SWIMMING UP STREAM

Choreographer: Floyd & Frances Herigstad, PO box 928, Mulino, OR 97042 flofran@molalla.net

Music: mp3, Amazon.com, Album "Living Proof", by Ricky Van Shelton, "Swimming Up Stream"

Speed: Played as recorded.

Footwork: Opposite unless noted (woman's footwork in parenthesis)

Rhythm/Phase: Two Step, Phase II   Difficulty: Easy.

Sequence: Intro, A, A, B, A, B, B, Ending.   Released: 3/1/2014.

Intro

1 — 4   **BFLY WALL WAIT ; ; APT PT ; TOG BFLY TCH ;**
          Bfly man fcg wall wait ; ; Apt L , - , pt R ,- ; Tog R ,- . tch L , - ;
5 — 8   **BRKN BOX ; ; ; ;**
          Sd L , cl R, fwd L , - ; Rk Fwd R , - , rec L , - ; Sd R , cl L,   bk R , - , Rk bk L , - , rec R , - ;

A

1—4   **LACE UP ; ; ; ;**
          Crossing bhd W lead hnds joined , fwd L , R , L , - ; LO fwd R , L , cl R , - ;
          Repeat meas. 1 & 2 crossing bhd W, trailing hnds joined to OP LOD ; ;
5 — 8   **FWD   LK   FWD ; FWD   LK   FWD ; VIN APT & TOG ; ; CP WALL**
          Fwd L , lk R , fwd L, - ; Fwd R , lk L , fwd R , - ; OP Sd L , xRib ; sd L , - ; Sd R , xLib , sd R , - ; CP wall
9 —12   **2 TRNG TS ; ; OP VIN 4 OP ; ;**
           Sd , cl , trn , - ; Sd , cl , trn , - ; cp wall   Sd L , - , XRib , - ; Sd L , - , xRif , - ;
13 –16   **DBL HTCH ; ; TWRL 2 ; WK 2 BFLY;**
          Fwd L , cl R , bk L , - ; Bk R , cl L , fwd R , - ; Fwd L , - , fwd R , - ; (twrl 2) Fwd L , - , fwd R trn bfly , - ;

REPEAT A

B

1—4   **VIN 3 TCH ; WRAP ; UNWRAP ; CHG SDS TO BFLY ;**
          Sd L , xRib , sd L , tch R ; In place R , L , R , - ; (wrap) In place L , R , L , - ; (unwrap) Chg sds R , L , R, - ; to Bfly ctr.
5— 8   **FC TO FC ; BK TO BK ; BBALL TRN ; ;**
          Sd L , cl R , sd L piv lf 1/2 , - ; Sd R , cl L , sd R piv rf to lod , - ;
          Fwd trn , - , rec trn , - ; Fwd trn , - , rec trn Bfly , - ;
9—12   **VIN 3 TCH ; WRAP ;UNWRAP ; CHG SDS to op LOD ;**
          Repeat 1—4 part B to op lod ; ; ; ;
13—16   **CIR AWY 2 TS ; ; STRUT TOG 4 ; ;**
          Awy L , R , L , - ; R , L , R , - ; tog L , R , L , - ; R , L , R , - ;

C

1—4   **LF TRNG BOX ; ; ; ;**
          Sd L , cl R , fwd L trn , - ; Sd R , cl L , bk R trn , - ; Sd L , cl R , fwd L trn , - ; Sd R , cl L , bk R trn , - ;
5—8   **TRAV BOX ; ; ; ;**
          Sd L , cl R , fwd L , - ; Trn fwd R , - , fwd L , - ; Sd R , cl L , bk R , - ; Trn fwd L , - , fwd R bfly .—;

Repeat A
Repeat B to BFLY
Repeat B to CP WALL
ENDING

1—3   **BRKN BOX 3/4 ; ; ;**
          Sd L , cl R , fwd L , - ; Fwd R , - , bk L , - ; Sd R , cl L, bk R and hold , - ;