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Cue Sheet Magazine  
4015 Marzo St  
San Diego, Ca 92154  
619-690-4361  
cutecuer@cox.net

17

# SLOW POKE

**CHOREO:** Ron & Georgine Woolcock,  
**ADDRESS:** 5326 Berger Dr SE, Olympia, WA 98513  
**MUSIC:** CD "The Fabulous Fifties Vol 4" Track #20  
by Pee Wee King D/L available from Amazon  
**RAL PHASE:** II+1 [Fishtail]  
**FOOTWORK:** Opposite, directions for man except where noted  
**SEQUENCE:** INTRO, A, B, C, D, A, B[1-14], END

**PHONE:** 360-456-2056  
**E-MAIL:** rwoolcock1@comcast.net  
**RHYTHM:** Two Step  
**DIFFICULTY:** Average  
**TIME/SPEED:** 3:02@45 RPM

## INTRO

### 1-4 OPEN FACING WALL WAIT 2 MEASURES ; ; APART POINT ; TOGETHER TOUCH OP LOD ;

1-2 In OP FCG WALL wait 2 meas ; ;  
3-4 Apt L, -, pt R, - ; fwd R to OP LOD, -, tch L, - ;

## PART A

### 1-4 2 FWD TWO STEPS ; ; HITCH 6 ; ;

1-2 In OP LOD fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R to OP LOD, - ;  
3-4 In OP LOD fwd L, cl R, bk L, - ; bk R, cl L, fwd R to OP LOD, - ;

### 5-8 CIRCLE AWAY 2 TWO STEPS ; ; STRUT TOGETHER 4 CP WALL ; ;

5-6 In OP LOD circ LF twd COH (W twd WALL) fwd L, cl R, fwd L, - ; cont twd COH fwd R, cl L, cont trng LF fwd R to fc RLOD, - ;  
7-8 Fcg RLOD Trn to fc ptr fwd L, -, fwd R, - ; fwd L, -, fwd R to CP WALL, - ;

### 9-12 BROKEN BOX ; ; ; ;

9-10 In CP WALL sd L, cl R, fwd L, - ; fwd R, -, rec L to CP WALL, - ;  
11-12 In CP WALL Sd R, cl L, bk R, - ; bk L, -, rec R to CP WALL, - ;

### 13-16 SIDE TWO STEP LEFT & RIGHT ; ; HALF BOX ; SCISSORS THRU OP LOD ;

13-14 In CP WALL sd L, cl R, sd L, - ; sd R, cl L, sd R to CP WALL, - ;  
15-16 In CP WALL sd L, cl R, fwd L, - ; sd R, cl L, XRif (W XLif) to OP LOD, - ;

## PART B

### 1-4 2 FWD TWO STEPS ; ; HITCH 6 ; ;

1-2 In OP LOD fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R to OP LOD, - ;  
3-4 In OP LOD fwd L, cl R, bk L, - ; bk R, cl L, fwd R to OP LOD, - ;

### 5-8 CIRCLE AWAY 2 TWO STEPS ; ; STRUT TOGETHER 4 BFLY WALL ; ;

5-6 In OP LOD circ LF twd COH (W twd WALL) fwd L, cl R, fwd L, - ; cont twd COH fwd R, cl L, cont trng LF fwd R to fc RLOD, - ;  
7-8 Fcg RLOD Trn to fc ptr fwd L, -, fwd R, - ; fwd L, -, fwd R to BFLY WALL, - ;

### 9-12 TRAVELING DOOR TWICE ; ; ; ;

9-10 In BFLY WALL rk sd L, -, rec R, - ; XLif, sd R, XLif (W XRif, sd L, XRif) to BFLY WALL, - ;  
11-12 In BFLY WALL Rk sd R, -, rec L, - ; XRif, sd L, XRif (W XLif, sd R, XLif) to BFLY WALL, - ;

### 13-16 BASKETBALL TURN OP LOD ; ; HITCH 6 ; ;

13-14 In BFLY WALL sd L ck, -, rec R trng 1/4 RF, - ; fwd L ck trng 1/4 RF, -, rec R cont trng 1/4 RF to OP LOD, - ;  
15-16 In OP LOD fwd L, cl R, bk L, - ; bk R, cl L, fwd R to OP LOD, - ;

## PART C

### 1-4 LACE ACROSS ; FWD TWO STEP ; LACE BACK ; FWD TWO STEP ;

1-2 In OP LOD fwd L diag (W under jnd ld hnds) chg sds, cl R, fwd L, - ; fwd R, cl L, fwd R to LOP LOD, - ;  
3-4 In LOP LOD fwd L diag (W under jnd trl hnds) chg sds, cl R, fwd L, - ; fwd R, cl L, fwd R to OP LOD, - ;

### 5-8 VINE APART ; VINE TOGETHER ; ROCK FORWARD, RECOVER ; ROCK BACK, RECOVER ;

5-6 In OP LOD sd L, XRib (W XLib), sd L, - ; sd R, XLib (W XRib), sd R to OP LOD, - ;  
7-8 In OP LOD fwd L, -, rec R, - ; bk L, -, rec R to OP LOD, - ;

