

One Mint Julep 4

Released: 12/2015
Choreo: Shirley & Don Heiny 1514 Coco Palm Dr. Harlingen. Tx 78552
(574) 870-1994 E-Mail shheiny@hotmail.com
Music: One Mint Julep Artist: The Clovers Time 2:32
Download Available at Amazon.com or Contact Choreo.
Rhythm: Jive Phase 4 +1 (Chasse Roll)
Footwork: Opposite Unless Noted Difficulty - Average
Sequence: Intro-A-A-B-A-B-A (MOD)

Intro

- 1-4 FCG WALL NO HND S WAIT;; SIDE BREAKS (2 Slow 4 Quicks);;
1-2 Fcg Ptr & Wall No Hnds Jnd Wait;;
3-4 {Side Breaks 2 Slow 4 Quick} Push step L/ Push step R,-, Cl L/cl R,-; Push
Step L/ Push step R, cl L/cl R, Push step L/ Push step R, cl L/cl R to BFLY Wall;

Part A

- 1-4 CHANGE HND S BEH THE BACK ~ LINK RK to SEMI LOD;; RK REC KICK BALL CHANGE; INTO
1-4 {Change Hands Beh The Back} Rk apt L, rec R, fwd L comm ¼ LF trn plc R
Hnd over W's R hnd/cl R, fwd L rel L hnds & comp ¼ LF trn to tandem
pos in frt of W; Sd & bk R comm ¼ LF trn plc L hnd beh M's back/cl L
transferring W's R hnd to M's L hnd beh his back, sd & bk R comp ¼ LF trn
to Bfly COH,, (W Rk apt R, rec L, fwd R comm ¼ RF trn/cl L, fwd R comp ¼
RF trn to tandem pos beh man; Sd & bk L comm ¼ RF trn/cl R, sd & bk L
comp ¼ RF trn Bfly Wall,,)
{Link Rock} Rk apt L, rec R to CP,,; Trng RF ¼ sd L/cl R, trng ¼ RF sd L, sd R/cl L,
sd R to end Semi LOD;
{Rk Rec Kick Ball Change} Rk bk L, rec R, kick L fwd/take wgt on ball of L ft,
Replace wgt on R Into;
- 5-7 4 POINT STEPS;; THROWAWAY;
5-6 {4 Point Steps} Point L, sm fwd L, point R, sm fwd R; Point L, sm fwd L, point
R, sm fwd R;
7 {Throwaway} Fwd & sd L/cl R, fwd & sd L Idg W to trn ½ LF, sd & fwd R/cl L,
Sd & fwd R;
- 8-11 CHICKEN WALKS (2 SLOW 4 QUICK);; CHANGE L TO R W/GLIDE TO SIDE;;
8-9 {Chicken Walks} Lead hnds jnd trng hnds in dir of W's foot action bk L,-,
bk R,-; (W Fwd with swvl action R,-, fwd L,-;) Man bk L, R, L, R; (W fwd
with swvl action R, L, R, L;)
10-11 {Chg L to R w/Glide to Side} Rk apt L, rec R, sd L/R,L to lop fcg Wall; Sd R,
XLIF, sd R/cl L, sd R to LOP Wall; (W Rk apt R, rec L, fwd chasse R/L,R trng ¾
LF undr jnd lead hnds; Sd L, XRIF, sd L/cl R, sd L;)
- 12 RK APT REC SIDE CLOSE;
12 {Rk Apt Rec Sd Cl} Rk apt L, rec R, sd L, cl R to Bfly Wall;

One Mint Julep

(Pg 2)

Shirley & Don Heiny

Part B

- 1-4 CHASSE LEFT & RIGHT; CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;;;
{Chasse Left & Right} CP Wall sd L/cl R, sd L, sd R/cl L, sd R end Semi Lod;
{Change Right to Left} Rk bk L to semi, rec R, sd L/cl R, sd L comm ¼ LF trn; (W Rk bk R to semi, rec L, sd R/cl L, fwd R comm ¼ RF trn undr jnd ld hnds;) Sd & fwd R/cl L, sd R, (W sd & slightly bk L/cl R, sd & bk L,
{Change Left To Right} Rk bk L, rec R, sd L/cl R sd L comm ¼ RF trn; (W Rk bk R, rec L, fwd R/cl L, fwd R comm LF trn undr jnd ld hnds;) Sd R/cl L, sd R, (W sd L/cl R, sd L comp LF trn to Fc ptr,
- 5-8 SOLE TAP ~ ROCK APT REC;; FRONT LIMP 4; 2 SIDE CLOSES;
{Sole Tap ~ Rk Apt Rec} Fcg ptr Ld hnds Jnd throughout Rk apt L, rec R, fwd L twd ptr trng ¼ RF to sd by sd pos, bend R leg to tch M's R shoe sole to W's L shoe sole beh supporting leg; Sd R/cl L, sd R trng ¼ LF to fc ptr, (W Rk apt R, rec L, fwd R twd ptr trng ¼ LF to sd by sd pos, bend L leg to tch W's L shoe sole to M's R shoe sole beh supporting leg; Sd L/cl R, sd L trng ¼ RF to Bfly Wall, * Note: Dancers may raise & lower free arm while tchg the soles together
{Rock Apt Rec} Rk apt L, rec R;
{Front Limp 4} Sd L, XRIF, sd L, XRIF;
{2 Side Closes} Sd L, cl R, sd L, cl R;

Repeat A

Part A(MOD)

- 1-4 CHANGE HNDS BEH THE BACK ~ LINK ROCK SEMI LOD;;; RK REC KICK BALL CHANGE; INTO
{Change Hands Beh The Back} Rk apt L, rec R, fwd L comm ¼ LF trn plc R hnd over W's R hnd/cl R, fwd L rel L hnds & comp ¼ LF trn to tandem pos in frt of W; Sd & bk R comm ¼ LF trn plc L hnd beh M's bk/cl L transferring W's R hnd to M's L hnd beh his bk, sd & bk R comp ¼ LF trn to Bfly COH,, (W rk apt R, rec L, fwd R comm ¼ RF trn/cl L, fwd R comp ¼ RF trn to tandem pos beh man; Sd & bk L comm ¼ RF trn/cl R, sd & bk L comp ¼ RF trn to Bfly Wall,,)
{Link Rock} Rk apt L, rec R to CP;; Trng RF ¼ sd L/cl R, trng ¼ RF sd L, sd R/cl L, Sd R to end Semi LOD;
{Rk Rec Kick Ball Change} Rk bk L, rec R, kick L fwd/take wgt on ball of L ft, replace wgt on R;
- 5-7 2 POINT STEPS; INTO CHASSE ROLL 3 TRIPLE ~ RK REC;;
{Into 2 Point Steps} Point L, sm fwd L, Point R, sm fwd R;
{Into Chasse Roll 3 Triples} To LOD sd L/cl R, sd L trng RF fc COH, sd R/cl L, sd R trng To fc WALL; Sd L/cl R, sd L trng RF to Semi RLOD, Rk bk R, rec L to fc ptr & Wall;
- 8-9 RIGHT CHASSE TO SEMI LOD ~ RK BK REC; POINT LOD & HOLD;
{Right Chasse} To RLOD Sd R/cl L, sd R to Semi LOD, Rk bk L, rec R;
{Point LOD & HOLD} Point L (R) to LOD & HOLD;