SLOW POKE

INTRODUCTION

1 – 4   [DLW] WAIT;; APT – PNT; P/U – TCH;

1-4   [LOP M fc DLW & ptnr] Wait;; Apt L,-, pnt R,-; Pick W up R,-, tch L,-
now in CP M fc LOD;

PART A

1 – 4   2 FWD 2-STEPS;; SCIS to SCAR; ½ BOX BK;

1-4   Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Sd L, cl R, XL IFO R to SCAR
pos,-; Sd R, cl L, bk R,- now CP M fc LOD;

5 – 8   [CTR] SD 2-STEP; REV TWIRL [WALL]; FULL BOX;;

5-8   Sd L, cl R, sd L,-; Sd R start twirl LF under jnd lead hnds, XL IFO R trng
to fc WALL, cl R,- (W twirl LF L, R, L,-) end CP M fc WALL; Sd L, cl R,
fwd L,-; Sd R, cl L, bk R,-;

9 – 12   2 TRNG 2-STEPS;; ½ BOX; SCIS THRU to SCP;

9-12   Sd L, cl R, sd & bk R pivot ½ RF,-; Sd R, cl L, sd & fwd L pivot ½ RF,-;
Sd L, cl R, fwd L,-; Sd R start trn LF, cl L cont LF trn, fwd R to SCP,-;

13 – 16   DOUB HITCH [FC];; VINE 8 to BFLY;;

13-16   Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,- blend to fc; Sd L, XR IBO L, sd L,
XR IFO L; Repeat Part A meas 15 blend to BFLY;

PART B

1 – 4   FC to FC; BK to BK; B/BALL TRN;;

1-4   Sd L, cl R, release trlng hnds sd & fwd L trng to bk to bk pos,-; Sd R,
cl L, sd & fwd R trng to BFLY,-; Sd L,-, rec R trng ¼ RF to sd by sd pos
both fc RLOD,-; Release hnds sd & fwd L trng ¼ RF to bk to bk pos,-,
join trng hnds rec R tnrg ¼ RF to OP fc LOD,-;

5 – 8   LACE OVER & FWD;; DOUB HITCH;;

5-8   Release trng hnds & join lead hnds cross IBO W fwd L, cl R, fwd L,-;
Fwd R, cl L, fwd R,- now OP both fc LOD & M on W's R; Repeat Part A
meas 13 & 14;;

9 – 12   LACE BK & FWD;; CIRC AWAY 2-2 STEPS;;

9-12   Join trlng hnds & cross IBO W fwd L, cl R, fwd L,-; Fwd R, cl R, fwd R,-
now LOP both fc LOD; Start LF (W RF) circ movement fwd L, cl R, fwd L,-;
Fwd R, cl L, fwd R trng to fc pnt & WALL,-;

13 – 16   STRUT TOG 4;; TWIRL 2; [1] WALK & FC; [2] APT & PNT;

13-16   Fwd L,-, R,-; Fwd L,-, R,- end BFLY; Leading W to twirl RF sd L,-, XR
IBO L,- (W twirl RF R,-, L,-); [1st time thru] Fwd L,-, R blend to CP,-;
[2nd time thru] Apt L,-, pnt R,-;

PART C

1 – 4   TRAVELING BOX;;;;

1-4   Sd L, cl R, fwd L,-; Blend to RSCP to RLOD fwd R,-, L,-; Blend to CP
sd R, cl L, bk R,-; Blend to SCP to LOD fwd L,-, R,-;

5 – 8   2 FWD 2-STEPS;; START FIGURE 8;;

5-8   Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Start LF (W RF) circ movement
fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,- end sd by sd with W passing R
shldrs;

9 – 12   FINISH FIGURE 8;; SD 2-STEP L & R;;

9-12   Start RF (W LF) circ movement fwd L, cl R, fwd L,-; Fwd R, cl L,
fwd R,- now in CP M fc ptnr & COH; Sd L, cl R, sd L,-; Sd R, cl L, sd R,-;

**14 – 16   BK AWAY 3; TOG 2 TRN & X; BK AWAY 3; TOG 3
[1] to CP; [2] to P/U;**

14-16   Release ptnr bk L, R, L,-; Tog fwd R, L to temporary BFLY, fwd R & pivot
½ RF,- end BFLY fc ptnr & WALL; Bk L, R, L,-; [1st time thru] Tog R, L,
R,- end in CP; [2nd time thru] Tog R, L, R picking up W,- end CP M fc LOD;

REPEAT PART C –ending in P/U

REPEAT PART A

REPEAT PART B – ending in Apt – Pnt