

HOW ARE YA' FIXED FOR LOVE

Doug and Cheryel Byrd

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CHOREO: Doug & Cheryel Byrd 1443 Britt Lauren Way, Soddy Daisy, TN 37379 (423) 842-7626 dbyrdhouse@comcast.net

MUSIC: How Are Ya' Fixed For Love?

DOWNLOAD: www.amazon.com

ARTIST: Frank Sinatra & Keely Smith

ALBUM: Frank Sinatra: The Complete Capitol Singles Collection

FOOTWORK: Opposite except where indicated

TIME: 2:30 @ 43 RPM

RHYTHM: Foxtrot/Jive

RAL PHASE: V

SEQUENCE: INTRO-A-A(1-8)-INTLD-B-A(5-16)-A(1-8)-INTLD-ENDING **DEGREE OF DIFFICULTY:** Easy

MEAS:

INTRODUCTION

1-4 WAIT 2 MEASURES; ; [JV] 2 POINT STEPS; SWIVEL WALK 4;

1-2 FCG-WALL Abt 6 ft apt wt 2 meas ; ;

3-4 Pt fwd L w/outsd edge of ft in contact w/floor, sm fwd L, pt fwd R w/outsd edge of ft in contact w/floor, sm fwd R ; swvl wlk fwd L, R, L, R plcg each ft directly ifo the other to SCP LOD ;

5-8 2 POINT STEPS; 2 TRIPLES; [FT] ROLL 3; CHAIR & SLIP;

5-6 Pt fwd L w/outsd edge of ft in contact w/floor, sm fwd L, pt fwd R w/outsd edge of ft in contact w/floor, sm fwd R ; fwd L/cl R, fwd L, fwd R/cl L, fwd R ;

7-8 [FT] Individually trn LF (W RF) & progressing down LOD L, -, R, L to end in SCP ; ck thru R w/lun action as for a Chr, -, rec L [no rise], w/slight LF upper bdy trn slp R bhd L cont trn 1/8 to the L to CP to end fcg DLC (W ck thru L w/lun action as for a Chr, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP) ;

PART A

1-4 3 STEP; OPEN NATURAL; IMPETUS TO SCP; WING;

1-2 Fwd L, -, fwd R, fwd L ; comm RF upper bdy trn fwd R heel to toe, -, sd L acrs LOD, cont slight RF upper bdy trn bk R ldg ptr to stp outsd M to BJO (W comm RF upper bdy trn bk L, -, cl R [heel trn] cont trn, fwd L outsd ptr to BJO) ;

3-4 Comm RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn of abt 3/8 trn, comp trn fwd L in tight SCP (W comm RF upper bdy trn fwd R outside M's ft heel to toe pvtg RF, -, sd & fwd L cont trn arnd M brush R to L, comp trn fwd R) ; fwd R, -, draw L twd R, tch L to R trng upper part of bdy LF w/L sd stretch (W fwd L beg to X ifo M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slight LF trn to end in a tight SCAR) ;

5-8 CROSS HOVER 2x TO SCAR; ; TURN LEFT & RIGHT CHASSE TO BJO; OUTSIDE CHANGE TO SCP;

5-6 Fwd L w/slight Xing action comm to rise & beginning a ¼ LF trn, -, sd & slightly fwd R cont to rise & comp the ¼ LF trn, diag fwd L to BJO lowering at end of stp ; fwd R w/slight Xing action comm to rise & beginning a ¼ RF trn, -, sd & slightly fwd L cont to rise & comp the ¼ RF trn, diag fwd R to SCAR lowering at end of stp ;

7-8 Fwd L comm LF upper bdy trn, -, sd R cont trn L fc/cl L, sd R comp trn to BJO ; bk L, -, bk R trng LF, sd & fwd L to SCP DLW ;

9-12 NATURAL WEAVE; ; CHANGE OF DIRECTION; QUICK DIAMOND 4 [DRC];

