

CUP OF LOVE

PG 1 OF 4

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MUSIC: "My Cup Runneth Over" by Des O'Conner 2:59 download Amazon.com
RHYTHM: WALTZ RAL PHASE 3 +2 [diam trn, outsd chng] + 1 unph [square the runs]
FOOTWORK: Opposite unless indicated.
SEQUENCE: INTRO A A B A END SPEED: adjust for comfort RELEASED: JULY, 2014

INTRO

- 1-4 WAIT;; TWIRL VINE 3; P/U CP;
1-2 Fcg ptr WALL lead ft free lead hands jnd wait;;
3 [TWIRL VINE 3] sd L, XRIB of L leading W to trn RF undr jnd lead hnds, sd L (W sd R comm RF trn undr jnd lead hnds, XLIF of R cont RF trn, sd R to fc ptr);
4 [P/U CP] thru R trng 1/4 LF to fc LOD, sd R, cl L (W thru L comm RF trn in front of M, sd & fwd R cont RF trn, cl L to end fcg ptr) blend to CP LOD;

PART A

- 1-6 DIAM TRN 1/2 CKING;; OUTSD CHNG SCP; THRU TWINKLE TWICE;; THRU CHASSE SCP;
1-2 [DIAM TRN 1/2 CKING] fwd L trng LF, sd & bk R, bk L to BJO DRC; bk R, sd & fwd L, fwd R BJO DRW & ck;
3 [OUTSD CHNG SCP] changing direction of progression in BJO position bk L, bk R trng LF, sd & fwd L (W fwd R outsd ptr, fwd L to CP trng LF, sd & fwd R) end SCP DLW;
4 [THRU TWINKLE] releasing lead hnds thru R crossing RIF of L, sd L, cl R to L;
5 [THRU TWINKLE] release trail hnds and jnd lead hnds thru L crossing LIF of R, sd R, cl L to R releasing lead hnds and joining trail hnds;
6 [THRU CHASSE SCP] thru L, sd & fwd R/cl L, fwd R blending to SCP;
7-12 SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SCP;
7 In SCP release lead hnds fwd R comm RF trn, sd & fwd L cont RF trn to fc COH plcing L arm arnd W's shldr, fwd R (W fwd L, sd & fwd R trng LF to L half open COH, fwd L);
8 Both fcg COH in L half open fwd L, sd & fwd R trng LF to half open RLOD plcg R arm arnd W's shldr, fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn to fc RLOD, fwd R);
9 REPEAT MEAS 6 to end fcg WALL;
10 REPEAT MEAS 7 to end fcg LOD;
11 [FWD HOVER BJO] fwd R, fwd L with rise, rec bk R (W fwd L, fwd R with rise swiveling 1/2 LF on R to fc RLOD, rec fwd L to BJO);
12 [BK HOVER SCP] bk L comm RF trn, bk & sd R w/hovering action, rec fwd L (W fwd R comm RF trn, fwd & sd L w/hovering action, rec fwd R) end SCP LOD;

PART A (CONT)

- 13-18 THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;
13 [THRU CHASSE BJO] thru R, sd & fwd L/cl R, fwd L (W thru L, sd & fwd R/cl L comm LF trn, bk R to BJO pos);
14 [MANUV] fwd R outsd ptr comm RF upper bdy trn, cont RF trn sd L, cl R (W bk L comm RF upper bdy trn, cont RF trn sd R to fc ptr, cl L) end in CP fcg DRC;
15 [SPIN TRN] bk & sd L pivoting RF, fwd & rise R, sd & bk L (W fwd R between M's feet pivoting Rf, bk & rise L, sd & fwd R) end DLW;
16 [BOX FIN] bk R trng LF, sd L, cl R to end CP DLC;
17-18 [DIP BK & REC] bk L (W fwd R) with lowering action & hold,-,-; rec fwd R (W bk L) rising to CP, tch L to R,-;

REPEAT PART A

- 1-18 DIAM TRN 1/2 CKING;; FOR OUTSD CHNG SCP; THRU TWINKLE TWICE;; THRU CHASSE SCP; SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SCP; THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;

