

SHOO FLY PIE (AND APPLE PAN DOWDY)

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Music: "Shoo Fly Pie and Apple Pan Dowdy (Album Version)"

Artist: Blue Sea Band and Fred Mollin

CD: Ratatouille: What's Cooking? (International Version)

Release Date: June 2017

Rhythm: Jive **Phase:** IV + 1 (Stop & Go)

Degree of Difficulty: Average Difficulty

Original Length of Music: 2:32

Music Modification: Slow to 41 rpm or (9%) of original tempo

Sequence: Intro AB A^{mod} C A End

Footwork: Opposite for Woman unless otherwise noted in ()

INTRO [8 Measures]

MAN FCG COH AND PTR ABOUT 8 FT APT WITH LEAD FT FREE

1-8 WAIT; WAIT; SLOW PT SD AND CL 2X;; FWD TO SLOW BBALL TRNS;;
SLOW STRUT TOG 4 LOP;;

1-2 {Wait 2 Measures} Wait; Wait;

3-4 {Slow Pt Sd & Cl 2X} Pt L twd RLOD, -, clo L to R, -; Pt R twd LOD, -, clo R to L, -;

5-6 {Fwd to Slow BBall Trn} Twd COH and ptr fwd L and ck trng 1/4 RF, -, rec on R contg RF trn to end fcg the WALL, -; Cont by stepg fwd L twd the WALL and ck trng 1/4 RF, -, rec on R contg RF trn to end fcg COH and ptr, -;

7-8 {Slow Strut Tog 4 LOP} Fwd L, -, fwd R, -; Fwd L, -, fwd R to LOP, -;

PART A [16 Measures]

1-8 LINDY CATCH;; STOP & GO;; UNDERTRN SPANISH ARMS TO LOD - RK APT
AND REC;; SLOW SD BRKS; 4 QK CHICKEN WKS;

1-2 {Lindy Catch} Fcg COH LOP Rk apt L, rec R, fwd L/R, L movg RF around Woman catchg her at waist with right hnd releasg left hnd [Man is in bk and slightly to the left of Woman with right arm around her waist]; Fwd R, L cont around Woman, fwd R/L, R to LOP FCG; (Fcg ptr Rk apt R, rec L, fwd R/L, R [Lady in front of Man]; Bk L, R still fcg the WALL [no turn], bk L/R, L LOP FCG;)

3-4 {Stop & Go} Rk bk L, rec R, fwd L/cl R, fwd L [Man catches Woman with right hnd on Woman's left shldr blade at end of triple to stop her movement]; Rk fwd R, rec L, small bk R/cl L, bk R; (Rk bk R, rec L, fwd R comm 1/2 LF trn/cl L, bk R complete 1/2 LF trn under joined hands to end at Man's right sd; [Man catches Woman with right hand on Woman's left shldr blade at end of triple to stop her movement] Rk bk L, rec R, fwd L comm 1/2 RF trn/cl R, bk L complete 1/2 RF trn under joined hands to end fcg Man;)

5-6 {Undertrn Spanish Arms to LOD and Rk Apt & Rec} Rk bk L, rec R join both hnds, lead Woman LF under raised lead hnds fwd L/cl R, sd L trng 1/4 RF to fc LOD wrapg Woman; Cont RF trn lead Woman to unwrap RF 3/4 under lead hnds in place R/cl L, in place R to fc LOD, rk bk L, rec R; (Rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF; Sd L/cl R, sd L, rk bk R, rec L;)

7 {Slow Sd Brks} Push step L/push step R, -, cl L/cl R, -;

8 {4 Qk Chicken Wks} Holding lead hnds and bkg twd LOD Bk L, bk R, bk L, bk R; (Swivel fwd R, swivel fwd L, swivel fwd R, swivel fwd L;)

9-16

LINK RK TRNG TO FC WALL;,, PRETZEL TRN,,; DBL RK; UNWIND PRETZEL TO LOW BFLY; SAILOR SHUFFLE 2X; SYNC PROG RK 4 BFLY; 2 SD CLS;

