

"SLOW SHAG"

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Music: LAMON RECORD # LR-10082
Rhythm: SLOW SWING Phase IV 45 RPM Released 7/2000
Sequence: **INTRO A B C A B B [1-8] END**

MEAS

INTRO

1 - 4 LOP FAC PTR & WALL WAIT 2;; LINK RK TO SCP - RK, REC;;

1 - 2 LOP M fac ptr & WALL MÆs L & WÆs R ft free wait 2 meas;;
3 - 4 [LINK RK TO SCP RK,REC] LOP fac WALL rk apt L (W bk R), rec R,
chasse fwd & sd L/R,L; sd chasse R/L,R to CP, rk bk L (W bk R), rec R to SCP
LOD;

PART A

1 - 4 JIVE WALKS; SWIVEL WALK 4; THROWAWAY; DBL ROCK APT;

1 - 2 [JIVE WALKS]SCP LOD fwd L/R,L, R/L,R; [SWVL WALK]SCP fwd L, R,
L,R;
3 - 4 [THROWAWAY] SCP prog LOD sd & fwd L/cl R, sd L, sd & fwd R/ cl L, sd
R (W sd & fwd R/ L,R pkup , sd & bk L/cl R, bk L) end LOP M fac ptr & LOD; [DBL
RK APT] Blend low BFLY rk apt L (W bk R), rec R, rk apt L (W bk R), rec L end M
fac LOD;

5 - 8 2 BK TRIPLES; CHICKEN WALK 4; KICK STEP 4;;

5 - 6 [2 BK TRIPLES] Low BFLY M fac LOD bk twd RLOD L/R,L, R/L,R; [CHKN
WALK 4]Low BFLY bk L, R, L, R (W fwd with swvl action R, L, R, L);
7 - 8 [KICK STEP 4] Low BFLY M fac LOD kick L fwd outside ptr(W kick R fwd
btwn MÆs ft), cl L to R, kick R fwd btwn WÆs ft (W kick fwd L outside ptr), cl R to L;
REPEAT ACTION MEAS 7 PART A end BFLY M fac LOD;

PART B

1 - 8 &/TAP 4 - 2 SD CL 3 TIMES;;;;; TWIST DOWN 4 & UP 4;;

&/1234 1 - 6 [&/TAP 4 - 2 SD CL 3 TIMES] BFLY M fac LOD small sd L/ tap R toe XIB
of L, pt R sd, tap R toe XIB of L, pt R sd; prog twd WALL sd R, cl L, sd R, cl
L; small sd R/tap L toe XIB of R, pt L sd, tap L toe XIB of R, pt L sd; prog twd
COH sd L, cl R, sd L, sd R;

REPEAT ACTION MEAS 1 & 2 PART B end BFLY M fac LOD;

7 - 8 [TWIST DOWN 4 & UP 4] BFLY feet tog swivel L, R, L, R lowering into
knees; swivel L, R, L, R rising end BFLY fac LOD release MÆs L & WÆs R ft;

9 - 12 LINDY CATCH;; AMERICAN SPIN - WALK 2;;

9 - 10 [LINDY CATCH] Bfly rk apt L (w bk R), rec R, release hdhld fwd L/R,L trng
RF arnd W catch WÆs waist with MÆs R hd (W fwd R/L,R twd RLOD) end tandem M
behind W ptrs fac RLOD; fwd R, L cont RF arnd W to fac LOD (W bk L, bk R with no
trn), fwd R/ L, R (W bk L/ R, L) end LOP M fac ptr & LOD;

11 - 12 [AMERICAN SPIN - WALK 2] LOP rk apt L (W bk R), rec R, small sd L/cl R, sd L release hdhd lead w to spin RF(W sd & fwd R/ cl L, fwd R spin RF 1 full trn) rejoin MÆs L & WÆs R hdhd; sd & fwd R/cl L, sd R end BFLY M fac LOD, [WALK 2] BFLY fwd L, R;

13-16 **4 TRAVELING TRIPLES;; 4 SIDE FLICKS;;**

13 - 14 [4 TRAVELING TRIPLES] Low BFLY prog LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R; REPEAT ACTION MEAS 13 PART B;

15 - 16 [4 SD FLICKS] Low BFLY sd L, flick R XIB of L, sd R, flick L XIB of R; REPEAT ACTION MEAS 15 PART B;

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PART C

1 - 3 **CHG HDS BEHIND BK - MIAMI SPECIAL;;;**

1 - 3 [CHG HDS BEHIND BK] Release MÆs R & WÆs L hds to LOP LOD rk apt L (W bk R), rec R, small fwd L/cl R, fwd L trng 1/4 LF (W fwd R/ L, R trng 1/4 RF) release jnd MÆs L & WÆs R to rejoin R/R hdhd end MÆs back to W ; cont trn 1/4 LF sd & bk R/L, R release R/R hdhd to momentary LOP fac(W cont trn 1/4 RF sd & bk L/R, L) rejoin R/R hdhd end M fac ptr & RLOD, [MIAMI SPECIAL] R/R hds jnd M fac RLOD rk apt L (W bk R), rec R; trng 3/4 RF fwd L/R, L lead W to trn LF under jnd R/R hds (trng LF under jnd hds R/L,R) M place jnd R/R hds over MÆs head to rest behind MÆs neck, sd R/L,R (W sd & bk L/R,L release hdhd to slide R hd down MÆs L arm) end LOP ptrs fac WALL;

4 - 6 **HIP BUMP - SOLE TAP;;;**

4 - 6 [HIP BUMP - SOLE TAP] Trn LF to LOP M fac ptr & LOD rk apt L, rec R, fwd L twd ptr trn 1/4 RF to slight BK TO BK, bump hips tog; R/L,R apt trn 1/4 LF to LOP M fac ptr & LOD, rk apt L, rec R; fwd L twd ptr trn 1/4 RF to SD BY SD fac WALL, bend R leg to tch MÆs R shoe sole to WÆs L shoe sole behind supporting leg raise free hds high, R/L,R apt trn 1/4 LF to LOP M fac ptr & LOD;

7 - 8 **LINK RK TO SCP - RK, REC;;**

7 - 8 [LINK RK TO SCP - RK, REC] REPEAT ACTION MEAS 3 & 4 INTRO;;

END

1 - 2+ **4 SIDE FLICKS;; PT COH-**

1 - 2+ [4 SIDE FLICKS] REPEAT ACTION MEAS 15 & 16 PART B;; [PT COH] Low BFLY pt sd L twd COH (W pt sd R twd COH) -