close to side forearms out to the side palms towards wall fingers spread apart turn palms to the floor and back quickly throughout LOD sd I, ci R, sd L, ci R; Sd L, cl R, Sd 1, tmg right fc to face partner and RLOD, ci R; (woman travels in front of man RLOD sd R, ci L, sd R, ci L; sd R/d L, sd Rid L, sd R, ci I tmg left fc to fc partner and LOD;)
- [Surprise Whip to Tandem LOD 1,2,3&,4; 5,6,7&8; (5,6,7,8;)] bk L, Rec fwd and sd R moving to W's right sd commence right fc tm 1/4 to CP, Sd L continuing right fc tm *1/4/recover* fwd R, sd L completing 1/2 right fc tin; ck fwd R CBMP tmg upper body strongly to the right leading woman to tm sharply to the right and stopping the women with M's right hand on W's back in an 1-shaped semi-closed position looking at partner, rec bk I releasing joined lead hands, chasse forward to maintain distance with woman RIL,R end in tandem position fcg LOD; (fwd R, fwd I trng right fc 1/2, bk Rid I to R, fwd R between M's feet tmg sharply right face keeping left leg close to right and under the body; ck bk 1, rec fwd R releasing lead hands, fwd 1, fwd R tandem position LOD;)

B

#### I.4 <u>CHANGE POINTS TWO SLOWS: QUICK CHANGE POINTS Charlie</u> <u>Chaolin action : WIKTHREE TO FIGURE HEAD AND FLICK: BK HITCH</u> <u>FWD SWIVEL 1/2 WLK 2</u>:

[Change Points Two Slow Quick Change Points &S,-,& 8,-; &1 ,&2,&3,&4;] ci left to Ripoint R to the side with right shoulder and hand toward left knee head down;-, ci R to left/point left to the side bringing back of right hand up to forehead streching right side looking up,-; ci left to Rlpoint R to the sd bringing arms straight down to the sides bring hands up.only palms down keep body straight, ci R to Upoint R to the side, ci I to R/ point right to the side, ci R to I/point left to the side staying in tandem LOD;

[Walk Thre, to Figure Head and Flick 1,2,3,4; J wik fwd I taking W's hands ( bring hands down to Sd and slightly bk ) (don't be to concerned about hooking up here at first until you become more comfortable \_if for some reason this does not work for you who ever is in back should adjust the space.), fwd R, fwd 1 flick R under body as if kicking a rock bring knee up and in toward chest toes down (-of course we do have to adjust if we are behind our partner) this is an action on count four no weight change fcg LOD;

[Bk Hitch Fwd Swivel 112 Wik 2 1&,2,3,4;] bk Rid I to right. fwd right tmg left fc1/2 to fc RLOD in tandem position, fwd 1, fwd R end tandem position RLOD;

#### 5-8 <u>CHANGE POINT TWO SLOWS: QUICK CHANGE POINTS Charlie ChaDlln</u> action: WLK <u>THREE TO FIGURE HEAD</u> ~ FLICK: BK HITCH FWD MAN <u>SWIVEL TO FC W:</u> SAME AS MEASURES 1.3 PART B

SAME AS MEASURES 1-3 PART B

[**B**k Hitch Swivel **to Fc W 1&,2,3,4**; (**1&,2,3&,4**;) 3 bk Rid I to right, fwd right trng left fc to fc partner and LOD, rock fwd 1, rec bk R (bk Rid I to right, fwd R small step, chasse in place *UR,L*;)

C

# 1 -4 WRAPPED WHIP to HAMMER LOCK:: LEAD w to TANDEM TO SWIVEL WLKS with FREE

<u>SPIN:</u>:

