I'M INTO SOMETHING GOOD

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MUSIC: I'm Into Something Good Artist – Herman's Hermits

Herman's Hermits Retrospective CD or download (from Retrospective CD)

FOOTWORK: Opposite throughout (woman's footwork in parentheses) Time @ -4% = 2:27

RHYTHM Jive Phase 4 + 1 (Stop & Go)

SEQUENCE: INTRO A A B A Bri C A B(1-8 Link Rk) End Released May 2008

MEAS: INTRODUCTION

1-4 LOP M FC LOD (W FC RLOD) WAIT 2 MEAS ;; CHKN WLKS ;;

1-4 Wait;; Bk L, -, Bk R, -; Bk L, Bk R, Bk L, Bk R;

PART A

1-8 CHNG HNDS BHD BK ~ CHNG L to R to FC CNTR ;;; LINK RK to SEMI LOD ~ PRTZL TRN W/ DBL RKS ;;;;

- 1-3 {CHNG HNDS BHD BK} Rk apt L, rec R, fwd chasse L/R, L trng 1/4 LF (W RF); chasse bk & sd R/L, R trng 1/4 LF (W RF) to LOP fcg REV, [Note: Man changes woman's right hand to his right hand on the first triple and back to his left hand on the second triple both done behind his back Woman uses right hand throughout.]
- 4-8 {CHNG Lto R} Rk apt L, rec R; Chasse L/R, L trng 1/4 RF, sd chasse R/L, R (W trn LF under raised lead arms R/L, R, sd chasse L/R, L) to LOP fcg CNTR; {LINK RK to SEMI LOD} Rk apt L, rec R, chasse L/R, L trng 1/4 RF; continue rf trn chasse R/L, R to end in SCP LOD, { PRTZL TRN W/ DBL RKS} Rk bk L, rec R; chasse fwd L/R, L trng 1/2 rf (W lf) [keeping ld hnds jnd]; Chasse sd & fwd R/L, R trng 1/4 rf [ending in a bk to bk "V" w/ld hnds jnd bhd backs & trlg hds extended fwd]; rk fwd L, rec R, Rk fwd L, rec R; sd & bk L/R, fwd L trng 1/2 lf (W rf), chasse sd R/L, R trng 1/4 rf to fc ptr;

9-12 RK BK, REC, 2 PT STPS to FC ~ JIVE CHASSE ~ CHNG R to L ;;;;

9-12 { RK BK, REC, 2 PT STPS to FC} Rk bk L to SCP, rec R, PT L fwd [looking LOD], stp on L; pt R fwd [looking RLOD], stp on R, { JIVE CHASSE} Chasse sd L/R, L; chasse sd R/L, R, { CHNG R to L} Rk bk L to SCP, rec R; chasse in place L/R, R trng 1/4 LF (W rk bk R to SCP, rec L, chasse fwd trng 3/4 Rf under jnd ld hnds R/L, R); chasse slightly fwd(W slightly bk) R/L, R;

PART B

1-5 STOP & GO;; CHNG L to R to FC WALL ~ AMER SPN;;;

- 1-2 {STOP & GO} Rk bk L, rec R, small fwd L/clR, L (W Rk bk R, rec L, small fwd R/L, R trng 1/2 lf under jnd hnds to end on mans rt side with man's rt hnd on W's lf shldr blade); Rk fwd R, rec L, small bk R/cl L, fwd R (W Rk bk L as left arm extends straight up, rec R, small fwd L/R, L trng 1/2 rf under jnd hnds to end fcg M); [LOPLOD]
- 3-5 {CHNG L to R } Rk apt L, rec R, Chasse L/R, L trng 1/4 RF; sd chasse R/L, R (W trn LF under raised lead arms R/L, R, sd chasse L/R, L) to LOP fcg WALL, {AMER SPN} Rk apt L, rec R; chasse in place L/R, L bracing W against hand for her RF spin, chasse in place R/L, R (W Rk apt R, rec L, chasse fwd R/L, R spinning RF one full trn chasse sd L/R, L);

PART B con't

6-91/2 SPAN ARMS ~ LINK RK to SEMI LOD ~ FALWY THRWY;;;;

{SPAN ARMS} In double hand hold, rk bk L, rec R, trng rf, chasse dia fwd L/R,L keeping both hands joined & raising L arm, wrap W into your arms, keeping both hands joined; chasse fwd R/L,R unwrapping W, wheeling RF to face COH, (W chasse dia fwd wrap LF into man's arms, on last step making a sharp swivel type turn to the R, chasse back L/R,L unwrap and trn R to end fcg man) {LINK RK} Rk apt L, rec R; chasse L/R, L trng 1/4 RF; continue rf trn chasse R/L, R to end in SCP LOD; {FALWY THRWY} Rk bk L, rec R, chasse sd L/R, L stg 1/4 LF trn, chasse sd R/L, R; fin 1/4 LF trn (W pickup chasse R/L, R, bk chasse L/R, L) to LOP LOD.

BRI

<u>1-2</u> <u>CHKN WLKS ;;</u>

6-91/2

1-2 Repeat meas 3-4 of Intro ;;

PART C

<u>WINDMILL to FC REV ~ AMER SPN;;;</u>

1-3 {WINDMILL} Bfly pos - Rk apt L, rec R, chasse in place L/R,L trng 1/4 LF while lowering lead arms and raising traling arms; still trng & returning arms to level chasse side & fwd R/L,R to end fcg REV, {AMER SPN} Rk apt L, rec R; chasse in place L/R, L bracing W against hand for her RF spin, chasse in place R/L, R (W Rk apt R, rec L, chasse fwd R/L, R spinning RF one full trn chasse sd L/R, L);

4-7 SHLDR SHOVE to a HNDSHK ~ TRPL WHL to FC WALL;;;;

4-7 {SHLDR SHOVE} Rk apt L, rec R trng 1/4 RF (W rk apt R, rec L trng 1/4 LF), sd L/R, sd L toward partner bring M's L and W's R shoulders together,;Trng LF (W RF) to fc partner and joining rt hnds Bk R/L, R (W sd & bk L/R, L), {TRPL WHL} Rk Apt L, Rec R; Wheel RF Sd L/Cl R, Sd L trng in twd ptr & tch W's bk w/L hnd, cont RF wheel Sd R/Cl L, sd R trng away from ptr (W tch M's back w/L hnd); Cont RF wheel Sd L/Cl R, Sd L trng in twd ptr & tch W's bk w/L hnd, Lead W to Spin RF Sd R/Cl L, Sd R (cont Wheel RF Sd R/Cl L, Sd R spinning RF to Fc ptr, Sd L/Cl R, Sd L);

<u>8-10</u> <u>BASIC RK ~ FALWY THRWY;;;</u>

8-10 {BASIC RK} Rk apt L, rec R, chasse sd L/R, L; R/L, R, {FALWY THRWY} } Rk bk L, rec R; chasse sd L/R, L stg 1/4 LF trn, chasse sd R/L, R fin 1/4 LF trn (W pickup chasse R/L,R, bk chasse L/R, L) to LOP LOD;

END

1-3 RK BK, REC, 4 PT STPS, BUT HOLD THE LAST PT;;;

-3 { RK BK, REC, 4 PT STPS} Rk bk L to SCP, rec R, PT L fwd [looking LOD]; stp on L, pt R fwd [looking RLOD], stp on R; PT L fwd [looking LOD]; stp on L, pt R fwd [looking RLOD] and Hold;