GOIN' STEADY

INTRO

1-8 OP-FCG WALL wt 2 meas ; ;
> 1-2   OP Fcg ptr & WALL trlg hnds joined wait ; ;

APT PT ; TOG to CP TCH ;
> 1-2   [OP-FCG WALL – ***APT PT & TOG to CP TCH***] Apt L , **-** , Pt R twd ptr , **-** ; Tog R , **-** , Tch L , Blend to CP ;

TRAV BOX [TWRL if you like] ; ; ; ;
> 3-6   [CP WALL – ***TRAV BOX***] Sd L , Cl R , Fwd L trng to RSCP , **-** ; Fwd R , **-** , Fwd L Blend to CP , **-** ;
> Sd R , Cl L , Bk R , Blend to SCP ; Fwd L , **-** , Fwd R , **-** ;

PART A

1-16 2 FWD TS to CP WALL ; ; BOX ; ;
> 1-2   [SCP LOD – ***2 FWD TS***] Fwd L , Cl R , Fwd L , **-** ; Fwd R , Cl L , Fwd R trng ¼ RF , Blend to CP WALL ;
> 3-4   [CP WALL – ***BOX***] Sd L , Cl R , Fwd L , **-** ; Sd R , Cl L , Bk R , **-** ;

2 SD CLS ; SLO SD THRU ; TWRL 2 ; WLK & PKUP ;
> 5-6   [CP WALL – ***2 SD CLS & SLO SD THRU***] Sd L , Cl R , Sd L , Cl R ; Sd L , **-** , Thru R , Blend to SCP ;
> 7-8   [SCP LOD – ***TWRL 2 & WLK & PKUP***] Fwd L , **-** , Fwd R , **-** (W Undr joined ld hnds Sd R trng RF , **-** ,
> Bk L cont RF trn end fcg ptr , **-**) ; Fwd L , **-** , Small Fwd R , **-** (W Fwd R , **-** , Fwd L trng LF in front of M
> to end in CP LOD , **-**) ;

2 FWD TS ; ; 2 PROG SCIS to BJO ; ;
> 9-10   [CP LOD – ***2 FWD TS***] Fwd L , Cl R , Fwd L , **-** ; Fwd R , Cl L , Fwd R , **-** ;
> 11-12   [CP LOD – ***2 PROG SCIS to BJO***] Sd L , Cl R w/slight RF body rotation , Fwd L outsd ptr end in SCAR , **-** ;
> Sd R , Cl L w/slight LF body rotation , Fwd R outsd ptr end in BJO , **-** ;

FWD HTCH ; HTCH/SCIS to SCP ; STRUT 4 ; ;
> 13-14   [BJO LOD – ***FWD HTCH & HTCH/SCIS***] Fwd L , Cl R , Bk L , **-** (W Fwd R , Cl L , Bk R , **-**) ; Bk R , Cl L ,
> Fwd R , **-** (W Fwd L trng RF , Cl R , XLIF , Blend to SCP) ;
> 15-16   [OP LOD – ***STRUT 4***] Fwd L , **-** , Fwd R , **-** ; Fwd L , **-** , Fwd R , **-** ;

PART B

1-16 LC ACRS ; FWD TS ; DBL HTCH ; ;
> 1-2   [OP LOD – ***LC ACRS & FWD TS***] Chg sds Fwd L , Cl R , Fwd L , **-** ; Fwd R , Cl L , Fwd R , end in LOP ;
> 3-4   [LOP LOD – ***DBL HTCH***] Fwd L , Cl R , Bk L , **-** ; Bk R , Cl L , Fwd R , **-** ;

LC ACRS ; FWD TS to BFLY ; VIN 8 ; ;
> 5-6   [LOP LOD – ***LC ACRS & FWD TS***] Chg sds Fwd L , Cl R , Fwd L , **-** ; Fwd R , Cl L , Fwd R , end in OP ;
> 7-8   [BFLY WALL – ***VIN 8***] Sd L , XRIB , Sd L , XRIF ; Sd L , XRIB , Sd L , XRIF ;

CIRC AWY 2 TS ; ; STRUT TOG 4 to BFLY ; ;
> 9-10   [BFLY WALL – ***CIRC AWY 2 TS***] Trng LF (W RF) in ½ circle pattern Fwd L , Cl R , Fwd L , **-** ;
> Fwd R , Cl L , Fwd R end fcg RLOD , **-** ;
> 11-12   [6 FT APT FCG RLOD – ***STRUT TOG 4 to BFLY***] Trng LF to fc ptr (W RF) Fwd L , **-** , Fwd R , **-** ;
> Fwd L , **-** , Fwd R , Blend to BFLY ;

