

MY CUP RUNNETH OVER pg 1 of 4

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MUSIC: "My Cup Runneth Over With Love" Des O'Connor Time 2:58
Download Amazon.com
FOOTWORK: Opposite except where indicated
RHYTHM: Waltz RAL Ph V+2 [rumba cross, cont hover cross]
SEQUENCE: INTRO A A B A END
SPEED: Adjust for comfort Released: 5/14

INTRO

- 1-5 WAIT; WHEEL 6;; OP IMPETUS;
1 BJO pos fcg RLOD lead ft free wait;
2-3 [WHEEL 6] Moving CW fwd L, fwd R, fwd L; cont to wheel CW
fwd R, fwd L, fwd R to end fcg RLOD;
4 [OP IMPETUS] Comm RF trn bk L, heel trn cl R to L cont RF
trn, sd & fwd L to SCP (W comm RF trn fwd R pivoting, sd &
fwd L cont RF trn, sd & fwd R to SCP);

PART A

- 1-6 WEAVE 6 BJO;; CONT HOVER CROSS;; TRN L CHASSE BJO;
1-2 [WEAVE 6 BJO] Fwd R, fwd L trn LF to CP, sd & sl bk R to BJO
(W fwd L, sd R trng LF to CP, cont trn on R to fc LOD fwd L) end
DLC; bk L DLC, bk R trng bdy LF to CP, sd & fwd L DLW
(W fwd R BJO, fwd L DLC trng bdy LF to CP, sd & bk R) end
BJO DLW;
3-5 [CONT HOVER CROSS] fwd R DLW comm RF trn, cont RF
trn sd L to fc DRW, with strong RF trn on L sm step R twd DLW
to fc DLC (W bk L comm RF trn, heel trn cont RF trn changing
wgt to R, sd L to SCAR);
fwd L across R to contra SCAR, cl R to L, bk L in contra BJO pos
(W bk R to contra SCAR, sd L to BJO, fwd R);
Bk R to CP, sd & fwd L with L sd lead, fwd R (W fwd L to CP, sd
& bk R, bk L) end contra BJO DLC;
6 [TRN L CHASSE BJO] fwd L, LF upper bdy trn sd R/cl L trng
LF, sd & bk R to BJO DRC;
- 7-12 HESIT CHNG; RUMBA CROSS TWICE;; HOVER TELEMAR
SCP; I & O RUNS;;
7 [HESIT CHNG] bk L comm RF trn, fwd & sd R pnting LOD,
cont RF trn draw L to R end fcg DLW in CP;
8-9 [RUMBA CROSS TWICE] fwd L with L sd lead/XRIB of L &
pivot RF, sd R; REPEAT MEAS 8 to end DLC;
10 [HOVER TELEMAR SCP] fwd L, fwd & sd R trng 1/4 RF, sd
& fwd L to SCP;

PART A (CONT)

- 11-12 [I & O RUNS] fwd R comm RF trn, sd & bk L DLW, bk R to BJO (W fwd L, fwd R between M's feet, fwd L outsd ptr to BJO pos); bk L trng RF, sd & fwd R between W's feet cont RF trn, fwd L to SCP (W fwd R comm RF trn, fwd & sd L cont trn, fwd R);
- 13-18 THRU WHIPLASH BJO; OUTSD SPIN TO R TRNG LK SCP RLOD;; FWD HOVER BJO; BK BK/LK BK; OUTSD CHNG SCP;
- 13 [THRU WHIPLASH BJO] thru R, swivel RF pointing L fwd DC, Stretch L sd to lead W to trn to BJO (W thru L, swivel LF pointing R fwd & sd, hold) end BJO lead ft free;
- 14-15 [OUTSD SPIN TO R TRNG LOCK SCP RLOD] bk L comm RF bdy trn toeing in with R sd lead to make 3/8 trn RF, fwd R heel to toe cont RF trn, sd & bk L (W fwd R outsd ptr comm RF bdy trn with L sd lead, cl L ft to R ft on ball of both fee trng 5/8, cont RF trn fwd R between M's feet); bk R backing RLOD with R sd lead comm RF trn/XLIF of R to fc WALL, cont RF upper bdy trn sd & fwd R between W's fee, fwd L to SCP RLOD (W fwd L with L sd lead comm RF trn/XRIB of L, fwd & sd L staying well into M's R arm cont RF trn, fwd R to SCP RLOD);
- 16 [FWD HOVER BJO] fwd R twd RLOD, fwd L with rise, rec bk R (W fwd L twd RLOD, fwd R with rise swiveling 1/2 LF on R to fc LOD, rec fwd L to BJO);
- 17 [BK BK/LK BK] bk L, bk R/lk LIF of R, bk R (W fwd R, fwd L/lk RIB of L, fwd L);
- 18 [OUTSD CHNG SCP] bk L, bk R trng LF, sd & fwd L (W fwd R outsd ptr, fwd L to CP trng LF, sd & fwd R) end SCP DLW;

