

Up Above My Head

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Music: Up Above my Head by the Old Friends Quartet

From the CD Encore: Old Friends Quartet

Available from Amazon or Walmart as a download.

Time/Speed: Slow to suit.

Footwork: Opposite unless specified

Rhythm/Phase: P2 Two Step

Degree of Difficulty: Easy

Sequence: Intro A A B A B Ending

INTRODUCTION (8 Measures)

WAIT 2 MEASURES IN BUTTERFLY WITH LEAD FOOT FREE;; APART POINT;
TOGETHER TOUCH; BOX;; REVERSE BOX TO SEMI;;

[1 & 2] Fcng ptrn & wall in opn fcng pos w/ lead feet free wait 2 meas;; [3] Step
apart L, -, point R twd ptrn, -; [4] Fwd R blnd to clsd pos wall, -, tch L, -;
[5&6] Sd L, cl R, fwd L, -; Sd R, cl L, bk R, -; [7&8] Sd L, cl R, bk L, -; Sd R, cl L, fwd R, -;

A (16 Measures)

2 FORWARD 2 STEPS;; LACE ACROSS WITH A FORWARD TWO STEP;; LACE BACK
WITH A FORWARD TWO STEP;; HITCH 6;; 2 FORWARD 2 STEPS;; CIRCLE AWAY 2
TWO STEPS;; STRUT TOGETHER 4;; VINE 8;;

[1&2] In semi fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; [3-6] With M's left and W's right hands
joined and passing bhnd W moving diag across line of progression ending in LOP fcng LOD fwd L, cl R,
fwd L, -; Fwd R, cl L, fwd R, -; With M's right and W's left hands joined and passing bhnd W moving
diag across line of progression ending in OP fcng LOD fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;

[7&8] Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -; [9&10] In open fwd L, cl R, fwd L, -; Fwd R, cl L, fwd
R, -; [11&12] Circling lf away from partner toward COH (W circle rf toward wall) fwd L, cl R, fwd L, -;
Fwd R, cl L, fwd R, -; [13&14] Moving back toward partner & wall fwd L, -, fwd R, -; Fwd L, -, fwd R
ending in butterfly; [15&16] Sd L, XRib, sd L, XRif; Sd L, XRib, sd L, XRif;

B (16 Measures)

TRAVELING BOX;;;; FACE TO FACE; BACK TO BACK; BASKETBALL TURN TO FACE;;
TRAVELING BOX;;;; FACE TO FACE; BACK TO BACK; BASKETBALL TURN (last time
through to face);;

[1-4] sd L, cl R, fwd L, -; Turning to reverse semi-clsd pos walk fwd R, -, fwd L, -; Blndng to clsd pos sd
R, cl L, bk R, -; turn to semi LOD walk fwd L, -, fwd R, -; [5&6] Sd L, cl R, sd L trng 1/2 lf to a
back to back pos, -; Sd R, cl L, sd R trng 1/2 rf to fc ptrn bfly pos, -; [7-8] Sd & fwd L
and check turning 1/4 rf, - , rec on R continue rf turn to end fcng the opposite
direction from starting position, -; Continue by stepping fwd L and check turning 1/4
rf, - , rec on R continue rf turn to end fcng partner bfly pos & wall, -; [9-16] Repeat B
1-8 but ending in open (last time through repeat B8 as written).

Ending (6 measures)

SIDE CLOSE TWICE; BOX;; REVERESE BOX;; SIDE CLOSE APART POINT;

[1] Sd L, cl R, sd L, cl R; [2-3] Repeat intro 5-6 [4-5] repeat intro 7-8 but end facing
[6] Sd L, cl R, back L, point R;