9-10 Fwd R comm to trn RF, -, sd L w/L sd stretch [under ¼ RF trn between stps 1 & 2], w/R sd ld bk R DLC preparing to ld W outsd ptr [slight RF trn between stps 2 & 3] ; w/R sd stretch bk L in CBMP, bk R comm LF trn passing thru CP, w/L sd stretch sd & fwd L preparing to stp outsd ptr trng ¼ LF between stps 5 & 6 bdy trns less, w/L sd stretch fwd R in BJO DLW ; (W fwd L, -, fwd R, fwd L preparing to stp outsd ptr ; w/L sd stretch fwd R in CBMP outsd ptr, fwd L comm to trn LF passing thru CP, w/R sd stretch sd R trng LF 1/8 between stps 5 & 6, w/R sd stretch bk L trng LF 1/8 between stps 6 & 7 bdy trns less DLW ;)

11-12 Fwd L DLW, -, fwd R DLW R shldr ldg trng ¼ LF to DLC starting to draw L to R, fin drawing L to R ; fwd L on the diag comm LF trn, cont LF trn sd R, bk L, bk R to DRC ;

13-16 DIP BACK & RECOVER; OUTSIDE CHANGE TO SCP; NATURAL HOVER CROSS; ;

13-14 Dip bk L DLW, -, rec R, - ; bk L, -, bk R trng LF, sd & fwd L to SCP DLW ;

15-16 Fwd R DLW comm to trn RF, -, sd L w/L sd stretch [1/4 RF trn between stps 1 & 2], cont RF trn sd R [½ RF trn between stps 2 & 3 bdy trns less fcg DLC] ; w/R sd stretch fwd L outsd ptr in CBMP on toe, rec R w/slight L sd ld, sd & fwd L, w/L sd stretch fwd R in BJO on toe ; (W fwd L comm RF trn, -, fwd R cont RF trn, cont RF trn sd L [3/8 RF trn between steps 2 & 3] to CP ; w/L sd stretch bk R in CBMP on toe, rec L w/slight R sd ld, sd & bk R, w/R sd stretch bk L in BJO ;)

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INTLD

1-4 IN & OUT RUNS; ; THRU CHASSE TO SCP; THRU FACE CLOSE;

- 1-2 Fwd R starting RF trn, -, sd & bk DLW on L to CP, bk R to BJO ; using CBM bk L trng RF, -, sd & fwd R between W's ft cont RF trn, fwd L to SCP ; (W fwd L, -, fwd R between M's ft, fwd L outsd the M in BJO ; using CBM fwd R starting RF trn, -, fwd & sd L cont RF trn, fwd R to SCP ;)
- 3-4 Thru R comm trn to fc, -, sd L/cl R, sd L to SCP ; thru R between ptrs, -, fwd L trng to fc ptr, cl R ;

PART B

1-4 [JV] 2 POINT STEPS; THROWAWAY; LINK ROCK TO SCP ~ ROCK, RECOVER; ;

- 1-2 [JV] Blend to SCP LOD looking LOD pt fwd L w/outsd edge of ft in contact w/floor, sm fwd L, looking at ptr pt fwd R w/outsd edge of ft in contact w/floor, sm fwd R ; sd L/cl R, sd L, sd R/cl L, sd R to end LOP-FCG LOD (W pu R/L, R, sd & bk L/cl R, sd L comm LF trn on trpls to end LOP-FCG) ;
- 3-4 Rk apt L, rec R, fwd L/cl R, fwd L trng ¼ RF ; sd R/cl L, sd R to SCP LOD, rk bk L, rec R ;

5-8 PRETZEL TURN; ; ; ROCK, RECOVER, WALK, PICKUP;

