

ALL TIME HIGH

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MUSIC: Pan Flute Dreamsound, Romantic Hits on Pan Flute CD, All Time High, Track #25
Time: 3:00 @ 45 rpm, music as downloaded
FOOTWORK: Opposite unless noted (women's footwork in parentheses)
RHYTHM: Phase IV Slow Two-Step +1 (Triple Traveler)
SEQUENCE: INTRO A B A B Brg END

INTRODUCTION

MEAS:

- 1-4 (LCP WALL) WAIT 4 ;;;;
(1) LCP wall wait, -, -, -;
(2) Wait, -, -, -;
(3) Wait, -, -, -;
(4) Wait, -, -, -;

PART A

MEAS:

- 1-4 OPEN BASIC 2X ;; UNDERARM TURN ; LARIAT 3 (LOP LOD) ;
(1) Sd L to L ½ OP, -, XRIBL, rec L to fc;
(2) Sd R to R ½ OP, -, XLIBR, rec R to fc;
(3) Sd L comm ldg W undr jnd hnds, -, XRIBL (W fwd L trng RF undr jnd hnds),
rec L;
(4) SIP R leading W to lariat, -, rec L trng LF LOD, sm sd R to LOP (W fwd L, -,
fwd R circling beh M, fwd L to LOP LOD);
- 5-8 OUTSIDE ROLL ; OPEN BASIC ; LUNGE BASIC 2X ;;
(5) Fwd L, fwd R ld W comm RF trn (W trns RF undr jnd ld hnds), fwd L (W
sd & fwd R);
(6) Sd R to R ½ OP, -, XLIBR, rec R to fc;
(7) Sd L, -, rec R, XLIFR;
(8) Sd R, -, rec L, XRIFL;
- 9-12 OPEN BASIC 2X ;; UNDERARM TURN ; LARIAT 3 (LOP RLOD) ;
(9) Sd L to L ½ OP, -, XRIBL, rec L to fc;
(10) Sd R to R ½ OP, -, XLIBR, rec R to fc;
(11) Sd L comm ldg W undr jnd hnds, -, XRIBL (W fwd L trng RF undr jnd
hnds), rec L;
(12) SIP R leading W to lariat, -, rec L trng LF LOD, sm sd R to RLOP (W fwd L,
-, fwd R circling beh M, fwd L to LOP LOD);
- 13-16 OUTSIDE ROLL ; OPEN BASIC ; LUNGE BASIC 2X (PU) ;;
(13) Fwd L, fwd R ld W comm RF trn (W trns RF undr jnd ld hnds), fwd L (W
sd & fwd R);
(14) Sd R to R ½ OP, -, XLIBR, rec R to fc;
(15) Sd L, -, rec R, XLIFR;
(16) Sd R, -, rec L, XRIFL leading W to P/UP ;

PART B

MEAS:

