MR. ARROW KEY

Choreographers:	Release date: May 2014
Annette & Frank Woodruff	**Rhythm & Phase: Cha Cha V+2 (Curl, Rope Spin)***
	Teaching Tip: Cuban Breaks (Single & Double), Curl & Spiral
	Music: Mr. Arrow Key by Alec Medina, MP3 download from Casa Musica
Rue du Camp, 87 7034 Mons, Belgium Tel: 32 65 73 19 40	**Time & Speed:** 3:42 @ unchanged speed
	Footwork: Opposite except where indicated *(W's footwork in parentheses)*
annetteandfrank@gmail.com	**Sequence: Intro – AB – Bridge – B – A – C – A - Ending**

*Feel free to replace Rope Spins with Lariats for an easier dance

INTRODUCTION

1	Wait ;	HNDSHK WALL wt 1 meas ;
2	2 Side Closes ;	Sd L, cl R, sd L, cl R [merengue style if you wish: start side steps with inside edge of foot) ;

PART A

1	Curl to VARS Man in 4 ;	Fwd L, rec R, sd L, cl R *(W bk R, rec L, sd R/cl L, fwd R curling LF ½)* & jn L hnds to VARS WALL both w/ L ft free ;
2 - 4	Parallel Chase once & a half ;;;	Sd L startg to trn RF, rec R trng RF to L-VARS RLOD, fwd L/cl R, fwd L ; sd R startg to trn LF, rec L trng LF to VARS LOD, fwd R/cl L, fwd R ; sd L startg to trn RF, rec R trng RF to L-VARS RLOD, fwd L/cl R, fwd L *(last step for W is XLif trng bdy RF twd COH & spiral RF 7/8 raising both hnds over hd & jng R hnd to M's L hnd)* ;
5	… to a Rope Spin ;	Sm sd R trng LF to fc WALL, rec L, ip R/L, R *(W circg CW arnd M undr ld hnds fwd R, L, R/L, R)* ;
6	Finish Rope Spin M in 4 ;	Sd L, rec R, ip L, ip R *(W cont CW circ arnd M fwd L, R, L/R, L)* to mom BFLY WALL now ld feet free ;
7	Hand to Hand ;	Swvlg sharply on ball of R ft XLib *(W XRib)* trng to OP LOD, rec R to BFLY WALL, sd L/cl R, sd L ;
8	[1st time] Spot Turn to HNDSHK ;	Relg hnds & swvlg ¼ LF on L ft fwd R trng LF ½, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R jng R hnds ;
8	[2nd & 3rd time] Spot Turn to LCP ;	Relg hnds & swvlg ¼ LF on L ft fwd R trng LF ½, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R to LCP WALL ;

PART B

1	Trade Places to L-HNDSHK ;	Apt L, rec R relg hnds & trng ¼ RF *(W LF)* to TAND RLOD W in frnt, slide bhd W sd L/cl R reachg L hnd to W's L forearm & slidg hnd dwn her arm, sd L trng ¼ RF *(W ¼ LF)* to L-HNDSHK COH ;
2	Glide to the Side ;	Sd R, lwrg thru L, sd R/cl L, sd R ;
3	[Mod] Trade Places to HNDSHK ;	Apt L, rec R relg hnds & trng ¼ RF *(W LF)* to TAND LOD M in frnt, slide in frnt of W sd L/cl R reachg R hnd to W's R forearm & slidg hnd dwn her arm, sd L trng ¼ RF (W ¼ LF) to HNDSHK WALL ;
4	Glide to the Side ;	Sd R, lwrg thru L, sd R/cl L, sd R ;
5 – 6	Shadow Break 2x ;;	XLib *(W XRib)* trng ¼ LF to SD-BY-SD LOD w/ R hnds jnd in front of bdies & L hnds xtnd to sd at shldr level, rec R to fc ptr, sd L/cl R, sd L ; XRib *(W XLib)* trng 1/4 RF to SD-BY-SD RLOD same styling, rec L to fc ptr, sd R/cl L, sd R ;

