

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "(Sittin' On) The Dock Of The Bay" Artist: Otis Redding
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: SLOW TWO STEP
DANCE LEVEL: Phase IV+1 (Triple Traveler)
SPEED: 45 RPM
RELEASED: JUNE 2011

SEQUENCE: INTRO – A – B – C – A – END

INTRO

1 – 4 **BTFY FCNG WALL WAIT;; SD-DRW-CLO – TWICE;;**
(Sd-Drw-Clo – Twice) Sd L-, drw-clo R-; sd L-, drw-clo R-;

PART A

1 – 8 **LUNGE BASIC – TWICE;; OPN BASIC; OPN BASIC – P/UP LOW BTFY; TRAV CHASSE'S – FC;; BASIC;;**
(Lunge Basic – Twice) Sd L-, rcvr R, thru L; sd R-, rcvr L, thru R to CP/WALL; **(Opn Basic)** Sd L-, rlsng trail hnds & trng ¼ rt fc bk R to ½ LOPN/ROD, trng ¼ lft fc rcvr L to CP/WALL; **(Opn Basic – P/up – Low Btfy)** Sd R-, rlsng lead hnds & trng ¼ lft fc bk L to ½ OPN/LOD, rcvr R to LOW BTFY/LOD; **(Woman sd L-, rlsng lead hnds & trng ¼ rt fc bk R to ½ OPN/LOD, trng ½ lft fc fwd L to LOW BTFY;)** **(Trav Chasses)** Fwd L-, trng 1/8 lft fc sd R, fwd L; fwd R-; trng ¼ rt fc sd L, trng 1/8 rt fc fwd R to CP/WALL; **(Basic)** Sd L-, cross R bhnd, rcvr L; sd R-, cross L bhnd, rcvr R to CP/WALL;

9 – 13 **SD BASIC; OPN BASIC – P/UP – LOD; LFT TRN – INSIDE ROLL; BASIC ENDING – CTR; UNDRARM TRN;**
(Sd Basic) Sd L-, cross R bhnd, rcvr L; **(Opn Basic – P/up - Lod)** Sd R-, rlsng lead hnds & trng ¼ lft fc bk L to ½ OPN/LOD, rcvr R to CP/LOD; **(Woman sd L-, rlsng lead hnds & trng ¼ rt fc bk R to ½ OPN/LOD, trng ½ lft fc fwd L to CP;)** **(Lft Trn - Inside Roll)** Fwd L-, trng ¼ lft fc sd R, cross L in frnt to CP/COH; **(Woman undr lead hnds trng ¼ lft fc sd & bk R-, trng ½ ft fc sd & fwd L, trng ½ lft fc sd R;)** **(Basic Ending - Ctr)** Sd R-, cross L bhnd, rcvr R to CP/COH; **(Undrarm Trn)** Sd L-, rlsng trail hnds cross R bhnd, rcvr L to CP/COH; **(Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt-, pvtng ½ rt fc rcvr R to BTFY, sd L;)**

14 – 16 **BASIC ENDING – CTR; RT TRN – OUTSIDE ROLL; BASIC ENDING – WALL;**
(Basic Ending) Sd R-, cross L bhnd, rcvr R to CP/COH; **(Rt Trn – Outside Roll)** Trng ¼ rt fc sd & bk L-, trng ¼ rt fc sd & bk R, cross L in frnt to CP/COH; **(Woman undr lead hnds trng ½ rt fc sd & fwd R-, trng ½ rt fc sd & fwd L, sd R;)** **(Basic Ending - Wall)** Sd R-, cross L bhnd, rcvr R to CP/WALL;

PART B

1 – 7 **SD BASIC; OPN BASIC – ½ OPN; SWITCH – TWICE – FC – WALL;; BASIC;; RT TRN – OUTSIDE ROLL;**
(Sd Basic) Sd L-, cross R bhnd, rcvr L; **(Opn Basic – ½ Opn)** Sd R-, trng ¼ lft fc cross L bhnd, rcvr R to ½ OPN/LOD; **(Switch - Twice)** Cross in frnt of Woman fwd & sd L-, bk & sd R to ½ LOPN/LOD, fwd L; fwd R-, fwd L, trng ¼ rt fc fwd R to CP/WALL; **(Woman fwd R-, fwd L, fwd R; cross in frnt of Man fwd & sd L-, sd & bk R, trng ¼ lft fc fwd L – CP/WALL;)** **(Basic)** Sd L-, cross R bhnd, rcvr L; sd R-, cross L bhnd, rcvr R to CP/WALL; **(Rt Trn – Outside Roll)** Trng ¼ rt fc sd & bk L-, trng ¼ rt fc sd & bk R, cross L in frnt to CP/COH; **(Woman undr lead hnds trng ½ rt fc sd & fwd R-, trng ½ rt fc sd & fwd L, sd R;)**

