

ELLA MAE

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Record : "Ella Mae" CD: The Ultimate Latin Album 17 CD2
track 15 43MPM 2:38 Speed: Slow Down(-18%)36MPM
Rhythm : Jive ph IV+2(Neck Slide, Flicks Into Breaks)+1(Passing Throwaway)



Footwork : Opposite, directions for man(lady as noted) Date : January 2017 Ver.1.1
Sequence : Intro - A - B - B - C - D - A - B(1-12) - Ending

Meas

INTRO

1~ 4 **Fcing Partner & Wall 8 feet apart lead foot free for both Wait pickup notes & 2 meas;; Kick Ball Chg Twice; Swivel Tog 4(CP/Wall);**

- 1- 2 Fcing partner & Wall 8 feet apart lead foot free for both pickup notes & 2 meas wait;;
1a23a4 3 (Kick Ball Chg Twice) Kick fwd L/cl L, in place R, kick fwd L/cl L, in place R;
1234 4 (Swivel Tog 4) Swivel LF on R fwd L, swivel RF on L fwd R, swivel LF on R fwd L, swivel RF on L fwd R blend CP;

Meas

PART A

1~ 8 **Chasse L & R; Chg R to L;,, Chg L to R fc Wall;,, American Spin;,, Chg Hands Behind Bk;,, Apt Rec both Spin(Bk to Bk);**

- 1a23a4 1 (Chasse L & R) Sd L/cl R, sd L, sd R/cl L, sd R;
123a4 2- 4 (Chg R to L) SCP rk bk L, rec R, sd L/cl R, sd L lead W RF trn under joined lead
5a6 hands; Sd R/cl L, sd R(W SCP rk bk R, rec L, fwd R/cl L, fwd RF trn under lead hands; Cont RF trn sd & bk L/cl R, bk L) LOP-FC fc LOD,
781a23a4 (Chg L to R) Rk apt L, rec R commence RF trn, cont RF trn in place L/R, L lead W LF trn under joined lead hands fc wall; sd R/cl L, sd R(W rk apt R, rec L, commence LF trn fwd R/cl R, fwd R LF trn under lead hands fc COH, sd L/cl R, sd L),
123a4 5- 7 (American Spin) Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R(W rk apt R, rec
5a6 L, sd R/cl L, sd R spin RF full trn; Sd L/cl R, sd L) LOP-FC/Wall,
781a23a4 (Chg Hands Behind Bk) Rk apt L, rec R; Commence LF trn fwd L/cl R, fwd L cont LF trn fc COH; bk R/cl L, bk R(W rk apt R, rec L; Commence RF trn fwd R/cl L, fwd R cont RF trn fc Wall, bk L/cl R, bk L);
123a4 8 (Apt Rec both Spin) Rk apt L, rec R, sd L/cl R, sd L spin LF(W spin RF) 1/2 trn M fc Wall(W fc COH);

9~16 **Q Sd Break & Hold; Swivel Fc Q Sd Break & Hold; Jump Tog & Away; (Bfly)Sailor Shuffle Twice; Chg Hands Behind Bk;,, Link Rk to Bfly;,, Apt Rec Sd Cl(Bfly/Wall);**

- 1&— 9 (Q Sd Break & Hold) Sd R/sd L arms up palms twd outsd, hold,-,-;
1&— 10 (Swivel Fc Q Sd Break & Hold) Swivel 1/2 LF on L sd R/sd L arms lower & sd palms twd partner, hold,-,-;
1-3- 11 (Jump Tog & Away) Weight on both foot fwd(foot tog)to Bfly,-, bk(still foot tog),-;
1a23a4 12 (Sailor Shuffle Twice) XLIB/sd R, rec L, XRIB/sd L, rec R;
13-15 (Chg Hands Behind Bk) Rk apt L, rec R, commence LF trn fwd L/cl R, fwd L cont LF trn
123a45a6 fc Wall; Bk R/cl L, bk R(W rk apt R, rec L, commence RF trn fwd R/cl L, fwd R cont RF trn fc COH; Bk L/cl R, bk L) LOP-FC/Wall;
781a23a4 (Link Rk) Rk apt L, rec R; Fwd L/cl R, fwd L Bfly/Wall, sd R/cl L, sd R;
1234 16 (Apt Rec Sd Cl) Rk apt L, rec R, sd L, cl R to Bfly/Wall;