7 - 8	**Flirt to a Fan ;;**	Fwd L, rec R, sd L/cl R, sd L *(W rk bk R, rec L trng LF, contg trn sd R/ cl L, sd R)* to VARS WALL ; bk R, rec L, sd R/cl L, sd R *(W rk bk L, rec R, sliding in frt of M sd L/cl R, trng to fc RLOD sd & bk L leavg R ft xtnd fwd)* ;
9 - 10	**Alemana to BFLY ;;**	Fwd L, rec R, sm sd L/cl R, sd L *(W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fc M)* ; raisg jnd ld hnds bk R trng bdy slightly RF, rec L squaring bdy to fc ptr, sd R/cl L, sd R *(W trng RF undr jnd hnds fwd L & swvl RF ½ , fwd R & swvl RF ¼ , completing full RF trn fwd & sd L/cl R, sd L)* to BFLY WALL ;
11 - 12	**Double Cubans Both Ways ;;**	XLif *(W XRif)*/rec R, sd L/rec R, XLif *(W XRif)*/rec R, sd L ; XRif *(W XLif)*/rec L, sd R/rec L, XRif *(W XLif)*/rec L, sd R ;
13	**Single Cubans Both Ways ;**	XLif *(W XRif)*/rec R, sd L, XRif *(W XLif)*/rec L, sd R ;
14	**To RLOD Spot Turn ;**	Relg hnds & swvlg ¼ RF on R ft fwd L trng RF ½, rec R trng ¼ RF to fc ptr, sd L/cl R, sd L ;
15 - 16	**Double Cubans Both Ways ;;**	XRif *(W XLif)*/rec L, sd R/rec L, XRif *(W XLif)*/rec L, sd R ; XLif *(W XRif)*/rec R, sd L/rec R, XLif *(W XRif)*/rec R, sd L ;
17	**Single Cubans Both Ways ;**	XRif *(W XLif)*/rec L, sd R, XLif *(W XRif)*/rec R, sd L ;
18	**To LOD Spot Turn ;**	Relg hnds & swvlg ¼ LF on L ft fwd R trng LF ½, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R to LOP-FCG WALL [1st time] or to HNDSHK WALL [2nd time] ;

BRIDGE

1 - 2	**Alemana ;;**	Fwd L, rec R, sd L/cl R, ip L raisg jnd ld hnds palm to palm *(W bk R, rec L, fwd R/lk Lib, fwd R twd M's L sd)* ; bk R trng bdy slightly RF, rec L squaring bdy to fc ptr, sd R/cl L, sd R *(W fwd L undr jnd hnds & swvl RF to fc WALL, fwd R & swvl RF to fc DRC, cont RF trn fwd & sd L/cl R, fwd & sd L & spiral 7/8 RF to end on M's R sd)* ;
3 - 4	**… to a Rope Spin to HNDSHK ;;**	Sd L, rec R, ip L/R, L *(W circ CW arnd M R, L, R/L, R)* ; sd R, rec L, ip R/L, R *(W cont circ arnd M L, R, L/R, L)* to HNDSHK WALL ;

Repeat Part B
Repeat Part A

PART C

1 - 4	**Basic to Full Natural Top ;;;;**	[2 full RF revolutions] Fwd L, rec R, trng RF sd L/cl R, sd L to CP DRW ; trng RF on each step XRib, sd L, XRib/sd L, XRib *(W sd L, fwd R between M's ft, sd L/fwd R between M's ft, sd L)* ; sd L, XRib, sd L/XRib, sd L *(W fwd R between M's ft, sd L, fwd R between M's ft/sd L, fwd R between M's ft)* ; XRib, sd L, XRib/sd L, cl R *(W sd L, fwd R between M's ft, sd L/fwd R between M's ft, sd L)* ;
5	**Latin Whisk ;**	XLib *(W XRib)* to mom SCP, rec R to LCP, sd L/cl R, sd L ;
6	**Aida ;**	Thru R, sd L trng RF, bk R/lk Lif, bk R to V-BK-TO-BK ;
7	**Switch Cross ;**	Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif/sd R, XLif lookg RLOD ;
8	**Crab Walks Ending ;**	Sd R, XLif *(W XRif),* sd R/ cl L, sd R ;
9 - 10	**Double Cubans Both Ways ;;**	Repeat meas 11-13 Part B ;;;
11	**Single Cubans Both Ways ;**	
12	**Spot Turn in 4 to CP ;**	Relg hnds & swvlg ¼ RF on R ft fwd L trng RF ½, rec R trng ¼ RF to fc ptr, sd L, cl R to CP WALL ;
13	**Latin Whisk ;**	Repeat meas 5-8 Part C ;;;;
14	**Aida ;**	
15	**Switch Cross ;**	
16	**Crab Walks Ending ;**	
17 - 20	**Chasse Roll Both Ways ;;;;**	XLib trng to OP, relg trl hnds rec R to fc jng ld hnds low, sd L/cl R, sd L trng RF *(W LF)* to BK-TO-BK ; relg ld hnds sd R/cl L, sd R contg trn to fc, sd L/cl R, sd L contg trn to ½ LOP RLOD ; rk bk R, rec L stg LF trn, sd R/cl L, sd R trng LF *(W RF)* to BK-TO-BK ; sd L/cl R, sd L contg trn to fc, sd R/cl L, sd R to LOP-FCG WALL ;
21 - 24	**Chase with Underarm Pass 2x ;;;;**	Fwd L trng RF ½ keepg ld hnds jnd, rec R, fwd L/cl R, fwd L *(W bk R, rec L, fwd R/cl L, fwd R twd M's L sd)* ; bk R raisg ld hnds ldg W to trn LF, rec L, sd R/cl L, sd R *(W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L)* to LOP-FCG COH ; Rpt meas 21-22 & chg hnds to HNDSHK WALL ;;

