

BLUE BAYOU

Music: Niamh Lynn
Cd: An Old Fashioned Song
<https://www.amazon.com/Old-Fashioned-Song-Niamh-Lynn/dp/B07QFFZLN6>
Track # 4 Time 3:20 Available from choreographer

Rhythm: Slow Two Step Phase: V+U

Footwork: Opposite except where (Noted)

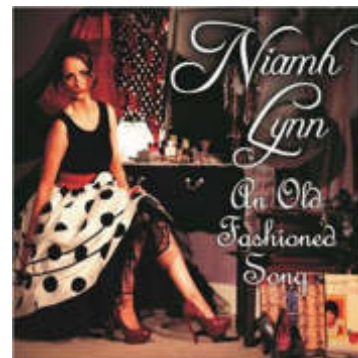
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Sequence: INTRO AB AB B END



INTRO

01-04 LOP WALL NO HANDHOLD LEAD FOOT FREE WAIT 2 MEASURES ; ; LUNGE BASICS w/ ARMS ; ;

{Wait} LOP WALL No Hndhold ld ft free wt 2 meas ; ; {Lunge Basics w/ Arms} Sd L xtnd ld arm to sd, -, rec R, XLif (W XRif) ; Sd R xtnd trl arm to sd, -, rec L, XRif (W XLif) to BFLY WALL ;

PART A

01-04 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; BASIC ENDING ;

{DBL Hnd Underarm Trn to Stacked Hnds} Sd L, -, XRib lead ptr under dbl hndhold, rec fwd L stacked lft-over-rt-hnds (W fwd R, -, fwd L trn RF under dbl hndhold, fwd R stacked hnds-lft-over-rt fcg ptr) ; {OP Break} [w/ stacked hnds] Sd R, -, apt L, rec R to rt sd of W ; {Change Sides /W Underarm} Fwd L Wall chg sds lead W trn under stacked hds, -, sd R, XLif dbl hndhold fc Coh (W fwd R Coh LF trn under stacked hnds chg sds, -, sd L, XRif fc Wall) to Loose CP COH ; {Basic Ending} Sd R, -, XLif, rec R (W sd L, -, XRib, rec L) to BFLY COH ;

05-08 FOREARM SPIN ; OP BREAK ; SPOT TURN TWICE Manvrg ; ;

{Forearm Spin} Fwd L catchg her rt forearm w/palm of rt hand push against her arm leadg her RF spin, -, fwd R trng LF, rec L to fc ptr & Wall (W fwd R comm RF spin 1-1/2, -, L cont spin RF, R cont spin RF to fc ptr & Coh) ; {OP Break} Sd R, -, apt L raisg ld arms to sd, rec R to BFLY WALL ; {Spot Trn x 2 & Manvrg} [Relsg Both Hnd] Sd L, -, XRif trng ½ LF, rec L to fc ptr ; Sd R, -, XLif trng ½ RF, rec R to BFLY WALL & Manvrg ;

09-12 RiGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING to Pickgup ; LFET TURN w/ INSIDE ROLL ; HIP LIFT to Manvrg ;

{Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY COH ; {Basic Ending to Pickgup} Repeat meas 4 Part A to Pickgup to Rlod ; {Left Trn w/ Insd Roll} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to BFLY WALL ; {Hip Lift to Manvrg} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip to BFLY WALL Manvrg ;

13-16 TRAVELING RIGHT TURN w/ ZIGZAG ; ; UNDERARM TURN ; REVERSE UNDERARM TURN & Pickgup ;

{Traveling Right Turn} Cont trn RF Xg ifo W sd & bk L to fc RLOD, -, XRib, twist trn RF 5/8 on both ft shifting weight to L to CP DLW (W fwd R betwn M's ft, -, fwd L curvg RF around M, fwd R curvg RF to CP) ; Fwd R DLW trng 1/8 RF, -, sd L trng 1/8 RF, bk R fcg DRW ; {Underarm Trn} Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL ; {Reverse Underarm Trn & Pickgup} [Relg trl hnds] Sd R raisg jnd ld hnds palm-to-palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL & Pickgup ;

PART B

01-04 TRIPLE TRAVELER ; ; ; TUNNEL EXIT ;

{Triple Traveler} Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R com RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr) ; {Tunnel Exit} Fwd R chkg leadg W around in front to wall, -, rec L, fwd R trng LF fc RLOD jnd hnds over M's head (W fwd L CW around M, -, fwd R, fwd L fc RLOD) end LOP fcg RLOD ;

05-08 OUTSIDE ROLL ; OP BASIC ENDING ; TWO SWITCHES END to FACE & Manvrg ; ;

{Outsd Roll} Fwd L bringing jnd ld hnds down & bk, -, fwd R, XLif bringing ld hnds up & around leadg W to roll RF (*W fwd R comm RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R to fc ptr*) to BFLY WALL ; **{OP Basic Ending}** Sd R trng to ½ LF rlsng ld hnds, -, XLib (*XRib*) rec R to ½ OP LOD ; **{2 Switches End to Fc & Manvrg}** Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (*W fwd R, -, fwd L, fwd R*) ; Fwd R, -, fwd L to ½ OP LOD, fwd R swiv to fc ptr (*W sd L Xg ifo M, fwd R to ½ OP, fwd L swiv to fc ptr*) to BFLY WALL & Manvrg ;

09-12 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; FORWARD FACE CLOSE & Pickup ;

{Continuous Traveling Right Trns} Folding RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (*W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot*) to approximately CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; **{Fwd Fc Cl to Low Bfly & Pickup}** Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (*W bk L LOD, -, trng RF sd R, cl L to R*) to Low bfly WALL & Pickup ;

13-16 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to BFLY WALL ;

(Trav X-Chasse) Jng both hands low trng LF fwd L, -, sd & fwd R, XLif (*W bk R LF trn, -, bk & sd L, XRif*) to DLC ; **(Passg X-Chasse)** Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif ifo W fc DRW (*W bk L trng RF, -, small sd R fc COH, XLif*) ; **{W Passg X-Chasse}** Bk L trng RF, -, small sd R fc COH, XLif (*W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW*) ; **(Trav X-Chasse to WALL)** Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (*W bk R trng LF, -, bk & sd L to fcg COH, XRif*) to BFLY WALL [2^{de} Time: Pickup] ;

ENDING

01-03 LUNGE BASICS w/ ARMS ; ; RIFF TURN ;

{Lunge Basics w/ Arms} Repeat meas 3,4 Intro to Low Bfly Wall ; ; **{Riff Trn}** [QQQQ] Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (*W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr ld hnds*) to Loose CP WALL ;

04-09 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL ; ; PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Strollg Vine & Insd Roll} [SS;SQQ] Sd L, -, XRib (*W XLif w/ LF trn like a pick up*), -, Trng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (*W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R twd LOD*) to CP COH ; **{Strollg Vine & Outsd Roll}** [SS;SQQ] Sd R, -, XLib (*W XRif startg RF trn*), -, Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (*W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L twd LOD*) to BFLY WALL ; **{Promenade Sway}** [S] Sd L trng to SCP stretching lft sd of body to look over jnd hands, relax knee *usg full meas* ; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch lft sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change head from R to L usg full meas*) ;