Meas

PART B

1~ 8 **Lindy Catch;,, Neck Slide fc LOD(Handshake);,, Miami Special fc COH;,, Kick Ball Chg; Sliding Door(Shadow/COH); Shadow Wheel(W Trans) fc Wall;**

- 123a4 1- 2 (Lindy Catch) Rk apt L, rec R, fwd L/R, L moving RF around W catching her at waist
567a8 with right hand releasing left hand M behind of W(W rk apt R, rec L, fwd R/L, R); Fwd R, L cont around W, fwd R/L, R(W bk L, R, bk L/R, L) to LOP-FC/Wall;
123a4 3- 4 (Neck Slide) Both hands joined rk apt L, rec R raising joined hands up and over partner's
567a8 heads, fwd L/R, L releasing hold and placing right hand to rest on partner's right shoulder ending W on M's right side; Wheel 1/2 RF fwd R, L right hand to slide down partner's arm, fwd R/L, R cont trning RF fc LOD to join right hands;
123a4 5- 6 (Miami Special) R hands joined rk apt L, rec R, fwd L/R, L trning RF 3/4 to lead W
5a6 to trn LF under joined right hands putting joined hands over M's head so hands rest behind M's neck; sd R/L, R joined M's left and W's right upper arm both fc COH,

- 7a8 (Kick Ball Chg) Lead hands joined kick fwd L/cl L, in place R;
 123a4 7 (Sliding Door) XLIB, rec R, sd L M behind of W/cl R, sd L Shadow/COH;
 123a4 8 (Wheel W Trans fc Wall) RF wheel fwd R, L, lead W RF trn cont wheel fwd R/cl L, fwd R
 (1234) (W RF wheel bk L, R, L, R) Shadow/Wall left foot free for both;

9~16 S Traveling Sand Step;; Q Traveling Sand Step; Throwaway (W Trans) fc LOD; Chg L to R Glide to the Sd;; Kick Ball Chg Twice; Apt Rec Sd Cl;

- 1-3- 9-10 (Slow Traveling Sand Step) Same foot work swivel RF on R pt L toe beside R, -, swivel LF
 5-7- on R sd L, -; Swivel RF on L pt sd R heel, -, swivel LF on L XRIF of L, -;
 1234 11 (Q Traveling Sand Step) Swivel RF on R pt L toe beside R, swivel LF on R sd L, swivel
 RF on L pt sd R heel, swivel LF on L XRIF of L;
 1a23a4 12 (Throwaway W Trans) Lead W pickup small stp sd L/cl R sd & fwd L fc LOD, sd R/cl L,
 (1234) sd R(W commence LF trn sd L, cont LF trn sd & bk R fc RLOD, bk L/cl R, bk L);
 123a4 13-14 (Chg L to R Glide to the Sd) Rk apt L, rec R commence RF trn, cont RF trn in place L/R,
 567a8 L lead W LF trn under joined lead hnd fc Wall(W rk apt R, rec L, commence LF trn fwd
 R/cl R, fwd R LF trn under lead hand fc COH); Sd R, XLIF, sd R/cl L, sd R LOP-FC/Wall;
 1a23a4 15 (Kick Ball Chg Twice) Repeat meas 3 of Introduction;
 1234 16 (Apt Rec Sd Cl) Rk apt L, rec R, sd L, cl R to Bfly/Wall;

Meas PART C

1~12 Pretzel Trn w/DbL Rks;;; (SCP/LOD)DbL Rks; 2 Fwd Triple; Swivel Walk 4; (Bfly)Flicks Into Breaks;;;, Throwaway fc LOD,;, Apt Rec,;

