

Livin' It Down

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642

Phone: (208) 887.1271

Email: TJChadd@gmail.com

Music: "Livin' It Down" by Delbert McClinton

CD: "Nothing Personal" – Track #1 available as single download at Amazon.com, Emusic.com or iTunes

Release Date: November 2013

Rhythm: Jive

Phase: IV + 1 (Chasse Rolls)

Original Length of Music: 2:41

Music Modifications: Slow 12% for comfort

Sequence: Intro AA B¹ Int C A^{mod} B² End ***Note: Optional directional head cues in []

Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)

1-4 **FCING WALL & PTR / NO HNDS JOINED / LEAD FEET FREE /**

WAIT; WAIT; VN 4; SD BRKS 2 SLO;

1-2 {Wait; Wait} Hold intro position above for 2 measures;;

3 {Vn 4} Sd L, XRIB, sd L, XRIF;

4 {Sd Brks 2 Slo} Push step L/push step R, -, clo L/clo R, -;

PART A (12 Measures)

1-3 **RK APT REC & THROWAWY [LOD] - CHG HNDS BEH THE BK [RLOD];;**

1-3 {Rk Apt & Throwawy} Rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk apt R, rec L, PU R/L, R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD,)

{Chg Hnds Beh the Bk} Rk apt L, rec R; fwd L starting 1/4 LF trn & placing right hnd over woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of woman, sd & bk R starting 1/4 LF trn & placing left hnd behind man's bk/clo L transferring woman's right hnd to man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD; (Rk apt R, rec L; Fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind man, sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn;)

4-6 **SHOULDER SHOVE ~ SHAKE HER HAND- MIAMI SPECIAL [LOD];;**

4-6 {Shoulder Shove ~ Shake Her Hand} Rk apt L, rec R trning RF, sd L/clo R, sd L toward ptr bringing man's left and woman's right shoulders tog trning LF to fc ptr; Bk R/clo L, bk R chging to right hnd shake, {Miami Special} Rk apt L, rec R; Fwd L/R, L trning RF 3/4 to lead woman to trn LF under joined right hnds putting joined hnds over Man's head so hands rest behind Man's neck, sd R/L, R; (Rk apt R, rec L; Fwd R/L, R, trning LF 3/4 under joined right hnds, sd L/R, L releasing hnd hold and slide right hnd down man's left arm ending with Man's left and Woman's right hnds joined in LOP;

7-8 **CHG LT TO RT W/ CONTINUOUS CHASSE [WALL];;**

7-8 {Chg Lt to Rt w/ Continuous Chasse} Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF trn to fc wall; Sd R/clo L, sd R/clo L, sd R/clo L, sd R; (Rk bk R, rec L, fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds; Sd L/clo R, sd L/clo R, sd L/clo R, sd L;)

9-10 **RK TO CHASSE ROLLS;;**

9-10 {Rk & Chasse Rolls} Rk bk L to SCP, rec R to fc, sd L/clo R, sd L trning RF to bk to bk position; Sd R/clo L, sd R continue trn to fc, sd L/clo R, sd L end fcng ptr completing one full trn to fc ptr and the Wall;

11 **RK & CHASSE TO FC - LOW BFLY;**

11 {Rk & Chasse to Fc} Rk bk R to SCP RLOD, rec L to fc ptr & Wall in Low Bfly, sd R/clo L, sd R;

12 **SAILOR SHUFFLE 2X;**

12 {Sailor Shuffle Twice} XLIB/sd R, sd L, XRIB/sd L, sd R;

REPEAT PART A (12 Measures)

PART B¹ (12 Measures)