Repeat Part A

ENDING

1	**Lunge Side**	Sd L, -, -, - ;

Some of the lyrics (original sung by Lena Meyer-Landrut, a German artist)

Oh, oh, my feet are really hurting and my back is aching
My body's certainly weary and my legs are shaking
I've been searching for so long to get to destiny
But I can't find the arrow key

Been climbing up the walls but I am falling down
I've been running through the streets but I still haven't found

I'm looking for it, searching for it desperately
But I can't find the arrow key

Mister, I'm feeling cold and I'm lonely
The people seem to ignore me
But I do need someone to guide me

Mister, you really seem to be a nice guy
With your moustache and your kind eyes
It feels like I already know you, do I?

https://www.youtube.com/watch?v=RNzIMI_tRiE#aid=P-ZC4lC_DPg

MR. ARROW KEY – WOODRUFF – MAY '14 – PHASE V+2 - 3:42

INTRO (2 meas)

HNDSHK WALL Wait 1 ; 2 Side Closes ;

PART A (8 meas)

Curl to VARS [M in 4] ; Parallel Chase Once & a Half to a Rope Spin;;;;
Finish Rope Spin [M in 4] ; Hand to Hand ; Spot Turn to HNDSHK ;

PART B (18 meas)

Trade Places to L-HNDSHK ; Glide to the Side ; Trade Places to HNDSHK ;
Glide to the Side ; Shadow Break 2x ;; Flirt to a Fan ;; Alemana to BFLY ;;
Double Cubans both Ways ;; Single Cubans both Ways ; to RLOD Spot Turn ;
Double Cubans both Ways ;; Single Cubans both Ways ; to LOD Spot Turn ;

BRIDGE (4 meas)

Alemana to a Rope Spin to HNDSHK ;;;;

PART B (18 meas)

Trade Places to L-HNDSHK ; Glide to the Side ; Trade Places to HNDSHK ;
Glide to the Side ; Shadow Break 2x ;; Flirt to a Fan ;; Alemana to BFLY ;;
Double Cubans both Ways ;; Single Cubans both Ways ; to RLOD Spot Turn ;
Double Cubans both Ways ;; Single Cubans both Ways ; to LOD Spot Turn to
HNDSHK ;

PART A (8 meas)

Curl to VARS [M in 4] ; Parallel Chase Once & a Half to a Rope Spin;;;;
Finish Rope Spin [M in 4] ; Hand to Hand ; Spot Turn to CP ;

PART C (24 meas)

Basic to Full Natural Top ;;;; Latin Whisk ; Aida ; Switch Cross ;
Crab Walks Ending ; Double Cubans both Ways ;; Single Cubans both Ways ;
To RLOD Spot Turn 4 ; Latin Whisk ; Aida ; Switch Cross ; Crab Walks Ending ;
Chasse Roll both Ways ;;;; Chase with Underarm Pass 2x to HNDSHK ;;;;

PART A (8 meas)

Curl to VARS [M in 4] ; Parallel Chase Once & a Half to a Rope Spin;;;;
Finish Rope Spin [M in 4] ; Hand to Hand ; Spot Turn to CP ;

ENDING (1 meas)

Lunge Side ;