PART B

- 1-4 APT PNT; SPIN MANUV; CANTER TWICE;;
1 [APT PNT] releasing lead hnds keep trail hnds jnd sd & bk L, pnt R (W L) twd COH,-;
2 [SPIN MANUV] fwd R comm RF upper bdy trn, cont RF trn sd L to fc Wall, cl R to end fcg ptr WALL (W comm LF spin in plc L, R, L to fc ptr COH) blending to CP;
3-4 [CANTER TWICE] sd L, draw R to L, cl R; sd L, draw R to L, cl R;
5-8 LACE ACROSS; FWD WALTZ; LACE BACK; WALTZ TO FC;
5 [LACE ACROSS] with lead hnds jnd fwd L passing beh W diagonally, fwd R, cl L to end on W's R sd fcg LOD (W fwd RL padding in f ront of M diagonally undr jnd lead hnds, fwd L, cl R to end LOP);
6 [FWD WALTZ] fwd R, fwd L, cl R;
7 [LACE BACK] jn trail hnds fwd L passing beh W diagonally, fwd R, cl L to end on W's L sd fcg LOD (W fwd R passing in front of M diagonally undr jnd trail hnds, fwd L, cl R to end OP pos LOD);
8 [WALTZ TO FC] fwd R, fwd L trng 1/4 LF (W RF) to fc ptr, cl R tching lead hnds;
9-14 BAL L & R;; SOLO TRN 3; BK UP WALTZ; SOLO TRN 3; FWD SD CL;
9-10 [BAL L & R] BFLY WALL sd L, XRIB of L rising to ball of R ft, cl L; sd R, XLIB of R rising to ball of L ft, sd R;
11 [SOLO TRN 3] fwd L comm LF trn (W RF trn) away from ptr, cont trn sd & bk R, bk L cont LF trn to both fc RLOD sd by sd with trail ft free;
12 [BK UP WALTZ] both fcg RLOD bk R, bk L, bk R;
13 [SOLO TRN 3] bk L comm LF trn (W RF trn), trng in twd ptr cont trn sd & bk R, sd & fwd L to end fcg LOD;
14 [FWD SD CL] fwd R comm RF trn, sd L to fc ptr WALL, cl R blending to CP;

PART B (CONT)

15-18 WHISK; P/U CP LOD; DIP BK & REC;;

15 [WHISK] in CP WALL fwd L, fwd & sd R comm rise to ball of R ft, XLIB of R continuing to full rise on ball of foot to end in tight SCP;

16 [P/U CP LOD] REPEAT MEAS 4 INTRO;

17-18 [DIP BK & REC] bk L (W fwd R) with lowering action & hold,-,-; rec fwd R (W bk L) rising to CP, tch L to R,-;

REPEAT PART A

1-18 DIAM TRN 1/2 CKING;; FOR OUTSD CHNG SCP; THRU TWINKLE TWICE;; THRU CHASSE SCP; SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SCP; THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;

END

1-4 DIAM TRN;;;;

1-2 [DIAM TRN] REPEAT MEAS 1 & 2 PART A;;

3-4 Fwd L trng LF, sd & bk R, bk L to BJO DW; bk R trng LF, sd & fwd L, fwd R BJO DC;

5-7 APT PNT; SPIN MANUV; DIP BK & HOLD;

5 [APT PNT] REPEAT MEAS 1 PART B;

6 [SPIN MANUV] REPEAT MEAS 2 PART B;

7 [DIP BK & HOLD] blending to CP bk L (W fwd R) with lowering action & hold,-,-;

QUICK CUES

INTRO

WAIT;; TWIRL VINE 3; P/U CP LOD;

PART A

DIAM TRN 1/2 CKING;; FOR OUTSD CHNG SEMI; THRU TWINKLE TWICE;;
THRU CHASSE SEMI; SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SEMI;
THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;

PART A

DIAM TRN 1/2 CKING;; FOR OUTSD CHNG SEMI; THRU TWINKLE TWICE;;
THRU CHASSE SEMI; SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SEMI;
THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;

PART B

APT PNT; SPIN MANUV CP WALL; CANTER TWICE;;
LACE ACROSS; FWD WALTZ; LACE BK; WALTZ TO FC;
BAL L & R;; SOLO TRN 3 FC RLOD; BK UP WALTZ; SOLO TRN 3 FC LOD; FWD SD CL;
WHISK; P/U CP LOD; DIP & RECOV;;;

PART A

DIAM TRN 1/2 CKING;; FOR OUTSD CHNG SEMI; THRU TWINKLE TWICE;;
THRU CHASSE SEMI; SQUARE THE RUNS;;; FWD HOVER BJO; BK HOVER SEMI;
THRU CHASSE BJO; MANUV; SPIN TRN; BOX FIN; DIP BK & REC;;

END

DIAM TRN;;; APT PNT; SPIN MANUV CP WALL; DIP BK & HOLD;