- 9-11 {Link Rk Trng to Fc WALL} Rk bk L, rec R, small triple fwd L/R, L trng 1/4 RF to fc WALL; Sd R/L, R to Loose CPW,
 {Pretzel Trn} Rk bk L trng slightly to SCP, rec R trng right to fc ptr; Sd L/cl R, sd L trng 1/2 RF to fc slightly COH keepg Man's left and Woman's right hnds joined [ptrs are in a bk to bk position], sd R/cl L, sd R trng up to 1/4 RF to fc slightly LOD [ptrs are in a Bk to Bk "V" Position with Man's left and Woman's right hnds joined beh bks];
- 12 {Dbl Rk} Rk fwd L XIF to LOD with right hnd extended fwd, rec R, rk fwd L XIF to LOD with right hnd extended, rec R trng about 1/4 LF;
- 13 {Unwind Pretzel to LOW BFLY} Sd L/cl R, sd L trng 1/2 LF to fc ptr and WALL still retaining Man's left and Woman's right hnds, sd R/cl L, sd R to LOW BFLY;
- 14
- 15 {Sync Prog Rk 4 BFLY} Using the rhythm "a 1, 2, a 3, 4" Bk L on "a" XRIF on "1", -, bk L on "a" XRIF on "3" raising hnds to BFLY, -;
- 16 {2 Sd Cls} Sd L, cl R, sd L, cl R;

PART B [8 Measures]

- 1-4 **TRAVELING SAND STEP 2X; VN 4; THROWAWY [LOD];**
- 1-2 {Traveling Sand Step 2X} In BFLY fcg WALL Swivelg RF on R ft tch L toe to instep of R ft with toe pointed inward, swivelg LF on R ft small sd L, swivelg RF on L ft tch R heel to floor toe pointed outward, swivelg LF on L ft XRIF; Repeat;
- 3 {Vn 4} Sd L, XRIB, sd L, XRIF to loose SCP;
- 4 {Throwawy [LOD]} In SCP Fwd and sd L/cl R, fwd and sd L leadg Woman to trn 1/2 LF, sd and fwd R/cl L, sd and fwd R to LOP LOD; (In SCP Fwd R/fwd L, fwd R trng 1/2 LF, sd and bk L/cl R, sd and bk L to LOD fcg ptr;)
- 5-8 **CHG HNDS BEH THE BK TO HND SHAKE [RLOD];,, TRIPLE WHEEL FC WALL ,,,;**
- 5-8 {Chg Hnds Beh the Bk to Hnd Shake} From LOP fcg LOD Rk apt L, rec R, fwd L startg 1/4 LF trn and placg right hnd over Woman's right hnd/cl R, fwd L releasg left hnd and completg 1/4 LF trn to Tandem Position in front of Woman; Sd and bk R startg 1/4 LF trn and placg left hnd beh Man's bk/cl L transfgg Woman's right hnd to Man's left hnd beh his bk, sd and bk R completg 1/4 LF trn to fc RLOD chg to right hnd shake, (Rk apt R, rec L, fwd R startg 1/4 RF trn/cl L, fwd R completg 1/4 RF trn to Tandem Position beh Man; Sd and bk L startg 1/4 RF trn/cl R, sd and bk L completg 1/4 RF trn chg to right hnd shake,)
- {Triple Wheel Fc WALL} Rk apt L, rec R; Comm RF wheel sd L/cl R, sd L trng in twd ptr and tch her bk with Man's left hnd, cont RF wheel sd R/cl L, sd R trng away from ptr; Cont RF wheel sd L/cl R, sd L trng in twd ptr to fc WALL and tch her bk with Man's left hnd, leading the Woman to spin RF sd R/cl L, sd R; (Rk apt R, rec L trng 1/4 LF; Comm RF wheel sd R/cl L, sd R trng away from ptr, cont RF wheel sd L/cl R, sd L trng twd ptr and tch his back with Woman's left hnd; Cont RF wheel sd R/cl L, sd R spinning RF on R ft to fc ptr, sd L/cl R, sd L;)

