

## Y.M.C.A. V

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**RECORD:** Y.M.C.A. by Southern Storm Lou Mac Records LM-206

**FOOTWORK:** Opposite unless noted (Woman's footwork in parenthesis) 44 rpm

**RHYTHM:** Jive / Merengue RAL PHASE V + 1 +Unphased Merengue

**SEQUENCE:** INTRO - A - B - C - D - A - B - C - D - A - END

### INTRO

**1 - 4 ; ; CHICKEN WALKS 2 SLOWS; 4 QKS TO SCP;**

- 1-2 In LOP/FC RLOD and WALL\_wait 2 meas ;;  
3-4 Bk L swiveling LF,-, bk R swiveling RF,-; Bk L, bk R, bk L, bk R to fc LOD SCP pos;

### A (Jive)

**1-8 2 FWD TRIPPLES; SWIVEL 4; THROWAWAY; CHG HANDS BEH BACK – CHG L TO R (COH);;; LINK RK (FC WALL) – RK REC;;**

- 1-2 Fwd L/cl R, fwd L, fwd R/cl L, fwd R; fwd L, R, L, R;  
3 Sd L/cl R, sd L, sd R/cl L, sd R turning ¼LF fc LOD (PU R/L,  
R, sd & bk L/cl R, sd L to fc ptnr/RLOD);  
4-6 Rk bk L, rec R, fwd L/cl R, fwd L trng ¼LF changing W's R hand to his R hnd; sd & bk  
R/cl L, sd R cont trn to fc ptnr changing W's R hand back to his L hand beh his bk to fc  
RLOD, (bk R, rec L, fwd R/cl L, fwd R trng ¼RF; sd L/cl R, sd & bk L trng ¼RF to fc  
ptnr) Rk bk L, rec R; sd L/cl R leading W to trn under jnd M's L and W's R nds to chg sds,  
sd L trng ¼RF,  
sd R/cl L, sd R to OP FC/COH (Rk bk R, rec L; fwd R/cl L, fwd R trning up to ¾LF under  
joined lead hnds, sd L/cl R, sd L continuing LF trn to fc ptnr & WALL);  
7-8 Rk apt L, rec R trng RF, chasse L/R, L cont trn RF; sd R/L, R to SCP/LOD, rk bk L, rec  
R;;;

**9-16 2 FWD TRIPPLES; SWIVEL 4; THROWAWAY; CHG HANDS BEH BACK – CHG L TO R (COH);;; LINK RK (FC WALL) – RK REC;;**

9-16 Repeat meas 1-8;;;;;;;

### B (Jive)

**1-8 NO-ROCK PRETZEL TRN – DBL ROCK;;; NECK SLIDE;;;  
ROLLING OFF THE ARM;;; DBL RK (SCP);**

- 1-3 Chasse sd & fwd L/R, L trng ¼RF keeping M's L and W's R hnds joined, chasse sd & fwd  
R/L, R trng ¼RF [end sd by sd with M's L and W's R hnds joined beh bk]; rk fwd L with  
R hnd extended fwd, rec R, rk fwd L, rec R;  
chasse sd & fwd L/R, L trng ¼LF still retaining hnds sd R/cl L, sd R;  
4-5 (Neck Slide) Rk bk L, rec R, sd L/cl R, sd L raising jnd hnds up and over ptnr's head  
release hold R hnds rest on ptnr's R shoulder ending W on M's R sd; wheel ¼RF fwd R,  
fwd L, fwd R trns ¼RF LOD/cl L, sm step fwd R allow M's and W's R hnd to slide down  
ptnr's arm to join R hnds;  
6-7 (Rollin Off The Arm) Rk bk L, rec R, sm fwd L/R, L trng ¼RF; fwd R, fwd L trng ¼RF,  
sm step R/L, R trng ¼RF; (bk R, rec L, fwd R/L, R trng ¼LF; bk L, R trng RF ½in place  
L/R, L trng RF 1 full trn;) W will end first measure in the crook of the M's R arm facing  
same way as M. W will roll out of M's arm on last 3 steps of figure. M makes full trn to R  
over figure.  
8 (BFLY) Rk bk L, rec R, rk bk L, rec R (SCP);

**9-16 NO ROCK PRETZEL TRN – DBL RK;;; NECK SLIDE;;;  
ROLLING OFF THE ARMS;; DBL RK (BFLY);**  
**9-16 Repeat meas. 1-8 ending in BFLY;;;;;**