- 1a23a4 1- 3 (Pretzel Trn w/DbL Rks) Sd L/cl R, sd L trning RF to bk to bk keeping M's left and
 5678 W's right hands joined, sd R/cl L, sd R cont RF trn to fc LOD; Rk fwd L right hand
 extended fwd, rec R, rk fwd L, rec R commence LF trn;
 1a23a4 Cont LF trn sd L/cl R, sd L cont LF trn to fc, sd R/cl L, sd R fcing partner & Wall;
 1234 4 (DbL Rks) Blend SCP/LOD rk bk L, rec R, rk bk L, rec R;
 1a23a4 5 (2 Fwd Triple) SCP/LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R;
 1234 6 (Swivl Walk 4) Swivel on R fwd L, swivel on L fwd R, swivel on R fwd L, swivel on L
 fwd R;
 -2-4-6 7-12 (Flicks Into Breaks) Blend Bfly pt fwd L twd LOD, stp on L, pt fwd R twd LOD, stp on
 -8-2-4 R; Pt fwd L twd LOD, stp on L, kick XRIF of L, sd R; Kick XLIF of R, sd L, kick XRIF
 -67--a2 of L, sd R; Kick XLIF of R, sd L, ck XRIF of L, -; Hold, bk L/rec R,
 3a45a6 (Throwaway) Lead W pickup fwd & sd L/cl R fwd & sd L; Sd & fwd R/cl L, sd & fwd R(W
 fwd R/L, R 1/2 LF trn fc RLOD; Bk & sd L/cl R, bk & sd L),
 78 Rk apt L, rec R LOP-FC/LOD;

Meas PART D

1~12 Chicken Walk 2S 4Q;; Passing Throwaway W Overtrn; W Swivel Fc; Chicken Walk 2S 4Q;; Passing Throwaway W Overtrn; W Swivel Fc; Chg L to R fc Wall,;, Link Rk,;; Q Sd Break & Hold;

- 1-3- 1- 2 (Chicken Walks 2S 4Q) Small stp bk L(W swivel on L fwd R), -, bk R(W swivel on R fwd
 5678 L), -; Small stp bk L(W swivl on L fwd R), bk R(W swivl on R fwd L) Small stp bk L(W
 swivel on L fwd R), bk R(W swivel on R fwd L);
 1a23a4 3 (Passing Throwaway W Overtrn) Lead W M's left sd 1/4 LF trn sd L/cl R sd & fwd L, fwd
 R/cl L, fwd R(W fwd R/L, R swivel LF on R fc RLOD, fwd L/cl R, fwd L);
 --- 4 (W Swivel Fc) Hold lead W RF swivel(W swivel RF on L), -, -, -;
 5- 8 Repeat meas 1-4 of Part C end LOP-FC/LOD;;;;
 123a4 9-11 (Chg L to R) Rk apt L, rec R commence RF trn, cont RF trn in place L/R, L lead W LF
 5a6 trn under joined lead hnd fc Wall; sd R/cl L, sd R(W rk apt R, rec L, commence LF
 trn fwd R/cl R, fwd R LF trn under lead hand fc COH, sd L/cl R, sd L),
 781a23a4 (Link Rk) Rk apt L, rec R; Fwd L/cl R, fwd L Bfly/Wall, sd R/cl L, sd R,
 1&--- 12 (Q sd Break & Hold) Sd L/sd R arms to sd palms twd outsd, hold, -, -;

Meas ENDING

1~ 2+(Bfly/LOD) Apt Rec W Wrap in 4; Wheel 4 W Roll Out(OP/LOD); Lung Apt

- 1234 1 (Apt Rec W Wrap in 4) Bfly/LOD rk apt L, rec R, fwd L commence RF trn lead W wrap, cont
 RF trn fwd R(W rk apt R, rec L, fwd R commence LF trn under lead hands, cont LF trn
 small sd L) Wrapped/Wall;
 1234 2 (Wheel 4 W Roll Out) Cont wheel RF fwd L, R commence lead W unwrap, cont wheel fwd L, R(W
 cont wheel RF bk R, L, roll RF twd Wall R, L) OP/LOD;
 1 + (Lunge Apt) Lunge sd L twd COH(W twd Wall) flex knee lead arms extend