

MY BLUE HEAVEN

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MUSIC: My Blue Heaven– Freddy Cannon –The Best of (2003) –TK11 Contact Choreo for other sources
RHYTHM: WC/JV Phase IV+2 (Triple Traveler & Roll, Whip Turns) SPEED: 0.95 of Recorded or adjust to suit
SEQUENCE: INTRO-A-B-A(MODIFIED)-C-B-ENDING FOOTWORK: Opposite or as noted TIMING: As noted

INTRO

SD BRKS (S & O);; SAILOR SHUFFLE; KCK BALL CHNG & HOLD;

[Sd Brks 1a,-,2a,-;1a,2a,3a,4a;] No hnds M fcng LOD a single note wait psh stp L/psh stp R, hold, cl L/cl R, hold; psh stp L/psh stp R, cl L/cl R. psh stp L/psh stp R, cl L/cl R; Go to lo BFLY/LOD [Sailor Shuffle 1a,2,3a,4;] XLib/sd R, stp in pl L, XRib/sd L, stp in pl R (XRib/sd L, stp in pl R, XRib/sd R, spt in pl L); Rel tr hnds [Kck Ball Chng & Hold 1a,2,-,-;] Kck L fwd/ tk wgt on ball of L, replace wgt on R, hold, hold; LOP LOD

PART A

SUGAR PSH;;; WRPD WHP;;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; KCK BALL CHNG & HOLD;

1-8 [Sugar Psh 1,2,3,4; 5a,6;] LOP LOD Bk L, bk R, tch L to R, fwd L (fwd R, fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwd L), [WRPD WHP 1,2; 3a,4, 5,6; 7a,8;] bk L to dbl hnd hld, rec R trng ¼ RF; raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP, XRib trng RF rel M's R & W's L hnds, sd L trng RF to fc LOD (fwd R, fwd L; fwd R/cl L, bk R, bk L, bk R); sd R/cl L, sd R (coaster L/R, L), [L Sd Pass 1,2; 3a,4,5a,6;] Bk L trng LF, cl R trng LF ldng W to M's L sd (fwd R, fwd L passing on M's L sd); fwd L/cl R, fwd L trng LF, (fwd R/fwd L, fwd R trng LF), coaster stp; LOP RLOD [WRPD WHP Tunnel Exit 1,2,3a,4; 5,6,7a,8;] Bk L to dbl hnd hld, rec R trng ¼ RF, raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP; XRib trng RF raising R allwng W to sld undr M's arm, fwd L rel ld hnds (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Kck Ball Chng & Hold 1a,2,-,-;] Kck L fwd/ tk wgt on ball of L, replace wgt on R, hold, hold; LOP RLOD

R PASS M,s UNDRARM TRN;;; WHP TRN;;; SUGAR PUSH;; LINDY CATCH;; Q SD BRKS;

9-16 [R Pass M's Undrarm Trn 1,2,3a,4; 5a,6;] Jn R hnds M trn to "L" Pos fcng wall (W fcng LOD) Sd L twd LOD, rec bk R ldng W fwd, sd L/cl R, fwd L trng RF undr own R arm & LOD (fwd R, fwd L, fwd R trng ¼ LF/XLIF cont trng ¼ LF, bk R); anchor R/L,R (L/R,L), LOP LOD [WHP Trn 1,2; 3a,4, 5,6;7a,8;] Bk L rec R fwd & sd mvng to W's R sd trng ¼ RF (fwd R, fwd L trng RF ½); to CP sd L trng ¼ RF/fwd R, sd & fwd L, XRib trng RF ½,, fwd L (bk R/cl L to R, fwd R btwn M's feet trng ½ RF, bk L, bk R); R/L, R (XLib/ sd R, sd L) [Sugar Psh 1,2;3,4, 5a,6;] Bk L, bk R; tch L to R, fwd L, XRib/sm sd L, sd R (fwd R, fwd L; tch R to L, bk R, bk L/cl R, fwd L); [Lindy Catch 1,2,3a,4; 1,2,3a,4;] Rk apt L, rec R, fwd L/R, L mvng RF arnd W catching her at waist w/ R hnd rel L hn (rk apt R, rec L, fwd R/F, R in fnt of M); fwd R, fwd L cont arnd W, fwd R/L, R (bk L, bk R still fcng sm dir, bk L/R, L); No hnds jnd [Q Sd Brks 1a,2a,3a,4a;] Psh stp L/psh stp R, cl L/cl R, psh stp L/psh stp R, cl L/cl R; Jn ld hnds