### 9-12 SLIDING DOOR TWICE ; ; ; ;

9-10 In OP LOD rk apt L, -, rec R, - ; chg sds beh W XLif (W XRif), sd R, XLif (W XRif) to LOP LOD, - ;  
11-12 In LOP LOD rk apt R, -, rec L, - ; chg sds beh W XRif (W XLif), sd L, XRif (W XLif) to OP LOD, - ;

# SLOW POKE

Slow Poke – Ron & Georgine Woolcock

## PART C CONTINUED

### 13-16 CHARLESTON ; ; HITCH 4 ; WALK & PICKUP CP LOD ;

- 13-14 In OP LOD fwd L, -, pt fwd R, - ; bk R, -, pt bk L to OP LOD, - ;  
15 In OP LOD fwd L, cl R, bk L, cl R to OP LOD ;  
16 In OP LOD fwd L, -, fwd R ldg W in frnt (W trns LF in frnt of M to CP LOD), - ;

## PART D

### 1-4 2 FWD TWO STEPS ; ; 2 PROGRESSIVE SCISSORS BJO DLC CKG ; ;

- 1-2 In CP LOD fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R to CP LOD, - ;  
3-4 In CP LOD sd L, cl R, fwd XLif (W XRif) to SCAR, - ; sd R, cl L, fwd XRif (W XLib) to BJO DLC ckg, - ;

### 5-8 FISHTAIL ; WALK & FACE CP WALL ; 2 TURNING TWO STEPS BFLY WALL ; ;

- 5-6 In BJO DLC XLib (W XRif), sd R, fwd L, lk R in bk of L (W lk L in frnt of R) ; fwd L, -, fwd R to CP WALL, - ;  
7-8 In CP WALL sd L, cl R commence RF trn, sd & bk L across line of progression comp 1/2 RF trn, - ; Sd R, cl L commence RF trn, fwd R comp 1/2 RF trn to BFLY WALL, - ;

### 9-12 SCISSORS THRU LOP RLOD ; WALK 2 BFLY WALL ; SCISSORS THRU OP LOD ; WALK 2 ;

- 9-10 In BFLY WALL sd L, cl R, XLif (W XRif) to LOP RLOD, - ; fwd R, -, fwd L to BFLY WALL, - ;  
11-12 In BFLY WALL sd R, cl L, XRif (W XLif) to OP LOD, - ; fwd L, -, fwd R, - ;

### 13-16 FORWARD LOCK FORWARD TWICE ; ; TWIRL 2 ; WALK 2 ;

- 13-14 In OP LOD fwd L, lk R in bk of L, fwd L, - ; fwd R, lk L in bk of R, fwd R to OP LOD, - ;  
15 In OP LOD fwd L, -, fwd R, - (W fwd R trng RF undr jnd ld hnds, -, cont trn sd & bk L, -) to OP LOD ;  
16 In OP LOD fwd L, -, fwd R to OP LOD, - ;

## ENDING

### 1-2 WALK 2 ; APART POINT ;

- 1-2 In OP LOD fwd L, -, fwd R, - ; apt L, -, pt R twd ptr, pt finger at "Slow Poke" - ;

## QUICK CUES

- SEQ: INTRO, A, B, C, D, A, B[1-14], END
- INTRO: [OP-FCG] WAIT ; ; APT PT ; TOG TCH OP LOD ;
- PART A: 2 FWD TWO STEPS ; ; HITCH 6 ; ;  
CIRC AWY 2 TWO STEPS ; ; STRUT TOG 4 CP WALL ; ;  
BROKEN BOX ; ; ;  
SD TWO STEP L & R ; ; HALF BOX ; SCIS THRU OP LOD ;
- PART B: 2 FWD TWO STEPS ; ; HITCH 6 ; ;  
CIRC AWY 2 TWO STEPS ; ; STRUT TOG 4 BFLY WALL ; ;  
TRAVELING DOOR TWICE ; ; ;  
BBALL TRN OP LOD ; ; HITCH 6 ; ;
- PART C: LC ACRS ; FWD TWO STEP ; LC BK ; FWD TWO STEP ;  
VIN APT ; VIN TOG ; RK FWD, REC ; RK BK, REC ;  
SLIDING DOOR TWICE ; ; ;  
CHARLESTON ; ; HITCH 4 ; WLK & PU CP LOD ;
- PART D: 2 FWD TWO STEPS ; ; 2 PROG SCIS BJO CKG ; ;  
FISHTAIL ; WLK & FC ; 2 TRNG TWO STEPS BFLY WALL ; ;  
SCIS THRU LOP RLOD ; WLK 2 BFLY WALL ; SCIS THRU OP LOD ; WLK 2 ;  
FWD LK FWD TWICE ; ; TWRL 2 ; WLK 2 ;
- ENDING: WLK 2 ; APT PT [POINT FINGER AT "SLOW POKE"] ;