- 1-4 TRIPLE TRAVELER ;;; OPEN BASIC (PU LO BFLY) ;
- (1) Fwd L trng LF to fc COH, -, sd R, XLIFR (W bk R trng LF ¼ -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr);
 - (2) Fwd R spiral LF und jnd hnds, -, lowering hnds fwd L, R (W trn fc LOD fwd L, -, fwd R, fwd L);
 - (3) Fwd L bringing hnds down & bk, -, fwd R bringing hnds up around leading W to roll RF, fwd L (W fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R to loose CP);
 - (4) sd R to R ½ OP, -, XLIBR, rec R leading W to P/UP (W sd L, -, XRIBL, XLIFR to LO BFLY RLOD);;
- 5-8 TRAVELING CROSS CHASSE 2X (LCP COH) ;;;;
- (5) Fwd L DLC w/ R sh ld, -, sd R & fwd DLW, XLIFR;
 - (6) Fwd R DLW w/ L sh ld, -, sd L DLC, - XRIFL;
 - (7) Fwd L DLC w/ R sh ld, -, sd R & fwd DLW, XLIFR;
 - (8) Fwd R DLW w/ L sh ld, -, sd L DLC, - XRIFL LCP COH;
- 9-12 SIDE BASIC ; WRAP ; SWEETHEART RUN 2X (PU RLOD) ;;
- (9) Sd L, -, XRIBL, rec L;
 - (10) Sd R leading W LF undr lead hnds to wrap,-,cls L to fc LOD(W stp R into wrap),stp in pic R (W stp L in wrap) end WRP fcg RLOD;
 - (11) WRAP pos fwd L, -, fwd R, fwd L;
 - (12) WRAP pos fwd R,-,fwd L,fwd R leading W to P/UP RLOD;
- 13-16 LEFT TURN INSIDE ROLL ; OPEN BASIC (½ OP) ; SWITCHES ;;
- (13) Fwd L trng LF to fc WALL, -, sd R, XLIFR (W bk R trng LF ¼ -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr);
 - (14) Sd R to R ½ OP, -, XLIBR, rec R to ½ OP LOD;
 - (15) Sd & Bk crossing L IF of W, -, cont trn sd & fwd R to left ½ op, fwd L (W fwd R betw M's feet, -, fwd L, fwd R preparing to XIF of M);
 - (16) Fwd R betw W's feet, -, fwd L, fwd R (W trng RF IF of M sd & bk L, -, cont trn sd & fwd R to ½ OP, fwd R);

BRIDGE

MEAS:

- 1-4 BASIC ;; UNDERARM TURN ; BASIC ENDING ;
- (1) Sd L, -, XRIBL, rec L;
 - (2) Sd R, -, XLIBR, rec R;
 - (3) Sd L comm ldg W undr jnd hnds, -, XRIBL (W fwd L trng RF undr jnd hnds), rec L;
 - (4) Sd R, -, XLIBR, rec R leading W to P/UP;

End

MEAS:

- 1-5 TRIPLE TRAVELER;;; BASIC ENDING (CP) ; DIP;
- (1) Fwd L trng LF to fc COH, -, sd R, XLIFR (W bk R trng LF ¼ -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr);
 - (2) Fwd R spiral LF und jnd hnds, -, lowering hnds fwd L, R (W trn fc LOD fwd L, -, fwd R, fwd L);
 - (3) Fwd L bringing hnds down & bk, -, fwd R bringing hnds up around leading W to roll RF, fwd L (W fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R to loose CP);
 - (4) Sd R, -, XLIBR, rec R CP;
 - (5) Bk L, -, -, -;

QUICK CUES

(LCP WALL) WAIT ;;;

OP BAS 2X ;; U/A TRN ; LARIAT 3 (LOP LOD) ; O/S ROLL ; OP BAS ; LNG BAS
2X ;; OP BAS 2X ;; U/A TRN ; LARIAT 3 (LOP RLOD) ; O/S ROLL ; OP BAS ;
LNG BAS 2X (PU) ;;

TRPL TRAV ;;; OP BAS (PU LO BFLY RLOD) ; TRAV X CHASSE 2X (BFLY COH) ;;;
SD BAS ; WRAP ; SWEET RUNS 2X (PU RLOD) ;; LT TRN I/S ROLL ; OP BAS
($\frac{1}{2}$ OP) ; SWTCHS ;;

OP BAS 2X ;; U/A TRN ; LARIAT 3 (LOP LOD) ; O/S ROLL ; OP BAS ; LNG BAS
2X ;; OP BAS 2X ;; U/A TRN ; LARIAT 3 (LOP RLOD) ; O/S ROLL ; OP BAS ;
LNG BAS 2X (PU) ;;

TRPL TRAV ;;; OP BAS (PU LO BFLY RLOD) ; TRAV X CHASSE 2X (BFLY COH) ;;;
SD BAS ; WRAP ; SWEET RUNS 2X (PU RLOD) ;; LT TRN I/S ROLL ; OP BAS
($\frac{1}{2}$ OP) ; SWTCHS ;;

BAS ;; U/A TRN ; BAS END (PU) ;

TRPL TRAV ;;; BAS END (CP) ; DIP ;