- 1-4 **RK APT REC TO THE CHG RT TO LT [LOD] – RK TO CHICKEN WKS 4 SLO:::**
1-4 {**Rk Apt to Chg Rt to Lt ([LOD])**} Rk apt L to SCP, rec R, sd L/clo R, sd L commence ¼ LF trn; sd and fwd R/clo L, sd R to fc LOD, (Rk apt R to SCP, rec L sd R/clo L, fwd R commence ¾ RF trn under joined lead hands; Sd and slightly bk L/clo R, sd and bk L,)
{**Rk to Chicken Wks 4 Slo**} Rk apt L, rec R; with joined lead hands Man's palm is up and Woman's hand is palm down Bk L, -, bk R, -; Bk L, -, bk R, -; (Rk apt R, rec L; Fwd R swiveling, -, fwd L swiveling -; Fwd R swiveling, -, fwd L swiveling, -;
- 5-8 **CHG HNDS BEH THE BK [RLOD] – RK APT TO TRAVELING SAND STEPS 2X:::**
5-8 {**Chg Hnds Beh the Bk[RLOD]**} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn,)
{**Rk Apt to Traveling Sand Steps 2X**} Rk apt L, rec R to Bfly fcng RLOD; Swling RF on R ft tch L toe to instep of R ft w/ toe pointed inward, swiveling LF on R ft small sd L, swiveling RF on L ft tch R heel to floor toe pointed outward, swiveling LF on L ft XRIF; Repeat;
- 9-12 **RK TO HAND SHAKE & TRIPLE WHEEL TO LOD – SPANISH ARMS ~ LADY SPIN 1X [RLOD]:::**
9-12 {**Rk to Hand Shake & Triple Wheel to LOD**} Rk apt L, rec R chging to right hand shake, commence RF wheel sd L/clo R, sd L trning in toward ptr and tch her bk w/ Man's L hand; Continue RF wheel sd R/clo L, sd R trning away from ptr, continue RF wheel sd L/clo R, sd L trning in toward ptr and touch her bk w/ Man's L hand; Leading the woman to spin RF sd R/clo L, sd R to fc LOD, (Rk apt R, rec L chging to right hand shake and trning 1/4 LF, commence RF wheel sd R/clo L, sd R away from ptr; Continue RF wheel sd L/clo R, sd L trning toward ptr & tch his bk w/ Woman's L hand, continue RF wheel sd R/clo L, sd R spinning RF on R ft to fc ptr; Sd L/clo R, sd L,)
{**Spanish Arms ~ Lady Spin 1X (RLOD)**} Rk Bk L, rec R trning RF; Sd L/clo R, sd L continuing RF trn, sd R/clo L, sd R; (Rk bk R, rec L trning 1/4 LF; Sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning RF in place on R ft under joined lead hnds 1 full trn to end fcng ptr, sd L/clo R, sd L;)
- 13-14 **CHG RT TO LT BFLY [WALL] – RK APT & REC ~ NO HANDS:::**
13-14 {**Chg Rt to Lt TO Bfly fcng Wall**} Rk apt L, Rec R, sd L/clo R, sd L commence 1/4 LF trn; Sd & fwd R/clo L, sd R to fc Bfly fcng Wall, (Rk apt R, rec L, sd R/clo L, fwd R commence 3/4 RF trn under joined lead hnds; Sd & slightly bk L/clo R, sd & bk L to fc ptr,)
{**Rk Apt & Rec ~ No Hands**} Rk apt L, rec R with no hands joined;

INTERLUDE (2 Measures)

- 1-2 **VN 4; SD BRKS 2 SLO:**
1 {**Vn 4**} Sd L, XRIB, sd L, XRIF;
2 {**Sd Brks 2 Slo**} Push step L/push step R, -, clo L/clo R, -;

Part C (12 Measures)

- 1-3 **WINDMILL 1X [COH] – CHG LT TO RT [LOD]:::**
1-3 {**Windmill 1X**} Rk apt L, rec R starting ¼ LF trn lowering lead arms and raising trailing arms, fwd L in front/clo R, fwd L completing ¼ LF trn; Leveling arms sd R starting ¼ LF trn/clo L, sd R completing ¼ LF trn to fc COH, (Rk apt R, rec L starting ¼ LF trn, fwd R/clo L, fwd R completing ¼ LF trn; Sd L starting ¼ LF trn/clo R, sd L completing ¼ LF trn,)
{**Chg Lt to Rt (LOD)**} Rk bk L, rec R; Sd L/clo R, sd L commence 1/4 RF trn to fc LOD, sd R/clo L, sd R; (Rk bk R, rec L; Fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds, sd L/clo R, sd L complete LF trn to fc ptr,;)

- 4-6 **CHG HANDS BEH THE BK [RLOD] – CHG LT TO RT [COH]:::**
 4-6 {Chg Hands Beh the Bk [RLOD]} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc RLOD, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn.)
 {Chg Lt to Rt [COH]} Rk bk L, rec R; Sd L/clo R, sd L commence 1/4 RF trn to fc COH, sd R/clo L, sd R; (Rk bk R, rec L; Fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds, sd L/clo R, sd L complete LF trn to fc ptr,.)
- 7-9 **CHG HANDS BEH THE BK [WALL] – AMERICAN SPIN BOTH SPIN:::**
 7-9 {Chg Hands Beh the Bk to fc Wall} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman; Sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc Wall, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn.)
 {American Spin Both Spin} Rk apt L, rec R; Sd L/clo R, sd L spinning LF one full turn to fc ptr, sd R/clo L, sd R; (Rk apt R, rec L; Sd R/clo L, sd R spinning RF one full turn to fc ptr, sd L/clo R, sd L;)
- 10-12 **RK APT TO JIVE WKS – SWIVEL WK 2 & CHASSE LT & RT:::**
 10-12 {Rk Apt to Jive Wks} Rk apt L, rec R to SCP, fwd L/clo R, fwd L; Fwd R/clo L, fwd R,
 {Swivel Wk 2 & Chasse Lt & Rt} Fwd L swiveling on ball of ft, fwd R swiveling on ball of ft to fc ptr & Wall; Sd L/clo R, sd L, sd R/clo L, sd R;

