

LONG COOL WOMAN

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| Choreographer: | Rhythm: | Jive |
| Tim Eum & Cindy Hadley | Phase: | IV + 0 + 1 (Reverse Whip Turn) |
| 437 Nature's Way SW | Footwork: | Opposite except where (<i>italicized, bold and red</i>) |
| Huntsville, AL 35824-3116 | Date: | 7 July 2012 |
| (256) 457-7875 | Sequence: | Intro-A-B-B-C-D-A-B-A-B-C-End |
| TimEum@gmail.com | Speed: | Original is OK but you can slow for comfort |
| gatorCindy@aol.com | Length: | 3:17 |
| Music: | "Long Cool Woman in a Black Dress" by The Hollies | |
| Available at Amazon.com for 99¢ at: http://www.amazon.com/Long-Cool-Woman-Black-Dress/dp/B006YJL5EQ | | |

INTRODUCTION

| | | |
|-------|---------------------------|---|
| 1 - 4 | Wait ,, | Wait 2 beats (3 notes) facing partner (man to wall) with trail foot free ,, |
| | Riverboat Shuffle | Taking a step twd LOD for each heavy note: XRif, sd L, XRib, sd R ~ |
| | Quick rock/recover | Very quickly XRif checking / recover L checking ~ |
| | Riverboat Shuffle | Taking a step twd LOD for each heavy note: XRif, sd L, XRib, sd R ~ |
| 5 - 8 | Close, Point ,, | On the heavy notes: Cl R, pt L to LOD ; |
| | Sailor Shuffle ,, | XLib, sd R/sd L, |
| | Riverboat Shuffle | Taking a step twd LOD for each heavy note: XRif, sd L, XRib, sd R ~ |
| | Quick rock/recover | Very quickly XRif checking / recover L checking ~ |
| | Riverboat Shuffle | Taking a step twd LOD for each heavy note: XRif, sd L, XRib, sd R ~ |
| | Close, Point ,, | On the heavy notes: Cl R, pt L to LOD ; |

* NOTE: Unusual timing for Intro. Each four measure block is 16 counts but only the first two (i.e. Wait) and the last two (i.e. Close, Point) are normal. The three measures (i.e. 12 counts) for the "Riverboat Shuffle, quick rock/recover, Riverboat Shuffle" have only 9 steps and thus take an unusual 1 1/3 (4/3) beats per step. Do the Riverboat Shuffles on the first 4 heavy beats then the quick rock, recover in the same time as one of the Riverboat Shuffle steps, and then finish with another Riverboat Shuffle on the last 4 heavy beats.

PART A

| | | |
|-------|--------------------------------|---|
| 1 | Progressive Rock 4 ; | In BFLY rk apt L, XRif, rk apt L, XRif ; |
| 2 - 4 | Kick Ball Change ,, | Kick L/quickly bring L toe beside R & stp in plc L rising, sip R lowering, Rk apt L, rec R, moving clockwise around W fwd L/fwd R, fwd L catching her at waist with right hand; Continue around W fwd R, fwd L, fwd R ending in LOPF-wall ; (<i>W rk apt R, rec L, fwd R/cl L, fwd R; Bk L, bk R, bk L/cl R, bk L;</i>) |
| | Lindy Catch ;; | |
| | Open Break, Recover ,, | Rk apt L shoot trail hand up, rec R bring trail hand down, |
| 5 | Chasse L & R ; | Sd L/cl R, sd L, sd R/cl L, sd R ; |
| 6 - 8 | Change R to L :: | Swiveling to SCP rk bk L, rec R, sd L/cl R, sd L trng LF 1/8 ; sd R/cl L, sd R trng LF to LOPF-DLC, (<i>W swivel to SCP rk bk R, rec L, sd R/cl L lowering right shlder twd man in tucking action, sd R spinning RF 3/4 under joined lead hnds, sd & bk L/cl R, sd & bk L ;</i>) |
| | Change L to R to SCP :: | Rk apt L, rec R; sd L/cl R, sd L trng RF ¼, sd R/cl L, sd R ending in SCP-LOD ; (<i>W rk apt R, rec L; fwd R/cl L, fwd R trng LF ¼ under joined lead hands to fc ptr, sd L/cl R, sd L ;</i>) |