- 5-6 Rk bk L, rec R trng R to fc ptr, sd L/cl R, sd L trng ½ RF keeping M's L & W's R hnds jnd [ptrs are in Bk-Bk Pos] ; sd R/cl L, sd R trng RF [ptrs are in Bk-Bk "V" Pos w/M's L & W's R hnds jnd bhd bks], rk fwd L Xing in frt to LOD w/R hnd xtnded fwd, rec R trng LF ;
- 7-8 Sd L/cl R, sd L trng ½ LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R ; rk bk L, rec R to SCP LOD, fwd L, sm fwd R (W fwd L stpg ifo M trng LF to end CP) ;

ENDING

1-4 [JV] 2 POINT STEPS; 2 TRIPLES; 2 POINT STEPS; 2 TRIPLES;

- 1-2 Repeat meas 1 Part B ; looking LOD fwd L/cl R, fwd L, fwd R/cl L, fwd R ;
- 3-4 Repeat meas 1-2 Ending

5-8 2 POINT STEPS; CHASSE LEFT & RIGHT; CHASSE ROLL; ;

- 5-6 Repeat meas 1 Ending ; blend to CP WALL sd L/cl R, sd L, sd R/cl L, sd R ;
- 7-8 Rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L trng RF (W LF) to Bk-Bk Pos ; sd R/cl L, sd R cont trn to fc, sd L/cl R, sd L end fcg ptr comp one full trn ;

9-10 ROCK, RECOVER, CHASSE RIGHT; ROCK, RECOVER, LUNGE, TWIST;

- 9-10 Rk bk R, rec L, sd R/cl L, sd R ; rk bk L, rec R to CP WALL, lun L LOD, trn upper bdy to fc RLOD w/out chging wgt ;

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HD CUES

SEQUENCE: INTRO A A(1-8) INTLD B A(5-16) A(1-8) INTLD ENDING

INTRO (8 Meas)

[JV] FCG-WALL Abt 6 Ft Apt Wt 2 Meas ; ; 2 Pt Stps ; Swvl Wlk 4 to SCP ;
2 Pt Stps ; 2 Trpls ; [FT] Roll 3 to SCP ; Chr & Slp ;

PART A (16 Meas)

3 Stp ; Op Nat ; Imp to SCP ; Wing ;
2 X Hvrs to SCAR ; ; Trn L & R Chasse to BJO ; Outsd Chg to SCP ;
Nat Wev ; ; Chg of Dir ; Qk Diam 4 [DRC] ;
Dip Bk & Rec ; Outsd Chg to SCP ; Nat Hvr X ; ;

PART A (1-8)

3 Stp ; Op Nat ; Imp to SCP ; Wing ;
2 X Hvrs to SCAR ; ; Trn L & R Chasse to BJO ; Outsd Chg to SCP ;

INTLD (4 Meas)

In/Out Runs ; ; Thru Chasse to SCP ; Thru Fc Cl ;

PART B (8 Meas)

[JV] 2 Pt Stps ; Thrwy ; Link Rk to SCP ~ Rk, Rec ; ;
Prtzl Trn ; ; ; Rk, Rec, Wlk, Pu ;

PART A (5-16)

[FT] 2 X Hvrs to SCAR ; ; Trn L & R Chasse to BJO ; Outsd Chg to SCP ;
Nat Wev ; ; Chg of Dir ; Qk Diam 4 [DRC] ;
Dip Bk & Rec ; Outsd Chg to SCP ; Nat Hvr X ; ;

PART A (1-8)

3 Stp ; Op Nat ; Imp to SCP ; Wing ;
2 X Hvrs to SCAR ; ; Trn L & R Chasse to BJO ; Outsd Chg to SCP ;

INTLD (4 Meas)

In/Out Runs ; ; Thru Chasse to SCP ; Thru Fc Cl ;

ENDING (10 Meas)

[JV] 2 Pt Stps ; 2 Trpls ; 2 Pt Stps ; 2 Trpls ;
2 Pt Stps [CP] ; Chasse L & R ; Chasse Roll ; ;
Rk, Rec, Chasse R ; Rk, Rec, Lun, Twst ;