PART B

UNDRARM TRN TO TRPL TRAV & ROLL;;;;, TUCK & SPN;; SAILOR SHUFFLE; KCK BALL CHNG & HOLD;

[Undrarm Trn to Triple Traveler & Roll 1,2,3a,4; 5a,6,1,2; 3a,4,5a,6; 7a,8,1,2; 3a,4;] LOP LOD bk L trn ¼ RF, fwd R cont trng (fwd R,L), sd & fwd L fcn RLOD/cl R, fwd L trng LF to fc wall R hds jnd palm to palm (fwd R/L, R twd RLOD pass M on Wall sd undr jnd hnds trng ¾ LF trn to fc COH); sd chasse R/L, R, psh lightly with R hnds roll 1 & ½ RF L, R to fc COH (roll 1 & ½ RF R, L) jn L hnds palm to palm; sd chasse L/R, L trn ½ LF chng to R hnds palm to palm, sd chasse R/L, R trn ½ RF chng to L hnds palm to palm; sd chasse L/R, L, psh lightly with L hnds roll 1 & ¼ LF R, L (roll 1 & ¼ LF L, R) jn M's L & W's R hnds M fcng RLOD & ptr; XRib/sm sd L, sd R (bk L/cl R, fwd L), LOP RLOD [Tuck & Spn 1,2; 3,4,5a,6;] bk L, bk R to lo BFLY; tch L to R, fwd L rsng ld hnd and soft pull on trl hnd, XRib/sd L, sd R (fwd R, fwd L slight RF trn to tight BFLY; tch R to L, fwd R trng RF undr jnd ld hnds spinning RF to fc ptr, XLib/sd R, sd L); [Sailor Shuffle 1a,2,3a,4;] XLib/sd R, stp in pl L, XRib/sd L, stp in pl R (XRib/sd L, stp in pl R, XRib/sd R, spt in pl L); [Kck Ball Chng & Hold 1a,2,-,-;] Kck L fwd/ tk wgt on ball of L, replace wgt on R, hold, hold; LOP RLOD

PART A (MODIFIED)

SUGAR PSH;;; WRPD WHP;;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; Q SD BRKS;

[Sugar Psh 1,2,3,4; 5a,6,] LOP RLOD Bk L, bk R, tch L to R, fwd L;(fwd R, fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwd L), [WRPD WHP 1,2; 3a,4, 5,6; 7a,8,] bk L to dbl hnd hld, rec R trng ¼ RF; raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP, XRib trng RF rel M's R & W's L hnds, sd L trng RF to fc LOD (fwd R, fwd L; fwd R/cl L, bk R, bk L, bk R); sd R/cl L, sd R (coaster L/R, L), [L Sd Pass 1,2;3a,4,5a,6:] Bk L trng LF, cl R trng LF ldnng

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W to M's L sd (fwd R, fwd L passing on M's L sd); fwd L/cl R, fwd L,(fwd R/fwd L, fwd R trng LF), coaster stp; LOP LOD [WRPD WHP Tunnel Exit 1,2,3a,4; 5,6,7a,8:] Bk L to dbl hnd hld, rec R trng ¼ RF, raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP; XRib trng RF rasng R allowing W to sld undr M's arm, fwd L LOD rel tr hnds (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Sd Brks1a,2a,3a,4a:] Psh stp L/psh stp R, cl L/cl R, psh stp L/psh stp R, cl L/cl R); LOP LOD

PART C

LINK RK;; PRETZEL TRN;; DBL RK; UNWRP; TRPL WHP;;; TRNG CHASSE EXIT;

