

ALL THE WHILE

PG 1 OF 2

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MUSIC: STAR 220B available Palomino Records
FOOTWORK: Opposite unless otherwise indicated
RHYTHM: JIVE RAL PHASE III + 2 [shoulder shove, American spin]
SPEED: 45 RPM
SEQUENCE: INTRO A A B A C C B A(1-7) END Released 9/05 Revised 10/05

INTRO

- 1-4 WAIT;; LINK RK SCP—RK REC;;
1-2 [WAIT] Fcg LOD LOP wait;;
3-4 [LINK RK SCP] Rk apt L(W R), rec R, sm chasse L/ cl R, sd L; chasse sd R/ cl L trng 1/4 RF to fc ptr/WALL, sd R blend to CP, [RK REC] rk bk L in momentary SCP(W R), rec R;
- PART A
- 1-8 CHASSE L & R; CHNG R/L—CHNG L/R;; CHNG HNDS BHD BK X 2;; PROG RKS;
1 [CHASSE L & R] Fcg ptr WALL sd L/cl R, sd L, sd R/cl L, sd R;
2-4 [CHNG R/L]Rk bk L to SCP, rec R, sd L/cl R, sd L trng 1/4 LF; sd & fwd R/cl L, sd R, (W rk bk R to SCP, rec L, sd R/cl L, fwd R trng 3/4 RF undr jnd lead hnds; sd & sl bk L/cl R, sd & bk L.) [CHNG L/R] rk apt L, rec R; sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R;(rk apt R, rec L; fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R, sd L cont LF trn to fc ptr);
5-7 [CHNG HNDS BHD BK X 2] Lead hnds jnd fcg WALL rk apt L, rec R, sl fwd L/cl R changing W's R hnd to M's R hnd, fwd L trng 1/4 LF; sl sd & bk R/cl L changing W's R hnd to M's L hnd, sd R cont trng 1/4 LF to fc ptr COH lead hnds jnd, rk apt L, rec R; sl fwd L/cl R, fwd L trng 1/4 LF, sl sd & bk R/cl L, sd R to fc ptr WALL in BFLY;(W rk apt R, rec L, fwd R/L, fwd R trng 1/4 RF; sd L/cl R, sd & bk L trng 1/4 RF to fc ptr WALL, rk apt R, rec L, fwd R/L, fwd R trng 1/4 RF sd L/cl R, sd & bk L trng 1/4 RF to fc ptr COH in BFLY;)
8 [PROG RKS] BFLY fcg WALL rk apt L, XRIF, rk apt L, XRIF;
- REPEAT PART A
- PART B
- 1-8 THROWAWAY; SHLDR SHOVE—LINK RK SCP;; R TRNG FALLAWAYS;; RK REC SD CL;
1 [THROWAWAY] Fcg ptr WALL lead hnds jnd sd L/cl R leading W twd LOD, sd L, sd R/cl L, sd R trng 1/4 LF to fc ptr LOD LOP (W fwd R/L, R picking up twd LOD, sd & bk L/cl R, sd L trng 1/2 RF to fc ptr RLOD LOP);
2-4 [SHLDR SHOVE] Rk apt L, rec R trng 1/4 RF, sd L/cl R, sd L twd ptr bringing M's L & W's R shldrs tog; trng LF to fc ptr bk R/cl L, bk R, [LINK RK SCP] rk apt L, rec R; sm chasse fwd L/R, L sd R/L, R to CP WALL;
5-7 [R TRNG FALLAWAYS] Rk bk L to SCP LOD, rec R to fc, trn RF 1/4 sd L/cl R, sd L; trng RF 1/4 sd R/cl L, sd R, rk bk L to SCP RLOD, rec R to fc; trng RF 1/4 sd L/cl R, sd L, trng RF 1/4 sd R/cl L, sd R to fc WALL;
8 [RL REC SD CL] Rk bk L, rec R to fc ptr WALL, sd L, cl R;
- REPEAT PART A
- PART C
- 1-8 PNT STEPS X 4;; NO ROCK CHNG R/L; AMERICAN SPIN—CHNG L/R;; AMERICAN SPIN—KICK BALL CHNG;;
1-2 [PNT STEPS X 4] SCP LOD pnt L to LOD, in plc L, pnt R to LOD, in pl R; REPEAT MEAS 1
PART C;
3 [NO RK CHNG R/L] Sd L/cl R, sd L trng 1/4 LF to fc LOD, sd & fwd R/cl L, sd R (W sd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R, sd L cont LF trn to fc ptr RLOD);
4-6 [AMERICAN SPIN] Lead hnds jnd fcg LOD rk apt L, rec R, with tone in L arm to assist W with spin action sd L/cl R to L, sd L(W rk apt R, rec L, sd R/cl L to R, sd R spinning RF one full trn); sd R/cl L to R, sd R,(W sd L/cl R to L, sd L.) [CHNG L/R] rk apt L, rec R; sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W rk apt R, rec L, fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R, sd L/cl R cont LF trn to fc ptr, sd R) end fcg WALL;
7 [START AMERICAN SPIN] REPEAT MEAS 4 PART C;
8 [FINISH AMERICAN SPIN—KICK BALL CHNG] sd R/cl L to R, sd R, kick L ft fwd/take wt on ball of L ft, step in plc on R ft;

REPEAT PART C & REPEAT PART B
REPEAT PART A (1-7)
TAG

1 RK APT REC PNT LOD:
1 Rk bk L, rec R, pnt L ft to LOD,-;

QUICK CUES

- Intro:** Wait 2 meas in LOP M fcg LOD;; link rk to semi—rk recov;
- Part A** chasse L & R—chng R to L;; chng L to R—chng hnds bhd the back twice—prog rks;;;;;
- Part A** chasse L & R—chng R to L;; chng L to R—chng hnds bhd the back twice—prog rks;;;;;
- Part B** throwaway; shoulder shove—link rk to semi;;; R trng fallaway twice;;; rk rec sd cl;
- Part A** chasse L & R—chng R to L;; chng L to R—chng hnds bhd the back twice—prog rks;;;;;
- Part C** pnt steps x 4 to a R to L no rock;;; american spin—chng L/R;;; american spin—kick ball chng;;
- Part C** pnt steps x 4 to a R to L no rock;;; american spin—chng L/R;;; american spin—kick ball chng;;
- Part B** throwaway; shoulder shove—link rk to semi;;; R trng fallaway twice;;; rk rec sd cl;
- Part A(1-7)** chasse L & R—chng R to L;; chng L to R—chng hnds bhd the back twice;;;;;
- Tag** rk apt rec pnt line;