PART A MODIFIED [8 Measures]

- 1-8 **LINK RK;,, PRETZEL TRN,,; DBL RK; UNWIND PRETZEL TO LOW BFLY; SAILOR SHUFFLE 2X; SYNC PROG RK 4 BFLY; 2 SD CLS;**
- 1-3 {Link Rk} Rk bk L, rec R, small triple fwd L/R, L; Sd R/L, R to Loose CPW,
 {Pretzel Trn} Rk bk L trng slightly to SCP, rec R trng right to fc ptr; Sd L/cl R, sd L trng 1/2 RF to fc slightly COH keepg Man's left and Woman's right hnds joined [ptrs are in a bk to bk position], sd R/cl L, sd R trng up to 1/4 RF to fc slightly LOD [ptrs are in a Bk to Bk "V" Position with Man's left and Woman's right hnds joined beh bks];
- 4-8 Repeat Part A Measures 12-16

PART C [16 Measures]

- 1-8 In SCP SLOW RK THE BOAT [1X] [LOD]; 2 FWD TRIPLES; SLOW RK THE BOAT [1X]; THROWAWY [LOD]; DBL RK APT & REC TO A; CHG HNDS BEH THE BK [RLOD]; CHG L TO R WITH CONTINUOUS CHASSE [COH];:**
- 1** {In SCP [LOD]} Slow Rk the Boat 1X} In SCP fcg LOD Fwd L with straight knee with fwd poise, -, with rkg motion and relaxed knees cl R with bk poise, -;
- 2** {2 Fwd Triples} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 3** {Slow Rk the Boat 1X} Repeat Part C Measure 1
- 4** {Throwawy [LOD]} In SCP Fwd and sd L/cl R, fwd and sd L leadg Woman to trn ½ LF, sd and fwd R/cl L, sd and fwd R to LOP LOD; (In SCP Fwd R/fwd L, fwd R trng ½ LF, sd and bk L/cl R, sd and bk L to fc ptr;)
- 5** {Dbl Rk Apt & Rec to a} In place Rk bk L, rec R, rk bk L, rec R;
- 6** {Chg Hnds Beh the Bk [RLOD]} From LOD fcg LOD Fwd L startg 1/4 LF trn and placg right hnd over Woman's right hnd/cl R, fwd L releasg left hnd and completg 1/4 LF trn to Tandem Position in front of Woman, sd and bk R startg 1/4 LF trn and placg left hnd beh Man's bk/cl L transferrg Woman's right hnd to Man's left hnd beh his bk, sd and bk R completg 1/4 LF trn to fc RLOD chg to right hnd shake; (Fwd R startg 1/4 RF trn/cl L, fwd R completg 1/4 RF trn to Tandem Position beh Man, sd and bk L startg 1/4 RF trn/cl R, sd and bk L completg 1/4 RF trn chg to right hnd shake;)
- 7-8** {Chg L to R with Continuous Chasse [COH]} Fcg RLOD LOP Rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF trn to fc COH; Sd R/cl L, sd R/cl L, sd R/cl L, sd R; (Rk bk R, rec L, fwd R/cl L, fwd R comm up to 3/4 LF trn under joined lead hands to fc ptr; Sd L/cl R, sd L/cl R, sd L/cl R, sd L;
- 9-16 RK SCP REC & QK RK THE BOAT [1X]; 2 FWD TRIPLES; QK RK THE BOAT 2X; 2 FWD TRIPLES; THROWAWY [RLOD]; RK APT REC & KICK BALL CHG; CHG LT TO RT WITH CONTINUOUS CHASSE [COH];:**
- 9** {Rk SCP Rec & Qk Rk the Boat 1X} Rk bk L to SCP fcg RLOD, rec R, fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise;
- 10** {2 Fwd Triples} In SCP fcg RLOD Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 11** {Qk Rk the Boat 2X} In SCP fcg RLOD Fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise, fwd L with straight knee with fwd poise, with rkg motion and relaxed knees cl R with bk poise;
- 12** {2 Fwd Triples} In SCP fcg RLOD Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 13** {Throwawy [RLOD]} In SCP fcg RLOD Fwd and sd L/cl R, fwd and sd L leadg Woman to trn ½ LF, sd and fwd R/cl L, sd and fwd R to LOP RLOD; (In SCP Fwd R/fwd L, fwd R trng ½ LF, sd and bk L/cl R, sd and bk L to fc ptr;)
- 14** {Rk Apt Rec & Kick Ball Chg} Rk apt L, rec R, kick L small flick kick fwd/take weight on ball of L ft, replace weight on R ft;
- 15-16** {Chg L to R with Continuous Chasse} Repeat Part C Measures 7-8