1-8[Link Rk 1,2,3a,4;1a,2,] LOP LOD rk bk L(rk bk R), rec R, small triple fwd L/R,L; sd R/L, R) CP M fcng wal [Rk to Pretzel Trn 1,2;3a,4,1a,2,] Rk bk L SCP LOD, rec R trng to fc ptr; sd L/cl R, sd L trng ½ RF keeping M's L & W's R hnds jnd to bk to bk pos, sd R/cl L, sd R trng ¼ RF to bk to bk "V" pos w/M's L & W's R hnds jnd bhnd bk; [Dbl Rk 1,2,3,4,] rk fwd L XRif to LOD w/ R hnd ext fwd, rec R, rk fwd L XRif to LOD w/ R hnd ext fwd, rec R trng ¼ LF; [Unwrp Pretzel 1a,2;3a,4,] sd L/cl R, sd L trng ½ LF to fc ptr still retaining M's L & W's R hnds; sd R/cl L, sd R, [Triple Whip 1,2,3a,4;1,2, 3,4;5,6,7a,8] Rk bk L, rec R, fwd & sd L blnd to CP & comm RF trn/cl R cont RF trn, sd & bk L cont trn RF; XRib (XLif) cont trn RF, sd L cont trn RF, XRib (XLif) cont trn RF, sd L cont trn RF; XRib (XLif) cont trn RF, sd L cont trn RF, [Trng Chasse Exit 3a,4,] cont trng RF sd R/cl L, sd R; comp 1 ½ trn CP M fcng COH

RT TRNG FALLAWAY;; CHNG R TO L;; SHLDR SHOVE;; MIAMI SPEC;; IN/IN,- OUT/OUT,-; W SWVL 4;

9-16 [R trng fallaway 1,2,3a,4; 1a,2,] CP M fcng COH rk bk L(rk bk R) to SCP, rec R to fc, trn ¼ RF trn, sd L/cl R, sd L; trn ¼ RF sd R/cl L, sd R; CP wall [Chng Pls R to L 1,2; 3a,4, 1a,2,] Rk bk L(rk bk R) to SCP, rec R; sd L/cl R, sd L trng LF ¼, sd & fwd R/cl L, sd R; LOP LOD [Shldr Shove 1,2,3a,4; 1a,2,] Rk apt L (rk bk R), rec R to fc, sd L/cl L sde R, sd L twd ptr brng M's L and W's R shldr tog trng LF to fc ptr; bk R/cl L, bk R, jn R hnds to "L" pos [Miami Special 1,2;3a,4,1a,2,] Rk apt L (rk apt R), rec R; fwd L/R, L (fwd R/L, R) trng RF ¾ to ld W to trn LF undr jnd R hnds putting jnd hnds ovr M's hd so hnds rest bhnd M's neck, sd L/R,L rel hnd hld and W slide R hnd dn M's L arm; jn bth hnds in lo BFLY M fcng RLOD [In/in,hold,out/out,hold a1,-,a3-:] With slight jmp action on "a" ct fwd L/cl R,-, on "a" ct jmp apt L/sd R(jm in R/cl L,- jmp out R/cl L,- w/slight bend at waist); BFLY [Man hold W swvl (1,2,3,4)] Keeping wt on bth feet ld W to 4 qk swvls R,L,R,L; rel tr hnds LOP RLOD

PART B

UNDRARM TRN TO TRPL TRAV & ROLL;;;; TUCK & SPN;; 2 SAILORS; KCK BALL CHNG & HOLD;