TRAV DOOR TWICE ; ; ; ;
> 13-16   [BFLY WALL – ***TRAV DOOR TWICE***] Rk Sd L , **-** , Rec R , **-** ; XLIF , Sd R , XLIF , **-** ;
> Rk Sd R , **-** , Rec L , **-** ; XRIF , Sd L , XRIF , **-** ;

PART C

1-8   VIN 3 TCH ; WRP ; UNWRP ; CHG SDS in 3 ;

1-2   [BFLY WALL – *VIN 3 TCH & WRP*] Sd L , XRIB , Sd L , Tch R ; In plc R , In plc L , In plc R , Tch L (W **-** Fwd L trng LF , Fwd R cont trn , Fwd L cont trn , Tch R)[M Lds W into a full LF trn with ld hnds slightly above shldr level and trlg hands slightly above waist level. End with both fcg WALL in WRP'D POS with ld hnds at chest level W on M's R sd] ;

3-4   [WRP'D POS FCG WALL – *UNWRP & CHG SDS in 3*] In plc L , In plc R , In plc L , Tch R (W Fwd R trng RF , Fwd L cont trn , Fwd R cont trn , Tch L)[Releasing Ld hnds W will complete a ½ RF trn end with trlg hnds jnd fcg ptr] ; Fwd R start ½ RF circle , Fwd L cont ½ circ , Fwd R fin circle fcg ptr , Tch L (W **-** Fwd L start LF circle , Fwd R cont ½ circ , Fwd L fin circle fcg ptr , Tch R) ;

BK AWY 3 ; TOG 3 LIFT/TRN ; BK AWY 3 ; TOG 3 to SCP ;

5-6   [FCG PTR – M FCG COH W FCG WALL – *BK AWY & & TOG 3 LIFT/TRN*] Bk awy from ptr Bk L , Bk R , Bk L , Tch R ; Fwd R , Fwd L , Fwd R , rise up on R trng ½ RF chg sds (W rise up on L trng ½ LF chg sds ;

7-8   [FCG PTR - M FCG WALL W FCG COH – *BK AWY 3 & TOG 3 to SCP*] Bk awy from ptr Bk L , Bk R , Bk L , Tch R ; Fwd R , Fwd L , Fwd R , Blend to SCP ;

ENDING

1-4   2 SD CLS ; SLO SD THRU ; TWRL 2 ; APT PT ;

1-2   [CP WALL – *2 SD CLS & SLO SD THRU*] Sd L , Cl R , Sd L , Cl R ; Sd L , **-** , Thru R , Blend to SCP ;

3-4   [SCP LOD – *TWRL 2 & APT PT*] Fwd L , **-** , Fwd R , **-** (W Undr joined ld hnds Sd R trng RF , **-** , Bk L cont RF trn end fcg ptr , **-**) ; Apt L , **-** , Pt R twd ptr , **-** ;

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GOIN' STEADY
QUICK CUES

Intro: OP-FCG WALL wt 2 meas ; ;

APT PT ; TOG to CP TCH ;

TRAV BOX [TWRL if you like] ; ; ; ;

Pt A: 2 FWD TS to CP WALL ; ; BOX ; ;

2 SD CLS ; SLO SD THRU ; TWRL 2 ; WLK & PKUP ;

2 FWD TS ; ; 2 PROG SCIS to BJO ; ;

FWD HTCH ; HTCH/SCIS to OP LOD ; STRUT 4 ; ;

Pt B: LC ACRS ; FWD TS ; DBL HTCH ; ;

LC ACRS ; FWD TS to BFLY ; VIN 8 ; ;

CIRC AWY 2 TS ; ; STRUT TOG 4 to BFLY ; ;

TRAV DOOR TWICE ; ; ; ;

Pt C: VIN 3 TCH ; WRP ; UNWRP ; CHG SDS in 3 ;

BK AWY 3 ; TOG 3 LIFT/TRN ; BK AWY 3 ; TOG 3 to SCP ;

Pt A: 2 FWD TS to CP WALL ; ; BOX ; ;

2 SD CLS ; SLO SD THRU ; TWRL 2 ; WLK & PKUP ;

2 FWD TS ; ; 2 PROG SCIS to BJO ; ;

FWD HTCH ; HTCH/SCIS to OP LOD ; STRUT 4 ; ;

Pt B: LC ACRS ; FWD TS ; DBL HTCH ; ;

LC ACRS ; FWD TS to BFLY ; VIN 8 ; ;

CIRC AWY 2 TS ; ; STRUT TOG 4 to BFLY ; ;

TRAV DOOR TWICE ; ; ; ;

End: 2 SD CLS ; SLO SD THRU ; TWRL 2 ; APT PT ;