PART B

| | | |
|-------|--|---|
| 1 - 6 | Jive Walks ;: | Rk Bk L, rec R, fwd L/lk R, fwd L ; Fwd R/lk L, fwd R, |
| | Swivel Walk 4 ; | Swivel in fwd L, swvl out fwd R, swvl in fwd L, swvl out fwd R ; |
| | Throwaway to HNDSHK ; | Sd L/cl R, sd L, sd & fwd R/cl L, sd R join right hands fcg LOD ; <i>(W swvl in fwd R/cl L trng LF, sd & bk R, bk L/cl R, bk L to LOFP;)</i> |
| | Triple Wheel (end facing COH) to HNDSHK ;;; | Rk apt L, rec R; trng slightly RF <i>(Lady turns away LF)</i> side triple L/R, L to touch lady's left shoulder, trng away LF side triple R/L, R extending joined right hands to man's right side <i>(Lady turns RF and touches man's left shoulder with her left hand)</i> ; Swinging back RF side triple L/R, L to touch lady's left shoulder <i>(Lady turns away LF)</i> , Triple in place R/L, R leading <i>lady to free spin a full turn RF</i> and ending in handshake man facing COH; |
| 7 - 8 | Miami Special ;: | Rk apt L, rec R, forward triple L/R, L turning $\frac{3}{4}$ RF leading lady to turn $\frac{3}{4}$ LF under joined right hands while looping right hand over and behind man's head and placing left hand on lady's right elbow ; Triple sideways R/L, R letting go of lady's right hand so the man can "comb" his hair with his right hand while sliding lead hand down partner's forearm ending in LOP-RL0D , |
| | Link Rock to SCP* ;: *3rd time to BFLY | Rk apt L, rec R; sd & fwd L/cl R, sd & fwd L, sd R/cl L, sd R to SCP ; * Note: Third time thru Part B end in BFLY instead of SCP |

PART C

| | | |
|---------|---------------------------------|--|
| 1 - 2 | Reverse Whip Turn ;; | Rk bk L, rec R, fwd L/sd & slightly bk R, small fwd L heel opposite R toe to CP DLC ; Sd & slightly fwd R trng LF, swvl LF on ball of L ending L heel opp R toe fcing WALL, sd chasse R/L.R <i>(W rk bk R, rec L, trng LF sd chasse R/L/R; trng LF XLib of R w/L toe opposite R heel, cont LF trn bk & slightly sd R, sd chasse L/R, L)</i> to SCP ; |
| 3 - 5 | Full Pretzel Turn ;;; | Rk bk L, rec R to fc, sd L/cl R, sd L trng RF <i>(W LF)</i> to BK-BK position but keeping lead hands joined waist high behind back ; Sd R/cl L, sd R, XLif to rk twd LOD with trail hands extended twd LOD, rec R ; sd L/cl R, sd L trng LF <i>(W RF)</i> to SCP, sd R/cl L, sd R ; |
| 6 - 9 | Rock back, recover, | Rk bk L, rec R, |
| | 4 Point Steps to face ;; | Point L fwd and out looking away from ptr, step fwd L ; point R fwd and in looking twd ptr and slightly to RLOD, step fwd R, Point L fwd and out looking away from ptr, step fwd L; Point R fwd and in looking twd ptr and slightly to RLOD, step fwd R, |
| | American Spin ;: | Rk apt L, rec R ; Sd L/cl R slightly lowering lead shoulder in tucking action, sd L <i>(W spin full turn RF)</i> , sd L/cl R, sd L to BFLY ; |
| 10 - 12 | 2 Windmills ;;; | Rk apt L, rec R to BFLY-SCAR, fwd triple L/R, L wheeling LF half around ; Side triple R/L, R to face COH, Rk apt L, rec R to BFLY-SCAR; fwd triple L/R, L wheeling LF half around, side triple R/L, R ; |

