

A BRAND NEW ME

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Music: Whole New Thang by Cat Beach
From the CD album Love Me Out Loud
Available from iTunes Music Downloads

Rhythm/Phase: Jive Phase IV + 1 (She Go, He Go)

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B A B C D A B Ending

..... INTRODUCTION (2 Measures)

CP WALL W/ LEAD FEET FREE WAIT 2 MEAS;;

[1 & 2] In clsd pos fcng wall with lead feet free wait 2 measures;;

..... PART A (12 Measures)

CHASSE L & R; FALLAWAY THROWAWAY;; CHNG L TO R FC WALL;; CHNG HNDS
BHND BACK FC COH;; CHNG L TO R FC LOD;; AMERICAN SPIN;; LINK TO
CONTINUOUS CHASSE;; RK REC TO JIVE WALKS;;

[CHASSE L & R] In clsd pos fcng wall sd L/cl R, sd L, sd R/cl L, sd R;

[FALLAWAY THROWAWAY] Rk bk L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R commence up to 1/4 lf turn on triples, (W rk bk R, rec L, pick up R/L, R; Sd & bk L/cl R, sd L commence up to 1/2 turn on the triples,)

[CHNG L TO R FC WALL] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 rf turn (W commence up to 3/4 lf turn under joined lead hands); Sd R/cl L, sd R to end fcng partner & wall,

[CHNG HNDS BHND BACK FC COH] Rk bk L, rec R, slightly fwd L/cl R, fwd L commence 1/4 lf turn; Slightly sd & bk R/cl L, sd R complete 1/4 lf turn to fc partner & COH,

[CHNG L TO R FC LOD] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 rf turn (W commence up to 3/4 lf turn under joined lead hands); Sd R/cl L, sd R to end fcng partner & LOD,

[AMERICAN SPIN] Rk bk or apart L, rec R, sd L/cl R to left, sd L; Sd R/cl L to right, sd R, (W rk bk or apart R, rec L, sd R/cl L to right, sd R spinning rf one full turn; Sd L/cl R to left, sd L)

[LINK TO CONTINUOUS CHASSE] Rk bk L, rec R, small triple fwd L/R, L to clsd pos wall; Sd R/cl L, sd R/cl L, sd R/cl L, sd R;

[RK REC TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R,

..... PART B (8 Measures)

THROWAWAY; LINDY CATCH;; SHE GO, HE GO TWICE;;; LINK ROCK CP WALL;;
RK & REC TO FC,

[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 lf turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples;)

[LINDY CATCH] Rk apart L, rec R, fwd L/R, L moving rf around W catching her at waist with right hand releasing left hand M is in back of W with right arm around her waist; Fwd R, fwd L continuing around W, fwd R/L, R to left opn fcng pos; (W rk apart R, rec L, fwd R/L, R with W now in front of M; Bk L, R still fcng same direction no turn, bk L/R, L to left opn fcng partner;)

[SHE GO, HE GO TWICE] Rk apart L, rec R, fwd L/cl R, fwd L turning rf 1/8 to 1/4 to look at W's back; Fwd R turning lf 5/8 to 3/4 turn under joined lead hands/cl L, sd R to end fcng partner & RLOD, - - Repeat to end fcng partner & LOD;; (W rk apart R, rec L, fwd R turning lf 1/2 under joined lead hands/cl L, fwd R complete lf turn; Sd L/cl R, sd L to end fcng partner & LOD, - - Repeat to end fcng partner & RLOD;)

[LINK ROCK CP WALL] Rk bk L, rec R, small triple fwd L/R, L; Sd R/L, R blnd clsd pos wall,

[RK & REC TO FC] Rk bk L, rec R to fc partner & wall,

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..... PART C (12 Measures)

SD TCH & RT CHASSE; RK TO PRETZEL TURN; DBL ROCK IT; UNWRAP THE PRETZEL; RT TURNING FALLAWAY TWICE;; RK TO JIVE WALKS; SWIVEL WALK 4; THROWAWAY; KICK BALL CHNG TWICE;