PART A^{mod} (12 Measures)

- 1-3 **FALLAWY THROWAWY [LOD] - CHG HNDS BEH THE BK [RLOD]:::**
 1-3 {FallawyThrowawy} Rk bk to SCP L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk bk to SCP R, rec L, PU R/L, R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD.)
 {Chg Hnds Beh the Bk} See Part A measures 1.5 - 3
- 4-12 **SHOULDER SHOVE ~ SHAKE HER HAND– MIAMI SPECIAL [LOD]:::**
CHG LT TO RT W/ CONTINUOUS CHASSE [WALL]:::
RK TO CHASSE ROLLS::: RK & CHASSE TO FC – LOW BFLY; SAILOR SHUFFLE 2X:
 Repeat Part A – Measures 4-12

PART B² (16 Measures)

- 1-4 **RK APT TO CHG RT TO LT [LOD] – RK TO CHICKEN WKS 4 SLO:::**
 1-4 Repeat Part B¹ – Measures 1-4
- 5-8 **CHG HNDS BEH THE BK [RLOD] – RK TO TRAVELING SAND STEPS 2X:::**
 5-8 Repeat Part B¹ – Measure 5-8
- 9-16 **RK TO HAND SHAKE & TRIPLE WHEEL TO LOD – SPANISH ARMS ~ LADY SPIN 2X [LOD] – CHG RT TO LT TO COH) – DBL RK APT & REC:::;:::**
 9-16 {Rk to Hand Shake & Triple Wheel to LOD} Repeat Part B¹ – Measures 9 – 10.5
 {Spanish Arms ~ Lady Spin 2X [LOD]} Rk bk L, rec R trning RF; Sd L/clo R, sd L continuing RF trn, sd R/clo L, sd R to fc RLOD; Repeat to LOD;~ (Rk bk R, rec L trning 1/4 LF; Sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning RF in place on R ft under joined lead hnds 1 full trn to end fcng ptr, sd L/clo R, sd L; Repeat to fc ptr;~)
 {Chg Rt to Lt To Bfly fcng COH} Rk apt L, rec R; Sd L/clo R, sd L commence 1/4 LF trn, sd & fwd R/clo L, sd R to Bfly fcng COH, (Rk apt R, rec L; Sd R/clo L, fwd R commence 3/4 RF trn under joined lead hnds, sd & slightly bk L/clo R, sd & bk L to fc ptr;)
 {Dbl Rk Apt & Rec} Rk apt L, rec R, rk apt L, rec R;

ENDING (6 Measures)

- 1-2** **INTO THE CHG HANDS BEH THE BK FC THE WALL – DBL RK APT & REC TO NO HANDS;;**
1-2 **{Into the Chg Hands Beh the Bk to fc Wall}** Fwd L starting 1/4 LF trn & placing right hnd over Woman's right hnd/clo R, fwd L releasing left hnd & completing 1/4 LF trn to tandem in front of Woman, sd & bk R starting 1/4 LF trn & placing left hnd behind Man's bk/clo L transferring Woman's right hnd to Man's left hnd behind his bk, sd & bk R completing 1/4 LF trn to fc Wall; (Fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind Man, sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn;)
{Dbl Rk Apt & Rec ~ No Hands} Rk apt L, rec R, rk apt L, rec R with no hands joined;
- 3-4** **VN 4 – SD BRKS 2 SLO;;**
3 **{Vn 4}** Sd L, XRIB, sd L, XRIF;
4 **{Sd Brks 2 Slo}** Push step L/push step R, -, clo L/clo R, -;
- 5-6** **VN 4 – SD BRKS 2 QKS – QK SD & PT RLOD;;**
5 **{Vn 4}** Sd L, XRIB, sd L, XRIF;
6 **{Sd Brks 2 Qk – Qk Sd & Pt RLOD}** Push step L/push step R, clo L/clo R, Sd L & Pt RLOD w/ R;