

11 MONTHS AND 29 DAYS

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MUSIC: 11 Months and 29 Days **ARTIST:** Johnny Paycheck
SOURCE: Rhapsody/Amazon **TIME:** 3:45 as downloaded
RHYTHM/PHASE: West Coast Swing, phase V+2 (Whip w/inside turn, Whip w/outside turn)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO A B C B A END** **SPEED:** As downloaded

INTRO BK TO BK TRL FT HKD OVR LD M FCG RLOD

1-4 UNWIND; KBCHG 2X; WHP INSD TRN TO HNDSHK;;

1-4 Bk to bk trlg ft hkd ovr ld ft M fcg RLOD wait the count "a one two three four" and on start of music Slow unwind M LF (W RF) to LOP-FCG; Kck L fwd/take wgt on ball of that ft, replace wgt on R, Kck L fwd/take wgt on ball of that ft, replace wgt on R; Bk L, fwd R mvg twd W's R sd into LCP, swvl 1/4 RF on R sd L [partial wgt]/rec R trn 1/4 RF, fwd L raising jnd ld hnds; ldg W's LF undrm trn XRib of L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr LOP-FCG (fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M's feet; fwd L comm LF undrm trn, fwd R trn 1/2 LF), chg hnds to R HNDSHK {Anchor Step} sm bk R w/toes trnd out and instep close to heel of L/rec slightly fwd L, slightly bk R;

PART A

1-4 FC LOOP SUGAR PUSH ~ TUCK & SPN;;; SAILOR SHFFL 2X;

1-3 M fcg LOD Bk L, bk and sd R w/slight RF bdy trn plc jnd R hnds ovr M's hd to neck and plc M's free hnd to W's R hip (fwd R, fwd L w/slight RF trn plcg jnd hds over M's hd to neck), tap L slightly fwd of R ft, fwd L (tap R slightly bk of L ft, bk R); {Anchor Step},, bk L, bk R bring ld hnd in to cntr ldg W to R sd; tap L to R w/L shldr ld, fwd L w/L sd ld to ld W's spn (fwd R, fwd L slight trn LF to tight LOP-FCG; tch R to L, trn 1/2 RF fwd R spn 1/2 RF to fc ptr), {Anchor Step},;

4 XLib/sd R, sd L, XRib/sd L, sd R;

5-8 WHP OUTSD TRN;; SUGAR PUSH ~ KBCHG;;

5-6 Bk L, fwd R mvg twd W's R sd into LCP, swvl 1/4 RF on R sd L [partial weight]/rec R trng 1/4 RF, stp fwd L raising jnd ld hnds; ldg W's RF undrm trn XRib L trng RF1/2, fwd L (fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R between M's feet; fwd L sprlg 3/4 RF undr jnd ld hnds, contg RF trn fwd R to fc ptr), {Anchor Step},;

7-8 Bk L, bk R, tap L slightly fwd of R ft, fwd L (fwd R, fwd L, tap R slightly bk of L ft, bk R); {Anchor Step},, kck L ft fwd/take wgt on ball of that ft, replace wgt on R ft;

9-12 L SD PASS ~ M's UNDRM TRN;;; SAILOR SHFFL 2X;

9-11 Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M's L sd, sd L/cl R, fwd L trng 1/4 LF (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); {Anchor Step},, bk L, fwd and sd R twd W's L sd raising jnd ld hnds comm RF trn; sd L cont trn/bk and sd R comp 1/2 RF trn, fwd L (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]), {Anchor Step},;

12 M fcg LOD rpt meas 4 part A;

PART B**1-4****SUGAR PUSH ~ CHEEK TO CHEEK;;; KBCHG 2X;**

1-3

Rpt meas 7 part A; {Anchor Step},, bk L, rec fwd R comm RF trn; lift L knee up cont RF trn tchg M's L hip to W's R hip, XLif R trng LF to fc ptr , {Anchor Step},;

4

Rpt meas 2 Intro;

5-8**L SD PASS ~ WHIP TRN ~ KBCHG;;;;**

5-8

Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M's L sd, sd L/cl R, fwd L trng 1/4 LF (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); {Anchor Step},, Bk L, slight XRif L mvg twd W's R sd into LCP; swvl 1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP, XRib L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG; {Anchor Step},, kck L fwd/take wgt on ball of that ft, replace wgt on R;

9-12**UNDRM TRN M HK TRN ~ R SD PASS;;; SAILOR SHFFL 2X;**

9-11

Bk L, raising jnd ld hnds and ldg W to pass M's R sd XRif L to W's R sd comm RF trn, sd L/cl R, sd and fwd L comp 1/2 RF trn (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); Hk R bhd L comm RF trn and chg hnds bhd M's bk/sd L comp 1/2 RF trn, cl R and chg to R hnds jnd (W Anchor Step), fwd L, sm bk R ldg W to pass (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); fwd L/cl R, fwd L, {Anchor Step},;