[SD TCH & RT CHASSE] In clsd pos fcng wall sd L, tch R to left, sd R/cl L, sd R;

[RK TO PRETZEL TURN] Rk bk L, rec R turning right to fc partner, sd L/cl R, sd L turning 1/2 rf keeping M's left and W's right hands joined [partners are in a back to back pos]; Sd R/cl L, sd R turning up to 1/4 rf [partners are in a back to back "V" pos with M's left and W's right hands joined bhnd backs],

[DBL ROCK IT] Toward LOD rk fwd L, rec R, rk fwd L, rec R;

[UNWRAP THE PRETZEL] Sd L/cl R, sd L turning 1/2 lf to fc partner still retaining M's left and W's right hands, sd R/cl L, sd R;

[RT TURNING FALLAWAY TWICE] Rk bk L to semi-clsd pos, rec R to fc, commence 1/4 rf turn sd L/cl R, complete turn sd L; Commence 1/4 rf turn sd R/cl L, complete turn sd R end semi-clsd pos fcng RLOD, - - Repeat to end semi-clsd pos fcng LOD; ,

[RK TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R,

[SWIVEL WALK 4] Placing each foot directly in front of the other swivel walk fwd L, R, L, R;

[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 lf turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples;)

[KICK BALL CHNG TWICE] Kick L foot fwd/take weight on ball of L foot, chng weight to R foot, kick L foot fwd/take weight on ball of L foot, chng weight to R foot;

..... PART D (8 Measures)

LINK ROCK SEMI; RK REC & WALK 2; 2 FWD TRIPLES; THROWAWAY; CHNG L TO R BFLY WALL; PROGRESSIVE ROCK 8 BLND CP WALL;

[LINK ROCK SEMI] Rk bk L, rec R, small triple fwd L/R, L; Sd R/cl L, sd R blnd semi-clsd pos LOD,

[RK REC & WALK 2] Rk bk L, rec R, walk fwd L, R;

[2 FWD TRIPLES] In semi-clsd pos LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R;

[THROWAWAY] Sd L/cl R, sd L, sd R/cl L, sd R commence up to 1/4 lf turn on triples; (W pick up R/L, R, sd & bk L/cl R, sd L commence up to 1/2 turn on the triples;)

[CHNG L TO R BFLY WALL] Rk bk L, rec R, sd L/cl R, sd L commence 1/4 rf turn; Sd R/cl L, sd R end bfly pos fcng partner & wall, (W rk bk R, rec L, fwd R/cl L, fwd R commence up to 3/4 lf turn under joined lead hands; Sd L/cl R, sd L complete lf turn to fc partner,)

[PROGRESSIVE ROCK 8 BLND CP WALL] In bfly pos & side-stepping left ever so slightly down LOD rk apart L, rec R, rk apart L, rec R; Rk apart L, rec R, rk apart L, rec R blnd clsd pos wall;

..... ENDING (8 Measures)

BASIC ROCK SEMI; RK TO JIVE WALKS; ROCK THE BOAT TWICE; 2 FWD TRIPLES; POINT STEPS TWICE;; POINT LOD & FREEZE;

[BASIC ROCK SEMI] Rk apart L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R blnd semi-clsd pos LOD,

[RK TO JIVE WALKS] Rk bk L, rec R to semi-clsd pos, fwd L/R, L; Fwd R/L, R,

[ROCK THE BOAT TWICE] Fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R leaning backward, fwd L with straight knee leaning forward, with rocking motion and relaxed knees cl R leaning backward;

[2 FWD TRIPLES] In semi-clsd pos LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R;

[POINT STEPS TWICE] Point L fwd with outside edge of foot in floor contact, step fwd L, point R thru with outside edge of foot in floor contact in line with weighted foot, step fwd R; Repeat;

[POINT LOD & FREEZE] Toward LOD point L fwd with outside edge of foot in floor contact, -, -, -;