REPEAT PART A [16 Measures]**END [9 Measures]**

- 1-9 [BFLY FCG WALL] TRAVELING SAND STEP 2X;; VN 4; THROWAWY [LOD]; CHG HNDS BEH THE BK [RLOD] TO HND SHAKE;;, TRIPLE WHEEL SLOWING DOWN TO FC WALL LOW BFLY,,;: APT PT;**
- 1-8** Repeat Part B Measures 1-8
- 9** {Apt Pt} Apt L, -, pt R twd ptr, -;.

"Shoo Fly Pie (and Apple Pan Dowdy)" Quick Cues**Sequence: Intro AB A^{mod} C A End**

- Intro:** Fcing COH / 8 Ft Apt / Lead Ft Free / Wait 2 Measures
Wait ; Wait ; Slow Pt Sd & Cl 2X ;;
Fwd to Slow B-Ball Trn ;; Slow Strut Tog 4 LOW BFLY ;;
- A:** Lindy Catch ;; Stop & Go ;;
Undertrn Spanish Arms to LOD - Rk Apt & Rec ;;
Slow Sd Brks ; 4 Qk Chicken Wks ;
Link Rk Trng to Fc WALL ~; Pretzel Trn ~; Dbl Rk;
Unwind Pretzel LOW BFLY ; Sailor Shuffle 2X ;
Sync Prog Rk 4 BFLY ; 2 Sd Cls ;
- B:** Traveling Sand Step 2X ;; Vn 4 ; Throwawy [LOD] ;
Chg Hnd Beh the Bk [RLOD] - Shake Her Hnd ~; Triple Wheel Fc WALL ~;;
- A^{mod}:** Link Rk ~; Pretzel Trn ~; Dbl Rk ; Unwind Pretzel LOW BFLY ;
Sailor Shuffle 2X ; Sync Prog Rk 4 BFLY ; 2 Sd Cls ;
- C:** In SCP Slow Rk the Boat [1X] [LOD] ; 2 Fwd Triples ;
Slow Rk the Boat [1X] ; Throwawy [LOD] ;
Dbl Rk Apt & Rec to a ; Chg Hnds Beh the Bk [RLOD] ;
Chg L to R with Continuous Chasse [COH] ;;
Rk SCP Rec & Qk Rk the Boat [1X] ; 2 Fwd Triples ;
Qk Rk the Boat 2X ; 2 Fwd Triples ; Throwawy [RLOD] ;
Rk Apt Rec & Kick Ball Chg ; Chg Lt to Rt with Continuous Chasse [COH] ;;
- A:** Lindy Catch ;; Stop & Go ;;
Undertrn Spanish Arms to LOD - Rk Apt & Rec ;;
Slow Sd Brks ; 4 Qk Chicken Wks ;
Link Rk Trng to Fc WALL ~; Pretzel Trn ~; Dbl Rk ;
Unwind Pretzel LOW BFLY ; Sailor Shuffle 2X ;
Sync Prog Rk 4 BFLY ; 2 Sd Cls ;
- End:** Traveling Sand Step 2X ;; Vn 4 ; Throwawy [LOD] ;
Chg Hnd Beh the Bk [RLOD] - Shake Her Hnd ~;
Triple Wheel - Slowing Down to Fc WALL LOW BFLY ~;; Apt Pt ;