

FIST CITY

Music: Loretta Lynn
www.amazon.com/full circle
Track # 5 Time 2:14
Available from choreographer

Rhythm: Two Step Phase: III

Footwork: Opposite except where (Noted)

Release Date: Augst 16
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Sequence: INTRO AB BRIDGE AB END



INTRO

01-04 CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; APART & POINT ; TOGETHER to SCP LOD & TOUCH ;
{Wait} CP WALL ld ft free wt 2 meas ; ; {Apt & Pt} Apt L, -, pt R twd ptr, -; {Together & to SCP LOD & Tch} Tog R to SCP LOD, -, tch L, -;

PART A

- 01-04 TWO FORWARD TWOS ; ; BOX ; ;**
{2 Fwd Two's} Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; {Box} [Blend to CP] Sd L, cl R, fwd L, -; Sd R, cl L, bk R, -;
- 05-08 SCISSORS SCAR & BJO CHECKING ; ; FISHTAIL ; WALK & FACE ;**
{Scissors SCAR & BJO Ckg} Sd L, cl R, XRif to SCAR, -; Sd R, cl L, XLif to BJO Chkg, -; {Fishtail} [QQQQ] XLib, sd R, sd & fwd L, lk Rib ; {Walk & Fc} [SS] Fwd L, -, fwd R trng ¼ RF to CP WALL, -;
- 09-12 STROLLING VINE ; ; ; ;**
{Strolling Vine} [SS] Sd L, -, XRib (W XLif), -; Sd L, cl R, sd L trng ½ LF to WALL, -; [SS] Sd R, -, XLib (W XRif), -; Sd R, -, cl L, sd R trng ½ RF to CP WALL, -;
- 13-17 TWO TURNING TWOS ; ; SIDE CLOSE SIDE FLARE ; BEHIND SIDE THRU ; ROCK the BOAT ;**
{2 Turning Two's} Sd L stg RF trn, cl R, bk L compg 1/2 RF trn, -; Sd R contg RF trn, cl L, fwd R contg RF trn to CP WALL, -; {Sd Cl Sd Flare} [OOOO] Sd L, cl R, sd L, flare R CW (W flare CCW) ; {Behind Sd Thru} XRib, sd L, XLif (W XLib, sd R, XRif), -; {Rock the Boat} [SS] Fwd L w/ straight leg leang fwd, -, w/ rkg motion & relaxed knees cl R leang bwd & blend to BFLY, -;

PART B

- 01-04 FACE to FACE & BACK to BACK TWICE ; ; ; ;**
{Fc to Fc & Bk to Bk x 2} Sd R, cl L, sd & fwd R trng RF 3/8 to V-BK-TO-BK, -; Sd R, cl L, sd R trng RF 3/8 to BFLY, -; Repeat meas 1,2 Part B to CP WALL ; ;
- 05-09 TRAVELING BOX w/ LADY ONE TWIRL ; ; ; ; ROCK the BOAT ;**
{Traveling Box w/ W 1 Twirl} Sd L, cl R, fwd L, -; [SS] Sd R, -, thru L to loose RSCP RLOD (W twrl LF undr jnd ld hnds L, -, R), -; Trng to fc sd R, cl L, bk R, -; [SS] Sd L, -, thru R blend to SCP LOD, -; {Rock the Boat} Repeat meas 17 Part A ;
- 10-13 TWO FORWARD TWOS ; ; HALF A BOX ; SCISSOR THRU ;**
{2 Fwd Two's} Repeat meas 1,2 Part A ; ; {1/2 a Box} [Blend to CP] Sd L, cl R, fwd L, -; {Scissor Thru} Sd R, cl L, XRif (W XLif) to SCP LOD, -;
- 14-17 CIRCLE BOX ; ; TWO TURNING TWOS ; ;**
{Circle Box} Sd L, cl R, fwd L, -; Sd R, cl L, bk R (W RF trn under jnd lead hds fwd R, L, R, -; L, R, L) to CP WALL, -; {2 Turning Two's} Repeat meas 13,14 Part A blend to SCP LOD ; ;

BRIDGE

01-03 ROCK the BOAT ; REVERSE BOX ; ;

{Rock the Boat} [Blend to SCP LOD] Repeat meas 17 Part A ; **{Reverse Box}** [Blend to CP] Sd L, cl R, bk L, -; Sd R, cl L, fwd R blend to SCP LOD, -;

ENDING

01 ROCK the BOAT ;

{Rock the Boat} [Blend to SCP LOD] Repeat meas 17 Part A to CP ;

02-05 CIRCLE BOX ; ; TWO TURNING TWOs ; ;

{Circle Box} Repeat meas 14,15 Part B ; ; **{2 Turning Two's}** Repeat meas 13,14 Part A blend to SCP LOD ; ;

06-09 ROCK the BOAT ; TWIRL VINE 2 ; STEP APART & POINT to PARTNER ;

{Rock the Boat} [Blend to SCP LOD] Repeat meas 17 Part A ; **{Twirl Vine 2}** [SS] Fwd L, -, fwd R (*W twirls RF under joined ld hnds R, -, L, -*) ; **{Apt & pt}** [SS] Apt L, -, pt to ptr, -;