[Undrarm Trn to Triple Traveler & Roll 1,2,3a,4; 5a,6,1,2; 3a,4,5a,6; 7a,8,1,2; 3a,4,] Bk L LOD trn ¼ RF, fwd R cont trng (fwd R,L), sd & fwd L fcn LOD/cl R, fwd L trng LF to fc COH R hds jnd palm to palm (fwd R/L, R twd LOD pass M on COH sd undr jnd hnds trng ¾ LF trn to fc wall); sd chasse R/L, R, psh lightly with R hnds roll 1 & ½ RF L, R to fc wall (roll 1 & ½ RF R, L) jn L hnds palm to palm; sd chasse L/R, L trn ½ LF chng to R hnds palm to palm, sd chasse R/L, R trn ½ RF chng to L hnds palm to palm; sd chasse L/R, L, psh lightly with L hnds roll 1 & ¼ LF R, L (roll 1 & ¼ LF L, R) jn M's L & W's R hnds M fcng LOD & ptr; XRib/sm sd L, sd R (bk L/cl R, fwd L), LOP LOD [Tuck & Spn 1,2; 3,4,5a,6,] bk L, bk R to lo BFLY; tch L to R, fwd L rsnng ld hnd and soft pull on trl hnd, XRib/sd L, sd R (fwd R, fwd L slght RF trn to tight BFLY; tch R to L, fwd R trng RF undr jnd ld hnds spinning RF to fc ptr, XLib/sd R, sd L); [Sailor Shuffle 1a,2,3a,4,] XLib/sd R, stp in pl L, XRib/sd L, stp in pl R (XRib/sd L, stp in pl R, XRib/sd R, spt in pl L); [Kck Ball Chng & Hold 1a,2,-,-:] Kck L fwd/ tk wgt on ball of L, replace wgt on R, hold, hold; LOP LOD

ENDING

SUGAR PSH;; WRPD WHP;;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; KCK BALL CHNG & SAFE;

[Sugar Psh 1,2,3,4; 5a,6,] LOP LOD Bk L, bk R, tch L to R, fwd L; (fwd R, fwd L, tch R to L, bk R); XRib/sm sd L, sd R (bk L/cl R, fwd L), [WRPD WHP 1,2;3a,4,5,6; 7a,8,] bk L to dbl hnd hld, rec R trng ¼ RF; raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP, XRib trng RF rel M's R & W's L hnds, sd L trng RF to fc RLOD (fwd R, fwd L; fwd R/cl L, bk

R, bk L, bk R); sd R/cl L, sd R (coaster L/R, L), LOP RLOD [Left Side Pass 1,2; 3a,4,5a,6;] Bk L trng LF, cl R trng LF ldng W to M's L sd (fwd R, fwd L passing on M's L sd); fwd L/cl R, fwd L(fwd R/fwd L, fwd R trng LF), coaster stp; [WRPD WHP Tunnel Exit 1,2,3a,4; 5,6,7a,8;] Bk L to dbl hnd hld, rec R trng ¼ RF, raise M's L & W's R hnds in & ovr W's hd sd L cont RF trn/cl R, sd & fwd L in WRP; XRib trng RF raising R allowing W to sld undr M's arm, fwd L LOD (bk L bend slightly bk undr M's arm, bk R), coaster R/L, R (L/R, L); [Kck Ball Chng & safe 1a,2,-,4a;] Kck L fwd/ tk wgt on ball of L, replace wgt on R, rel hnds sd L, sd R ext ams to safe;

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INTRO-NO HNDS LOD

SD BRKS (S & Q);; 2 SAILORS; KICK BALL CHNG & HOLD;

PART A-LOP LOD

SUGAR PSH;; WRPD WHP;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; KCK BALL CHNG & HLD;

R PASS w/M's UNDRARM;; WHP TRN;; SUGAR PSH;; LINDY CATCH;; Q SD BRKS;

PART B-LOP LOD

UNDRARM TRN TO TRPL TRAV & ROLL;; TUCK & SPN;; 2 SAILORS; KCK BALL CHNG & HLD;

PART A MOD-LOP RLOD

SUGAR PSH;; WRPD WHP;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; Q SD BRKS;

PART C-LOP LOD

LINK RK;; PRETZEL TRN;; DBL RK; UNWRAP PRETZEL; TRPL WHP;; TRNG CHASSE EXIT;

R TRNG FALLAWAY;; CHNG R TO L;; SHLDR SHOVE;; MIAMI SPEC;; IN/IN OUT/OUT; 4 SWVLS;

PART B-LOP LOD

UNDRARM TRN TO TRPL TRAV & ROLL;; TUCK & SPN;; 2 SAILORS; KCK BALL CHNG & HOLD;

ENDING-LOP RLOD

SUGAR PSH;; WRPD WHP;; L SD PASS;; WRPD WHP w/TUNNEL EXIT;; KCK BALL CHNG & SAFE;