PART D

| | | |
|---------|---|--|
| 1 - 2 | Side Brks (2 Slo, 4 Qk);; | Step side out L/step side out R, hold, rec in L /cl R in, hold ; Sd out L/sd out R, rec in L/cl R, sd out L/sd out R, rec in L/cl R; |
| 3 - 4 | Side Brks (2 Slo, 4 Qk) to CP;; | Step side out L/step side out R, hold, rec in L /cl R in, hold ; Sd out L/sd out R, rec in L/cl R, sd out L/sd out R, rec in L/cl R to CP; |
| 5 - 8 | Marchessi ;;; | L heel fwd, rec R, L toe bk, rec R ; L heel fwd, rec R, L heel fwd, rec R ; L toe bk, rec R, L heel fwd, rec R ; L toe bk, rec R, L toe bk, rec R ; |
| 9 | Progressive Rock 4 ; | Rk apt L, XRif, rk apt L, XRif ; |
| 10 | Throwaway ; | Sd L/cl R, sd L, sd & fwd R/cl L, sd R to LOPF-LOD ; |
| 11 - 12 | Chicken Walks (2 Slow, 4 Quick) ;; | Keeping knees together bk L, - , bk R, - ; bk L, bk R, bk L, bk R ; <i>(W swvl fwd R, - swvl fwd L, - ; flirtatiously raise left arm up over next 4 steps – swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L ;)</i> |
| 13 - 14 | Link to a Continuous Chasse ;; | Rk apt L, rec R, triple together L/R, L trng to face wall ; Toward RLOD sd R/cl L, sd R/cl L, sd R/cl L, sd R to BFLY ; |
| 15 | Rk behind, rec, Kick Ball Change ; | XLib <i>(W XRib)</i> checking, rec R, Kick L/quickly bring L toe beside R and step in place L rising, sip R lowering; |
| 16 | Traveling Sand Step ; | Tch L toe in, sd L, tch R heel out, XRif ending still in BFLY; |

ENDING

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|-------|------------------------------|---|
| 1 - 3 | Spanish Arms ;; | Keeping both hands joined throughout -- Rk apt L, rec R trng ¼ RF raising lead hands, sd L/cl R, sd L trng ¼ RF; Sd R/cl L, sd R, <i>(W rk apt R, rec L trng ¼ LF, passing in front of man sd R/cl L look over left shoulder at partner, sd R trng RF ¾ to BFLY; Sd L/cl R, sd L,)</i> |
| | Shoulder Shove ;; | Rk apt L, rec R trng to LOP-LOD ; Sd L/cl R, sd L to rub shoulders (M's L & W's R) with partner trng to fc, b R/cl L, bk R ; |
| 4 | Sole Tap 4 and hold ; | Rk apt L, rec R, fwd L trng ¼ RF <i>(W LF)</i> to side by side position, bend R knee to cross R foot behind at knee level to touch R shoe sole to <i>woman's L shoe sole</i> and sharply extend trail arm up and out ; |

NOTES:

- (1) This dance uses all Roundalab phase 4 Jive steps standardized as of June 2012. They are marked with **green** in the head cues section of this cuesheet.
- (2) Unphased steps are marked in **purple** in the head cues section of this cuesheet.
- (3) The **Reverse Whip Turn** is the same as used in the Worlock's "Rama Lama Ding Dong".



Dance with passion, be playful and smile.

Tim Cum & Cindy Hadley

Tim has taught round dancing since 1976. Tim has taught internationally and all over the United States. He is known for his energetic cueing and teaching style. Cindy and Tim have been teaching together since 2008.

LONG COOL WOMAN – QUICK CUES:

INTRO:

Wait 2 beats (3 notes) trail foot free,, ~
Riverboat Shuffle ~ quick rock, recover ~
Riverboat Shuffle ~ Close, Point ;;;
Sailor Shuffle,,~
Riverboat Shuffle ~ quick rock, recover ~
Riverboat Shuffle ~ Close, Point ;;;

PART A:

Progressive Rock 4 ~ Kick Ball Change ;;
Lindy Catch ;; Open Break, recover, ~
Chasse L & R to SCP ;; Change R to L ;;
Change L to R ;;

PART B:

Jive Walks ;; Swivel Walk 4 ;
Throwaway to handshake ;
Triple Wheel (end fcg COH) to handshake ;;
Miami Special ;; Link Rock to SCP ;;

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PART C:

Rock to Reverse Whip Turn ;;
Full Pretzel Turn ;;; Rock Back, recover, ~
4 Point Steps to face ;;: American Spin ;;
2 Windmills ;;;

PART D:

Side Breaks (2 Slow 4 Quick) ;;
Side Breaks (2 Slow 4 Quick) to CP ;;
Marchessi ;;;; Progressive Rock 4 ;
Throwaway ; Chicken Walks (2 Slo 4 Qk) ;;
Link to a Continuous Chasse ;;
Rk, rec, Kick Ball Chg; Travelling Sand Step;

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4 Point Steps ;;: American Spin ;;
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END:

Spanish Arms ;; Shoulder Shove ;;
Sole Tap 4 and hold ;