

STROLLIN' WITH NOLA

Composer: Peter and Chris Lawrence, 920 Sarwood Avenue, Ottawa, Ontario, K1V 6X1 613-526-2824
Record: MCA-60083 Nola 6 May 1990 Presented at "Let's Have A Ball" in Montreal
Rhythm/Phase: Multi-rhythm (intro to West Coast Swing) Phase III+2 (Sugar Push, Rev Underarm Turn) [Phase IV with options]
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: INTRO AA(mod) BBB(mod) BRIDGE CC AA(mod) END

INTRO

1-4 **WAIT 2 MEAS IN BFLY FACING LOD;; SAND STEP TWICE;;**
1-4 Wait 2 meas facing ptr in BFLY LOD;; touch L toe to R instep, tch L heel to R instep, with heel lead L XIFR/sd R, L XIFR; touch R toe to L instep, tch R heel to L instep, with heel lead R XIFL/sd L, R XIFL;

PART A

1-8 **SUGAR PUSH;,, REV U/ARM TURN TWICE;,,, SUGAR PUSH [OPTION TUCK & SPIN];,,**
REV U/ARM TURN;,, WALK BK, TWO;
1-3 Release M's R W's L hnds (Sugar push) bk L RLOD, bk R, tch L, fwd L; XRIBL/sd L (W bk L/cl R), sd R (W fwd L), (Rev U/arm turn) small bk L, trng RF small sd and fwd R DRW (W fwd R, fwd L on M's R side); L/R, L in plc trng to fc RLOD (W fwd R/L, R under jnd hnds passing M and draping hnds on W's L shldr), XRIBL/sd L (W trn sharply LF to fc ptr bk L/cl R), sd R (W fwd L);
4-6 (Rev u/arm trn) small bk L, trng RF small sd and fwd R DLC, L/R, L in plc trng to fc LOD trng RF; XRIBL/sd L, sd R, (Sugar push) bk L RLOD, bk R; tch L, fwd L, XRIBL/sd L (W bk L/cl R), sd R (W fwd L); [(Option tuck and spin) bk L RLOD, bk R; tch L, fwd L (W bk R and spin RF 1 full trn to fc ptr), XRIBL/sd L (W bk L/cl R), sd R (W fwd L);]
7-8 (Rev u/arm trn) small bk L, trng RF small sd and fwd R DRW, L/R, L in plc trng to fc RLOD trng RF; XRIBL/sd L, sd R, bk L LOD, bk R LOD;

PART A (MOD)

1-8 **REPEAT MEAS 1-6 OF PART A COMM FCG RLOD;,,,,; FCG RLOD REV U/ARM TURN;,,**
CK BK, REC TO CP;
1-6 Repeat meas 1-6 of Part A comm fcg RLOD;,,,,;
7-8 Repeat meas 4 of Part A; XRIBL/sd L, sd R, ck bk L RLOD, rec R to CP (last time thru rec R to BFLY);

PART B

1-4 **FOXTROT BOX TRNG TO FC COH;; STROLLING VINE TO FC RLOD;;**
1-4 Blending to CP fwd L LOD, -, sd R, cl L; bk R trng ¼LF, -, sd L, cl R; (strolling vine) sd L RLOD, XRIBL (W XIF) in SCAR, sd L/cl R, sd L pvtg ¼LF; sd R RLOD, XLIBR (W XIF) in BJO, sd R/cl L, sd R pvtg ¼RF;
2nd time thru Part B commence facing RLOD and end facing LOD;,,,;

PART B (MOD)

1-4 **FOXTROT BOX TRNG TO FC COH;; STROLLING VINE WITH R CHASSEE FINISH;;**
1-4 Repeat meas 1-3 of Part B;,,; sd R RLOD, XLIBR (W XIF) in BJO, sd R/cl L, sd R;

BRIDGE

1-4 **(RK REC) RF TRNG FALLAWAY RK REC;; VINE [OPTION SYNCOPATED VINE]; UNWIND IN 4;**
1-4 Blending to SCP bk L RLOD, rec R, in CP trng ¼RF sd L/cl R, sd L; trng ¼RF sd R/cl L, sd R, blending to SCP bk L LOD, rec R; in CP sd L, XRIB L (W XIB), sd L, XRIF L (W XIF) [(Option syncopated vine) sd L/XRIB L (W XIB), -, sd L/XRIF L (W XIF), -]; unwind ¼LF to fc LOD in CP (W fwd R, L, R, L);

PART C

1-8 **STAIRS 8;; STEP KICK TWICE; FC KICK STEP TCH; STAIRS 8;; SAND STEP TWICE;;**
1-4 CP fwd L LOD, cl R, sd L, cl R; fwd L, cl R, sd L, cl R; blend to SCP fcg COH step L, kick R, step R, kick L; CP fcg LOD step L, kick R btwn W's feet (W kick L outside M's R side), step R, tch L;
5-8 Repeat meas 1-2 of Part C; blend to BFLY and repeat meas 3-4 of Intro;;

END

1-3 **SAND STEP TWICE;; UNWIND IN 3 AND BUMP;**
1-3 Repeat meas 3-4 of Intro;; releasing hands M unwind ¼LF (W RF) to back-to-back pos,, and gently bump seats together with R hnd (W's L hnd) on hip and L arm (W's R arm) up and out in pushing action;