12

Rpt meas 4 Part A;

PART C [M FCG RLOD]**1-4****START TUMMY WHIP; SWTHRTS 2X;; FIN TUMMY WHIP;**

1

Bk L relg ld hnds, slight XRif L mvg twd the W's R sd plcg R hnd on W's R hipbone, swvl 1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to Tandem W's L sd (fwd R, fwd L, fwd R/cl L, bk R);

2-3

Relg W's hip ck fwd R w/L sd ld into contra ck like action, rec L straightening bdy, sd R/cl L, sd R (bk L w/R sd ld into a contra ck like action, rec R, straightening bdy, sd L/cl R, sd L); Ck fwd L w/R sd ld into contra ck like action, rec R straightening bdy, sd L/cl R, sd L (bk R w/L sd ld into a contra ck like action, rec L straightening bdy, sd R/cl L, sd R);

4

XRib L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG (bk L, bk R), {Anchor Step},;

5-8**SURPRISE WHIP;; CHKN WLKS 2 SLO & 4 QK;;**

5-6

Bk L, slight XRif L mvg twd W's R sd into LCP, swvl 1/4 RF on R sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP (fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M's feet); trng upper bdy strongly to the R ldg W to trn sharply RF fwd R outsd ptr ckg motion and stopping W w/M's R hnd on W's bk ending in an L-shaped SCP looking at ptr, rec bk L raising jn ld hnds (swvl RF on supporting ft bk L, rec fwd R trn 1/2 RF undr jnd ld hnds to fc ptr), {Anchor Step},;

7-8

M fcg LOD w/ld hnds jnd pulling W fwd (resisting pull) Bk L, -, bk R, -; Bk L, bk R, bk L, bk R;

9-11**M's UNDRM TRN ~ PASSING TUCK & SPIN;;;**

9-11

Bk L, fwd and sd R twd W's L sd raising jnd ld hnds comm RF trn, sd L cont trn/bk and sd R comp 1/2 RF trn, fwd L (fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]); {Anchor Step},, Bk L trng slightly LF, bk R; tch L tucking W in, trng LF fwd L relg hnds (W fwd R, fwd L trng LF to fc M, tap R, fwd R trng RF 1/2 to fc M), {Anchor Step},;

12-16 **UNDRM TRN ~ TRPL TRAV & ROLL ~ KBCHG;;; ;**
 12-16 Rpt meas 9 Part B; Sd R/cl L, sd and fwd R comm RF trn 1/4, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a Left Hand Star; sd L/cl R, sd L trn 1/2 LF to a Right Hand Star, sd R/cl L, sd R trn 1/2 RF to a Left Hand Star; sd L/cl R, sd and fwd L comm LF trn 1/4, fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; {Anchor Step},, kck L ft fwd/take wgt on ball of that ft, replace wgt on R ft;

17-19 **SUGAR PUSH ~ SUGAR BUMP;;;**
 17-19 Rpt meas 7 part A; {Anchor Step},, Bk L, rec fwd R comm RF trn 1/4; Lift L knee up cont RF trn tchg L hip to W's R hip cont to trn RF rolling bottoms, relg ld hnds fwd L cont RF trn to fc ptr jng ld hnds, {Anchor Step},;

20-24 **TUMMY WHIP ~ TRPL TRAV & ROLL;;; ;**
 20-24 Bk L relg ld hnds, slight XRif L mvg twd W's R sd plcg R hnd on W's R hipbone, swvl 1/4 RF on R sd L [partial weight]/rec R trn 1/4 RF, fwd L to W's L sd; relg W's hip XRif L comm RF trn, sd and fwd L comp 1/2 RF trn to fc ptr in LOP-FCG, Sd R/cl L, sd and fwd R comm RF trn 1/4; fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a Left Hand Star, sd L/cl R, sd L trn 1/2 LF to a Right Hand Star; sd R/cl L, sd R trn 1/2 RF to a Left Hand Star, sd L/cl R, sd and fwd L comm LF trn 1/4; fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds, {Anchor Step},;

PART B M FCG RLOD REPEAT TO HANDSHAKE;;; ;;; ;;;

PART A REPEAT;;; ;;; ;;;

END **[M FCG LOD]**

1-5 **UNDRM TRN ~ TRPL TRAV w/ROLLS ~ WLK TOG XRif L;;; ;**
 Rpt meas 12-15 1/2, Part C;;;, Fwd L, XRif L (fwd R, XLif R);

6 **UNWIND TO BK TO BK & HOLD;**
 M LF trn (W RF trn)-, end bk to bk, hold;