

HOW'D I WIND UP

DANCE BY NANCY & DEWAYNE BALDWIN

APR- OCT 604 MAPLE ST P. O. BOX 516 SWEETSER, IN 46987 765-384-7270

NOV- MAR 1048 N ALAMO RD # 348 ALAMO, TX 78516 956-781-5459

E-MAIL weg4u@aol.com

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FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM CHA CHA PH III + 1 {ALEMANA} DATE 6-05

SEQUENCE A B A B C A B A END

INTRO

- 1-4 DRUMS; TWL/VINE; REV TWL; SD CLS 2X;
BFLY DRUMS; Sd L, XRIB, sd L/cl R, sd L; Sd R, XLIB, sd R/cl L, sd R;
Sd L, cl R, sd L, cl R;

PART A

- 1-4 BASIC;; ALEMANA;;
BFLY Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
- 5-8 LARIAT;; SHLDTO SLDR 2X;;
Sd L, rec R, cl L/stp R, stp L; Sd R, rec L, cl R/stp L stp R; BFLY Rk fwd L SCAR,
rec R FC/PTR, sd L/cl R, sd L; Rk fwd R/BJO, rec L FC/PTR, sd R/cl L, sd R;

PART B

- 1-4 OPN BRK; WHIP; FNC LINE 2X;;
Bk L, rec R, stp L/stp R, stp L; Bk R trn, rec L, sd R/cl L, sd R;
X lun L, rec R, sd L/cl R, sd L; X lun R, rec L, sd R/cl L, sd R;
- 5-8 OPN BRK; WHIP; SPOT TRNS 2X;;
REPEAT 1-2 PART B;; XLIF trn, rec R trn, sd L/cl R, sd L;
XRIF trn, rec L trn, sd R/cl L, sd R;

PART C

- 1-4 VINE 2, FC TO FC; VINE 2 BK TO BK OPN; BASIC;;
BFLY Sd L, XRIB, sd L/cl R, sd L trn; Sd R, XLIB, sd R/cl L, sd R trn OPN/LOD;
Fwd L, rec R, bk L/cl R, bk L; Bk R. rec L, fwd R, cl L, fwd R;
- 5-8 SLDG DR 2X;; CRL AWAY & TOG;;
Rk apt L, rec R, XLIF/sd R, XLIF; Rk apt R, rec L, XRIF/sd L, XRIF;
Fwd L trn, fwd R, fwd L/cl R, fwd L trn FC/PTR; Fwd R, fwd L, fwd R/cl L, fwd R;

END

- 1-4 VINE 2, FC TO FC; VINE 2, BK TO BK; CUCA; NYR 4 & PT REV;
BFLY Sd L, XRIB, sd L/cl R, sd L trn; Sd R, XLIB, sd R/cl L, sd R trn FC/PTR;
Sd L, rec R, cl L/stp R, stp L; Thru R, rec L, sd R, cl L/pt R to RLOD;