- [Wrapped Whip to Hammer Lock 1,2,3&,4; 5,6,7&,S; 3 bk I to BFLY, fwd and sd R to W's right sd raise lead hnds commence right fc tm woman wrap into low trailing arms, Sd and fwd I continuing right fc tmlrec R continue right fc tin, Sd and fwd L bring woman bk; XRIB of I, tm right fc sd I raise lead hands to lead woman into right fc tin, fc COH chasse in place RIL, R (fwd R, fwd I, under lead hnds, fwd RId 1, bk R; bk L commence right fc tin, sd and fwd R continue right fc tin, spin right fc UR,L completing second revolution fcg RLOD and partner ) end in a hammer lock position with lead hnds hI~h trailing hnds joined behind W's back;
- [Lead W to Tandem to Swivel Wlks with Free Spin 1,2,3&,4; 5,6,7&,8;] place right hand under W's left upper arm bk L leading woman fwd past you, fwd R leading woman into left tin Infront to tandem position fc RIOD, chasse In place *UR*, I placing hands on top of W's upper arms leading her into swivels bringing W's left shoulder bk slightly; in place R bring W's right shoulder bk slightly,
- In place I bring W's left shoulder bk slightly, in place R leading W.into a right fc spinlL, R join lead hnds; (fwd R starting past man, sd and fwd I in front of man, tin left fc R/L swivel to the left RLOD tandem position bring right knee up point toe, XRIFof left swivel right fc bring left knee up point toe; XLIF of right, swivel left fc bring right knee up XRIF of left tmg right fc to fc ptr, XLIB/rec sd R, sd L end fcg LOD join lead hnds; (Option: woman may spin 11/2 tins L/R,L to fc ptr})

## 5-8 <u>WHIP SPIN POINT HOLD:: SURPRISE WHIP:</u>:

[Surprise Whip to Tandem LOD 1,2,3&,4; 5,6,7&8; (5,6,7,8;)] bk L, Rec fwd and sd R moving to W's right Sd commence right fc tm 1/4 to CP, Sd L continuing right fc tm 1/4/recover fwd R, sd L completing 1/2 right fc tin; ck fwd R CBMP tmg upper body strongly to the right leading woman to tm sharply to the right and stopping the women with M's right hand on W's back in an 1-shaped semi-closed position looking at partner, rec bk I releasing joined lead hands, chasse forward to maintain distance with woman RIL,R end in tandem position fcg LOD; (fwd R,

fwd I trng right fc 1/2, bk Rid I to R, fwd R between M's feet tmg sharply right face keeping left leg close to right and under the body; ck bk 1, rec fwd R releasing lead hands, fwd 1, fwd R tandem position LOD;)

B

## I.4 <u>CHANGE POINTS TWO SLOWS: QUICK CHANGE POINTS Charlie</u> <u>Chaolin action : WIKTHREE TO FIGURE HEAD AND FLICK: BK HITCH</u> <u>FWD SWIVEL 1/2 WLK 2</u>:

- [Change Points Two Slow Quick Change Points &S,-,& 8,-; &1, &2,&3,&4;] ci left to Ripoint R to the side with right shoulder and hand toward left knee head down;-, ci R to left/point left to the side bringing back of right hand up to forehead streching right side looking up,-; ci left to Rlpoint R to the sd bringing arms straight down to the sides bring hands up.only palms down keep body straight, ci R to Upoint R to the side, ci I to R/ point right to the side, ci R to I/point left to the side staying in tandem LOD;
- [Walk Thre, to Figure Head and Flick 1,2,3,4; J wik fwd I taking W's hands ( bring hands down to Sd and slightly bk ) (don't be to concerned about hooking up here at first until you become more comfortable \_if for some reason this does not work for you who ever is in back should adjust the space.), fwd R, fwd 1 flick R under body as if kicking a rock bring knee up and in toward chest toes down (-of course we do have to adjust if we are behind our partner) this is an action on count four no weight change fcg LOD;
- [Bk Hitch Fwd Swivel 112 Wik 2 1&,2,3,4;] bk Rid I to right. fwd right tmg left fc1/2 to fc RLOD in tandem position, fwd 1, fwd R end tandem position RLOD;

## 5-8 <u>CHANGE POINT TWO SLOWS: QUICK CHANGE POINTS Charlie ChaDlln</u> action: WLK <u>THREE TO FIGURE HEAD</u> ~ <u>FLICK: BK HITCH FWD MAN</u> <u>SWIVEL TO FC W</u>:

SAME AS MEASURES 1-3 PART B

[Bk Hitch Swivel to Fc W 1&,2,3,4; (1&,2,3&,4;) 3 bk Rid I to right, fwd right trng left fc to fc partner and LOD, rock fwd 1, rec bk R (bk Rid I to right, fwd R small step, chasse in place *UR,L*;)

#### <u>C</u>

## 1 -4 <u>WRAPPED</u> <u>WHIP</u> to <u>HAMMER</u> <u>LOCK:: LEAD</u> <u>w</u> to <u>TANDEM</u> <u>TO SWIVEL</u> <u>WLKS</u> with FREE</u>