### **C (Merengue)**

**1-8 SNAKE;;; BASIC; SNAKE;;; BASIC;**

- 1-4** (Snake)BFLY M fcg WALL raise M's L & W's R hnds trn LF  $\frac{3}{4}$ under jnd  
hnds step L, R, L, R in pl (W stp in pl R, L, R, L trng RF  $\frac{1}{4}$ ) end in Sd-by-Sd Pos fcg RLOD  
(W LOD) L hip adjacent M's L & W's R hnds jnd at W's R-hip M's R & W's L hnds jnd at  
M's bk; Raising M's L & W's R hnds to lead W trn RF under jnd hnds stp in pl L, R, trng  
RF  $\frac{1}{4}$  (W trn RF  $\frac{1}{4}$  under M's L & W's R hnds stepping R, L in pl) end momentary in Bk-  
toBk Pos fcg COH (W WALL), raising M's R & W's L hnds to lead W trn RF under jnd  
hnds stp in pl L, R trng RF  $\frac{1}{4}$  (W trn RF  $\frac{1}{4}$  under jnd M's R & W's L hnds  
stepping R, L in pl) end in Sd-by-Sd Pos fcg LOD (W RLOD) R-hip adjacent M's L & W's R  
hnds at M's bk M's R & W's L hnds at W's L hip; Raising M's R & W's L hnds stp L, R, L,  
R in pl trng LF  $\frac{3}{4}$ under jnd hnds (W stp in pl R, L, R, L trng RF  $\frac{1}{4}$ ) end in BFLY M fcg  
WALL;  
**4** (Basic) Assuming CP M fcg WALL sd L, cl R, sd L, cl R;  
**5-8** Repeat measure 1-4;;;;

### **D (Merengue)**

**1-4 OP BREAK TO MAN'S WRAP & UNWIND;; STOP & GO;;**

- 1-2** Releasing trailing hnds rk apt L, rec R raising R hnd straight up, fwd L,  
rotating RF sd & bk R (W apt R, rec L, fwd R twd M's R sd, rotating RF around M fwd L)  
end in M's WRAPPED Pos fcg RLOD  
WALL lead hnds jnd at M's R hip free hnd extended sd; Cont trng RF bk L, XRIB, unwind  
RF on both ft, complete unwind RF end wgt on R (W cont rotating around M fwd R, L, R sd  
L fcg M & COH) end LOP M fcg WALL;  
**3-4** (Stop & Go) Rk apt L, rec R, leading W trn LF under jnd lead hnds fwd L,  
fwd R checking W's L shoulder with R hnds look at W (W rk apt R, rec L, fwd R trng LF  
under jnd lead hnds, completing trn  $\frac{3}{4}$ LF sd L twd COH with checking motion); Rec L trng  
W RF under jnd lead hnds, cl R, in CP sd L, cl R (W rec R com trng RF cl L to fc M &  
COH, sd R, cl L);

**5-8 OP BREAK TO MAN'S WRAP & UNWIND (BFLY);; PROG RK 8 (SCP);;**

- 5-6** Repeat measures 1-2 to BFLY WALL;;  
**7-8** Progressing Rk apt L, XRIF, apt L, XRIF; Apt L, XRIF, apt L, XRIF;

### **ENDING**

**1 SD CL TWICE ; QK OP BRK**

- 1 +** Sd L, cl R, sd L, cl R; Rk apt L to LOP FC while extending free arm up  
with palm out and hold

**Y.M.C.A. V**  
*Kathy & Jim Oliver*  
**OP/FC LOD 2 MEAS WT**      **PH V+I JIVE /**  
                                        **UNPH MERENGUE**

**INTRO**

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**1-4     ;; CHICKEN WALKS 2 SLOWS; 4 QKS TO FC (SCP);**

**A**

**A**

**B        1-4    2 FWD TRIPPLES; SWIVEL 4; THROWAWAY;  
          CHG HNDS BEH BK - L TO R (CTR);; LINK RK -  
          RK REC;;**

**C        5-8    REPEAT;;;;;;**

**B**

**D        1-8    *Into* PRETZEL TRN - DBL RK ;;; NECK SLIDE;;;  
          ROLLING OFF THE ARM;; DBL RK (SCP) ;**

**A        9-16    REPEAT - (BFLY);;;;;;**

**C (MERENGUE)**

**B        1-8    SNAKE;; BASIC; SNAKE;; BASIC (BFLY);**

**D (MERENGUE)**

**C        1-4    OP BRK TO MAN'S WRAP & UNWIND;; STOP & GO;;**

**D        5-8    OP BRK TO MAN'S WRAP & UNWIND;;  
          BFLY RK 8 (SCP);;**

**A**

**ENDING**

**END**

**1        SD CL TWICE; QK OP BRK**