8 – 13 **BASIC ENDING – CTR; SD BASIC; OPN BASIC – ½ OPN – RVS; SWITCH – TWICE – FC – CTR;; SD BASIC;**
(Basic Ending - Ctr) Sd R-, cross L bhnd, rcvr R to CP/COH; **(Sd Basic)** Sd L-, cross R bhnd, rcvr L; **(Opn Basic – ½ Opn - Rvs)** Sd R-, trng ¼ lft fc cross L bhnd, rcvr R to ½ OPN/ROD; **(Switch – Twice – Fc - Ctr)** Cross in frnt of Woman fwd & sd L-, bk & sd R to ½ LOPN/LOD, fwd L; fwd R-, fwd L, trng ¼ rt fc fwd R to CP/COH; **(Woman fwd R-, fwd L, fwd R; cross in frnt of Man fwd & sd L-, sd & bk R, trng ¼ lft fc fwd L – CP/COH;)** **(Sd Basic)** Sd L-, cross R bhnd, rcvr L;

14 – 16 **OPN BASIC – P/UP – RVS; LFT TRN – INSIDE ROLL; BASIC ENDING – P/UP – LOD;**
(Opn Basic – P/up - Rvs) Sd R-, rlsng lead hnds & trng ¼ lft fc bk L to ½ OPN/ROD, rcvr R to CP/ROD; **(Woman sd L-, rlsng lead hnds & trng ¼ rt fc bk R to ½ OPN/LOD, trng ½ lft fc fwd L to CP;)** **(Lft Trn - Inside Roll)** Fwd L-, trng ¼ lft fc sd R, cross L in frnt to CP/WALL; **(Woman undr lead hnds trng ¼ lft fc sd & bk R-, trng ½ ft fc sd & fwd L, trng ½ lft fc sd R;)** **(Basic Ending – P/up - Lod)** Sd R-, cross L bhnd, trng ¼ lft fc fwd R to CP/LOD; **(Woman sd L-, cross R bhnd, trng ½ lft fc fwd L to CP;)**

PART C

- 1 – 8 **TRIPLE TRAVELER;;; BASIC ENDING – P/UP – RVS; TRIPLE TRAVELER;;; BASIC ENDING – BTFY – WALL;**
(Triple Traveler) Fwd L-, fwd R, fwd L (**Woman Inside Roll**); cross R in frnt spiraling full lft fc trn-; fwd L, fwd R;
(Woman fwd L-, fwd R, fwd L;) fwd L-, trng ¼ lft fc sd & fwd R, cross L in frnt to CP/COH (**Woman Outside Roll**);
(Basic Ending – P/up - Rvs) Sd R-, cross L bhnd, trng ¼ lft fc fwd R to CP/RL0D; (**Woman sd L-, cross R bhnd,**
trng ½ lft fc fwd L to CP;) (**Triple Traveler**) Fwd L-, fwd R, fwd L (**Woman Inside Roll**); cross R in frnt spiraling full
lft fc trn-; fwd L, fwd R; (**Woman fwd L-, fwd R, fwd L;)** fwd L-, trng ¼ lft fc sd & fwd R, cross L in frnt to CP/WALL
(Woman Outside Roll); (Basic Ending – Btfy - Wall) Sd R-, cross L bhnd, rcvr R to BTFY/WALL;

REPEAT PART “A”

END

- 1 – 7 **LUNGE BASIC – TWICE;; OPN BASIC; OPN BASIC – P/UP – LOD; DIAM TRN ½;; QK DIAM TRN -4;**
(Lunge Basic – Twice) Sd L-, rcvr R, thru L; sd R-, rcvr L, thru R to CP/WALL; (**Opn Basic**) Sd L-, rlsng trail hnds
& trng ¼ rt fc bk R to ½ LOPN/RL0D, trng ¼ lft fc rcvr L to CP/WALL; (**Opn Basic – P/up – Lod**) Sd R-, rlsng lead
hnds & trng ¼ lft fc bk L to ½ OPN/LOD, rcvr R to CP diag LOD/COH; (**Woman sd L-, rlsng lead hnds & trng ¼ rt fc**
bk R to ½ OPN/LOD, trng ½ lft fc fwd L to CP;) (**Diam Trn 1/2**) Trng ¼ lft fc fwd L-, sd R, bk L to BJO diag
RL0D/COH; trng ¼ lft fc bk R-, sd L, fwd R to BJO diag RL0D/WALL; (**Qk Diam Trn -4**) Trng ½ lft fc thru-out figure
fwd L, sd R, bk L, bk R to CP diag LOD/COH;
- 8 **DIP BK-TWST-HOLD;**
(Dip Bk-Twst-Hold) Bk L-, twst upper torso lft fc & hold-;