## <u>SPIN:</u>:

[Wrapped Whip to Hammer Lock 1,2,3&,4; 5,6,7&,S; 3 bk I to BFLY, fwd and sd R to W's right sd raise lead hnds commence right fc tm woman wrap into low trailing arms, Sd and fwd I continuing right fc tmlrec R continue right fc tin, Sd and fwd L bring woman bk; XRIB of I, tm right fc sd I raise lead hands to lead woman into right fc tin, fc COH chasse in place RIL, R (fwd R, fwd I, under lead hnds, fwd RId 1, bk R; bk L commence right fc tin, sd and fwd R continue right fc tin, spin right fc UR,L completing second revolution fcg RLOD and partner ) end in a hammer lock position with lead hnds hI~h trailing hnds joined behind W's back;

[Lead W to Tandem to Swivel Wlks with Free Spin 1,2,3&,4; 5,6,7&,8;] place right hand under W's left upper arm bk L leading woman fwd past you, fwd R leading woman into left tin Infront to tandem position fc RIOD, chasse In place *UR*, I placing hands on top of W's upper arms leading her into swivels bringing W's left shoulder bk slightly; in place R bring W's right shoulder bk slightly,

In place I bring W's left shoulder bk slightly, in place R leading W.into a right fc spinlL, R join lead hnds; (fwd R starting past man, sd and fwd I in front of man, tin left fc R/L swivel to the left RLOD tandem position bring right knee up point toe, XRIFof left swivel right fc bring left knee up point toe; XLIF of right, swivel left fc bring right knee up XRIF of left tmg right fc to fc ptr, XLIB/rec sd R, sd L end fcg LOD join lead hnds; (Option: woman may spin 11/2 tins L/R,L to fc ptr})

## 5-8 <u>WHIP SPIN POINT HOLD:: SURPRISE WHIP::</u>

under the body past left, toeing out fwd right swiveling to the left bring left foot up under the body and past right, toeing out fwd left swiveling to the right bring right foot up under the body past left; toeing out fwd right swiveling to the left bring left foot up under the body and past right, toeing out fwd left swiveling to the right bring right foot up under the body past left,

- [TUCK & SPIN HOLD HOLD;; 1,2; **3,4,5**&,**8;7,8**, j bk L, back right to tight butterfly position hands low; touch left to right, forward left raise joined lead hands leading woman into a spin, behind right/side left, side right; hold, hold end fcg RLOD, (forward right, forward left slight turn right to tight butterfly; touch right to left, turn right under joined lead hands forward right LOD spinning right to face partner, behind left/side right; hold, hold, 1
- [UNDERARM **TRN 1,2; 3&,4,5&,6;**] bk L, fwd and sd R moving to W's right sd with upper body tm to the right raise lead hands, sd and fwd L commence right fc trn/rec R continue right fc tin, fwd L fc RLOD, behind right /sd left, sd right end fcg RLOD (fwd R, fwd L with slight left fc tm under joined lead hnds, Sd R/XLIF of R **{woman's french cross)head** to the left shaping to left continuing to turn, bk R to fc partner; behind left/side right, side left; )

# 9-16 WRAPPED WHIP :: WRAPPED WHIP (OPTION: with OUTSIDE ROLL):: SAND STP VARIATION

TOE. HEEL. X/SD. XISD. XISD. XISD. XISD. X: SAND STP VARIATION TOE. HEEL. XISD. XISD. XISD. XISD. XISD. XISD. ZISD. XISD. XISD

[Wrapped Whip 1,2,3&4; 1,2,3&,4;] bk L to double hand hold, recover fwd and sd R moving to woman's right side trng right 1/4, bring lead hands in and over woman's head sd left continue righttrnh/4/fwd R, Sd and fwd left in wrapped position; cross right in back of left releasing man's right and woman's left hands, trng 1/2 right face to face partner, fwd L, behind right /sd left, sd right end man fcg LOD; (fwd R, fwd L, fwd R bringing lead hands over the head in wrapped position/cl L, bk R releasing woman's left and man's right hands, behind left/sd right, sd left end fog RLOD; j

[Wrapped Whip 1,2,3&4; 12,3&,4; J

SAME AS MEASURES AND 9 PART C end man fog LOD;;