PART B

- 1-4 THRU RIPPLE CHASSE; Q OPEN REVERSE; HOVER CORTE; BK CHASSE SCAR;
- 1 [THRU RIPPLE CHASSE] thru R, sd & fwd L w/L sd stretch into R sway closing R to L & looking R, sd & fwd L blending to SCP;
- 2 [Q OPEN REVERSE] fwd R, fwd L comm LF trn/sd & bk R, bk L (W fwd L comm LF trn, bk R cont LF trn/sd & fwd L, fwd R outsd ptr) end BJO pos DRC;
- 3 [HOVER CORTE] bk R, comm LF trn sd & fwd R rising, rec R (W fwd L, sd & fwd R with rise trng LF, fwd L to BJO) DLW;
- 4 [BK CHASSE SCAR] bk L, comm RF trn sd R/cl L, sd & fwd R to SCAR (W fwd R, sd L/cl R, bk L);

PART B (CONT)

- 5-8 CK FWD LADY DEVELOPE; BK TO L WHISK; SYNCO UNWIND IN 4; SLOW OUTSD SWVL SCP;
- 5 FWD LADY DEVELOPE] ck fwd L & hold,-, (W XRIB of L, lift L leg up inside of R leg, extend L leg fwd toe pointed downward);
- 6 [BK TO L WHISK] bk R, sd L LOD, XRIB of L trng sl LF (W fwd L sd & fwd R comm LF trn, XLIB or R);
- 7 [SYNCO UNWIND IN 4] trn RF on ball of R andheel of L ft, cont RF trn, cont RF trn changing wgt to R foot (W fwd R CW arnd M, fwd L/fwd R cont moving CW arnd M, fwd L to BJO
- 8 [SLOW OUTSD SWVEL SCP] bk L draw R sl bk in frnt of L with no wgt,-,(W fwd R, swvl RF on ball of R ft dragging toe of L ft in flaring action,-) end SCP LOD;
- 9-12 P/U SD LOCK; MINI TELESPIIN;; CONTRA CK & SWITCH;
- 9 [P/U SD LOCK] thru R, fwd & sd L with rise trng LF, XRIB of L (W thru L, sd R trng LF, XLIF of R to CP);
- 10-11 [MINI TELESPIIN] fwd L trng LF, sd & fwd R cont trn LF, pnt L bk & sd fcg DRW (W bk R, cl L for heel trn on R, sd & fwd R); lead lady fwd transferring wgt to L/spin LF on L, sd R DRC to CP, hold (W fwd L with heel lead arnd M CCW spin LF/sd R cont LF spin, small step sd L, hold) end CP DRC;
- 12 [CONTRA CK & SWITCH] comm LF upper bdy trn flexing knees with strong R sd lead ck fwd L, rec R comm RF trn leaving L ft in place, cont RF trn rec L (W comm LF upper bdy trn flexing knees bk R, rec L comm RF trn leading R ft in place, cont RF trn rec R between M's feet);
- 13-18 OPEN NATL; BK PASSING CHANGE; BK CHASSE BJO; CLSD WING; CROSS SWVL & CK; OP IMPETUS;
- 13 [OPEN NATL] fwd R comm RF upper bdy trn, sd L across LOD, cont sl RF upper bdy trn to lead ptr to step outsd bk R w/R shldr lead to BJO (W fwd L, fwd R to CP, fwd L outsd ptr to BJO pos);
- 14 [BK PASSING CHNG] staying outsd ptr bk L, bk R with R sd stretch, bk L (W fwd R, fwd L, fwd R);
- 15 [BK CHASSE BJO] bk R trng LF, cont LF trn sd L/cl R, fwd L to BJO pos DLW;
- 16 [CLOSED WING] in BJO pos fwd R, draw L to R with no rotation Tch L(W bk L, sd R moving across in frnt of M, fwd L to SCAR);
- 17 [CROSS SWVL & CK] fwd L, swiveling on L ft trn LF & pnt R twd LOD, ck fwd R twd RLOD (W bk R, swiveling on R ft trn LF pnt L twd LOD, ck bk L twd RLOD) end BJO pos;
- 18 [OPEN IMPETUS] REPEAT MEAS 4 INTRO;

END

1-5 THRU RIPPLE CHASSE; Q OPEN REV; HOVER CORTE;
BK CHASSE SCAR; FWD LADY DEVELOPE; BK TO HINGE;

1-5 REPEAT MEAS 1-5 PART B;;;;

6 [BK TO HINGE] bk R comm LF trn, sd & fwd L with L sd stretch leading W to cross her L foot bhd her R keeping L sd in to ptr, relax L knee & look at ptr (W fwd L comm LF trn, sd R with R sd stretch and swvl LF, XLIB of R relax L knee with no weight on R keeping L sd in twd ptr);

QUICK CUES

INTRO wait; wheel 6;; op impetus;

PART A weave 6 BJO;; cont hover cross;;
trn L chasse BJO; hesit chg into rumba cross twice;;
hover telemark; I & O runs;; thru whiplash BJO;
O/S spin to R trng lk RLOD;;
fwd hover BJO; bk bk/lk bk; outsd chng semi;

REPEAT PART A

PART B thru ripple chasse; Q op reverse; hover corte;
bk chasse SCAR;
ck fwd lady developpe; bk to L whisk; synco unwind in 4;
slow O/S swvl;
P/U sd lock; mini telespin;; contra ck & switch;
open natl; bk passing chng; bk chasse BJO; closed wing;
cross swvl & ck; op impetus;

REPEAT PART A

END thru ripple chasse; Q open reverse; hover corte;
bk chasse SCAR; fwd lady developpe; bk to hinge;