- **Sand Step VARIATION** I,2,3&,4&; 5&,6&,7&,8;] hands joined L toe touches instep of right foot, L heel touches instep of right foot, XLIF/sd R, XLIF/sd R,
- [Sand Step VARIATION 1,2,3&,4&; 5&,6&,7&,8;] R toe touches instep of left foot, R heel touches instep of left foot, XRIF/sd L, XRIF/sd L; XRIF/sd L, XRIF/sd L, XRIF/ offering lead hands to pin Sd L, cl R;

## 17-24 MAN'S UNDERARM TRN - SUGAR PUSH ::: MAN'S UNDERARM TRN - LEFT SIDE

<u>PASS :::</u>

#### UNDERARM TRN OVER TURNED LADY TRANSITION TO TANDEM LOD WLK TWO::

[MAN'S **UNDERARM TRN 1,2,3&,4; 5&,6**,] bk **L** preparing to lead woman past your left side fwd and sd R moving to woman's left side commence upper body tm to the right raising lead arms between partner over man's head towards his right shoulder continuing to tm right sd and fwd L under lead arms continuing right tin! rec R to fc partner, fwd L, behind right /sd left, sd right end fog RLOD,( fwd R, fwd L wi~h upper body tm lathe left look at partner, sd R/XLIF of R, continue left tm bk R to fc partner and LOD; behind left /sd R, sd L,.)

[Sugar Push 1,2; 3&,4,5&,6;] SAME AS MEASURE 7 PART A END FCG RLOD

[MAN'S UNDERARM TRN I,2,3&,4; 5&,6,] SAME AS MEASURE 17 AND HALF OF 18 PART C END FCG LOD.

[Left Side Pass 1,2; 3&,4,5&,6;] bk and sd L 1mg 1/4 left fc left shoulder lead, rec sd and bk R 1mg 1/4 left fc to fc RLOD; fwd L id R, in place L, behind right/side left, side right end fog RLOD; (fwd R, fwd L with slight upper body tm to look at partner; Sd R/XLIF of R, commence left fc tm bk R 1mg to fc partner, behind left/side right, side left;)
[Underarm Tm Overturned Lady Transition to Tandem LOD WLK 2- 1,2,3&,4;

#### 5&,6,7,8; (5,6,7,8;)]

SAME AS MEASURE 15 AND 16 PART A;; END TANDEM LOD

B

#### *1-8* CHANGE POINTS TWO SLOWS : QUICK CHANGE POINTS Charlie Chaplin action: <u>WIKTHREE</u> AND FUICK: BK HITCH FWD SWIVEL 112 WI K 2: CHANCE POINTS TWO SLOWS :

AND FLICK: BK HITCH FWD SWIVEL 112 WLK 2: CHANGE POINTS TWO SLOWS : QUICK CHANGE POINTS Charlie Chaplin action: WIKTHREE AND FLICK:

SAME AS MEASURES 1-7 PART B ;;;;;;; <u>END FCG RLOD</u> BK HITCH FWD SWIVEL 1/4 FC WALL WLK 2:

[**Bk Hitch** Fwd **Swivel 114 Fc Wall WIk** Two **1&2,3,4**; ] **bk Rid L** to right, fwd right trng left fc 1/4 to fc the wall, fwd L, fwd R small steps;

#### <u>A MODIFIED</u>

1-7 <u>B000IE WLKS ::FOUR TRIPPLES LADY TRANSITION TO FACE:: - SUGAR PUSH with</u> <u>POINT - SUGAR PUSH :::</u> <u>SAMEASMEASURESI-7 PARTA,,,,,,, ENDFCGLOD</u>

<u>ENDING</u>

**1-8** <u>TUCK & SPIN - MAN'S UNDERARM TRN ::: TUCK & SPIN - WRAPPED WHIP - BK</u> <u>SYNCOPATED TWISTY VINE 4 TO A CUDDLE SIT</u>

[TUCK and SPIN I ,2,3&,4; 5&6,] SAME AS MEASURE 8 AND HALF OF 9 PART A FCG LOD;,, [MAN'S UNDERARM TRN 1,2; 3&,4,5&,6;] SAME AS MEASURE 17 AND HALF OF 18 PART C END FCG RLOD ;,,

[TUCK and SPIN 1,2,3&,4; 5&6,] SAME AS MEASURE 8 AND HALF OF 9 PART A FC RLOD;,, [Wrapped Whip 1,2; 3&,4,5,6;7&,8, ]SAMEAS MEASURE 8 AND 9 PART C END FCG

RLOD;;

- [Syncopated Twisty Vine 4 to Cuddle Sit 1&,2&; 3&,4&,5,6;] Sd & bk Li rec R to BFLY leading woman into left tm, Sd and fwd L to Contra-BJO position preparing to step outside ptr ifwd
- R outside partner trng to the right; Sd and bk to Contra-SCAR position preparing to lead

the woman outside ptri bk R trng to the left, sd and fwd L / trng upper body to the left, lower into left knee point R to RLOD cuddle sit position, hold; (fwd R,/ fwd L tmg left to fc partner BFLY position, sd and bk R to CBJO position/bk L trng to the right; sd and fwd R to Conta-SCAR position preparing to step outside ptr/fwd L outside ptr trng left, Sd Ritrn upper body to the left, lower into right knee point R to RLOD bring left arm up over head with palm of left hand close to the top of the head as head turns to the left the hand will come down the left side of the face with palm toward and close to the face ending with palm of left hand under the chin looking to wall with a smile to a cuddle sit position, hold;) HAPPY DANCING!

 1-8
 CHANGE POINTS TWO SLOWS : QUICK CHANGE POINTS Charlie Chaplin action:

 WIKTHREE
 AND FLICK: BK HITCH FWD SWIVEL 112 WLK 2: CHANGE POINTS TWO SLOWS : QUICK

 CHANGE POINTS Charlie Chaplin action: WIKTHREE AND FLICK:
 SAME AS MEASURES 1-7 PART B ;;;;;;; END FCG RLOD

 BK HITCH FWD SWIVEL 1/4 FC WALL WLK 2:
 Z

[**Bk Hitch** Fwd **Swivel 114 Fc Wall WIk** Two **1&2,3,4**; ] **bk Rid L** to right, fwd right trng left fc 1/4 to fc the wall, fwd L, fwd R small steps;

#### <u>A</u> <u>MODIFIED</u>

1-7 <u>B000IE WLKS ::FOUR TRIPPLES LADY TRANSITION TO FACE:: - SUGAR PUSH with</u> <u>POINT - SUGAR PUSH :::</u> <u>SAMEASWEASURESI-7 PARTA,,,,,,, ENDFCGLOD</u>

<u>ENDING</u>

**1-8** <u>TUCK & SPIN - MAN'S UNDERARM TRN ::: TUCK & SPIN - WRAPPED WHIP - BK</u> <u>SYNCOPATED TWISTY VINE 4 TO A CUDDLE SIT</u>

[TUCK and SPIN I ,2,3&,4; 5&6,] SAME AS MEASURE 8 AND HALF OF 9 PART A FCG LOD;,, [MAN'S UNDERARM TRN 1,2; 3&,4,5&,6;] SAME AS MEASURE 17 AND HALF OF 18 PART C END FCG RLOD ;,,

[TUCK and SPIN 1,2,3&,4; 5&6,] SAME AS MEASURE 8 AND HALF OF 9 PART A FC RLOD;,, [Wrapped Whip 1,2; 3&,4,5,6;7&,8, ]SAMEAS MEASURE 8 AND 9 PART C END FCG RLOD;;

- [Syncopated Twisty Vine 4 to Cuddle Sit 1&,2&; 3&,4&,5,6;] Sd & bk Li rec R to BFLY leading woman into left tm, Sd and fwd L to Contra-BJO position preparing to step outside ptr ifwd
- R outside partner trng to the right; Sd and bk to Contra-SCAR position preparing to lead the woman outside ptri bk R trng to the left, sd and fwd L / trng upper body to the left, lower into left knee point R to RLOD cuddle sit position, hold; (fwd R,/ fwd L tmg left to fc partner BFLY position, sd and bk R to CBJO position/bk L trng to the right; sd and fwd R to Conta-SCAR position preparing to step outside ptr/fwd L outside ptr trng left, Sd Ritrn upper body to the left, lower into right knee point R to RLOD bring left arm up over head with palm of left hand close to the top of the head as head t urns to the left the hand will come down the left side of the face with palm toward and close to the face ending with palm of left hand under the chin looking to wall with a smile to a cuddle sit

# position, hold;) HAPPY DANCING!