

YOU DON'T OWN ME

Page 1 of 3

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Music: "You Don't Own Me" Artist: Lesley Gore
Recording: Album: 20th Century Masters: The Millennium Collection: Best of Lesley Gore Track 4
Footwork: Opposite except where otherwise noted
Rhythm/Level: Slow Two Step Phase IV+1 (Triple Traveler) Difficulty: Average
Timing: 1--4-6 except where otherwise specified
Speed: 32mpm as recorded Duration: 2:31 (Adjust for comfort)
Sequence: Intro A B A B C A B C Ending

INTRO

1-4 CP WALL – WAIT 2 MEASURES;; SLOW SD TCH 2X;;

- 1-2 Wait 2 meas ;;
1--4-- 3 Sd L, -, -, tch R, -, - ;
1--4-- 4 Sd R, -, -, tch L, -, - ;

PART A

1-4 BASIC – PU;; L TRN INSD ROLL; BAS ENDG;

- 1 Sd L, -, -, XRib (W XLib), -, rec L to CP WALL ;
2 Sd R, -, -, XLib (W XRib), -, rec R trng 1/4 LF to CP LOD ;
3 Fwd L trng LF to fc COH, -, -, sd R, -, XLif (W bk R trng LF, -, -, sd L trng LF undr jnd ld hnds, -, sd R contg LF trn to fc ptr) to CP COH ;
4 Sd R, -, -, XLib (W XRib), -, rec R to CP COH ;

5-8 UNDRM TRN; OP BAS MANEUVERING; R TRN OUTSD ROLL; BAS ENDG;

- 5 Sd L raising jnd ld hnds ldg W to trn RF, -, -, XRib, -, rec L (W sd R, -, -, XLif trng RF undr jnd ld hnds, -, sd R contg trn to fc ptr) to BFLY COH ;
6 Sd R trng LF (W RF) to 1/2-OP RLOD, -, -, XLib, -, thru R stg RF trn (W rec L) ;
7 Crossing ifo W blndg to CP sd & bk L trng RF to LOD, -, -, sd & bk R trng 1/4 RF ldg W undr jnd ld hnds, -, XLif fcg WALL (W trn RF to fc RLOD fwd R stg RF twirl undr jnd ld hnds, -, -, sd & bk L contg RF trn, -, sd & fwd R compg RF trn to fc ptr & COH) ;
8 Sd R, -, -, XLib (W XRib), -, rec R to CP WALL ;

9-10 HIP RK 4 – PU;;

- 1--4-- 9 Rk sd L roll hips sd & bk, -, -, rk sd R roll hips sd & bk, -, - ;
1--4-- 10 Rk sd L roll hips sd & bk, -, -, rk sd R roll hips sd & bk, -, -, stg bdy movement twd LOD trn LF to CP LOD ;

PART B

1-4 TRIPLE TRAVELER;;; BREAK BK TO 1/2-OP [RLOD];

- 1 Fwd L, -, -, fwd R, -, fwd L (W sd & bk R trng 1/4 LF, -, -, sd & fwd L trng LF undr jnd ld hnds, -, sd & fwd R cont LF trn to fc LOD) ;
2 Fwd R spiral LF undr jnd ld hnds, -, -, fwd L, -, fwd R (W fwd L, -, -, R, -, L) ;
3 Fwd L, -, -, fwd R, -, fwd L trng 1/4 LF to fc COH (W twrl RF undr jnd ld hnds moving down LOD R, -, -, L, -, R) to CP COH ;
4 Sd R stg LF trn (W RF trn), -, -, comp trn to 1/2-OP pos fcg RLOD bk L, -, rec R ;

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5-8 FWD 6;; LACE ACROSS & FACE; BASIC ENDG;

- 5 Fwd L, -, -, fwd R, -, fwd L ;
- 6 Fwd R, -, -, fwd L, -, fwd R to 1/2-OP RLOD jng ld hnds at chest height ifo bodies ;
- 7 Raise jnd ld hnds & stp fwd L diag acrs LOP passing bhd W (W fwd R diag acrs LOP passing ifo M undr jnd ld hnds), -, -, fwd R, -, fwd L trng LF to CP WALL ;
- 4 Repeat Measure 8 of Part A ;

PART C

1-4 UNDRM TRN; LARIAT 6 TO CP LOD;; FWD 3 TO LOW BFLY;

- 1 Sd L raising jnd ld hnds ldg W to trn RF, -, -, XRif, -, rec L (W sd R, -, -, XLif trng RF undr jnd ld hnds, -, sd R contg trn to fc ptr & slightly twd his R side) ;
- 2 Sip R, -, -, L, -, R (W fwd L, -, R, L around M clockwise undr jnd ld hnds) ;
- 3 Fwd L trng 1/4 LF, -, -, sd R, -, cl L (W cont fwd R, -, -, L, -, R around M to fc ptr) to CP LOD ;
- 4 Fwd R, -, -, fwd L, -, fwd R to low-hand-hold BFLY LOD ;

5-8 TRAV CROSS CHASSE 4X – END FCG WALL; ; ; ;

- 5 With both hnds jnd at hip level trn LF sd & fwd L DLC, -, -, sd R twd DLW, -, XLif (W XRif) ;
- 6 Trn RF sd & fwd R DLW, -, -, sd L twd DLC, -, XRif (W XRif) ;
- 7 Repeat Measure 5 of Part C ;
- 8 Trn RF sd & fwd R DLW, -, -, sd L twd DLC, -, XRif (W XRif) trng RF to BFLY WALL ;

ENDING

1-4 TWSTY BASICS TO WRAP LOD;; WALK 2; PT LOD;

- 1 Sd L, -, -, XRif (W XLif), -, rec L ;
- 2 Sd R raisg jnd ld hnds to ld W to trn LF, -, -, XLib trng LF to fc LOD, -, rec R (W sd L stg LF trn undr jnd ld hnds, -, -, XRif contg LF trn, -, rec L) to WRP LOD ;
- 1--4-- 3 Fwd L, -, -, fwd R, -, - ;
- 1----- 4 Pt L fwd twd LOD, -, -, -, -, - ;

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QUICKCUES

Vers. 1.0

Rhythm/Level: Slow Two Step Phase IV+1 (Triple Traveler)

Speed: 32mpm Duration: 2:31

Sequence: Intro A B A B C A B C Ending

*INTRO***CP WALL – WAIT 2 MEASURES;; SLOW SD TCH 2X;;***Part A*

BASIC – PU;; L TRN INSD ROLL; BAS ENDG;
UNDRM TRN; OP BAS MANEUVERING; R TRN OUTSD ROLL; BAS ENDG;
HIP RK 4 – PU;;

Part B

TRIPLE TRAVELER;;; BREAK BK TO 1/2-OP [RLOD];
FWD 6;; LACE ACROSS & FACE; BASIC ENDG;

Part A

BASIC – PU;; L TRN INSD ROLL; BAS ENDG;
UNDRM TRN; OP BAS MANEUVERING; R TRN OUTSD ROLL; BAS ENDG;
HIP RK 4 – PU;;

Part B

TRIPLE TRAVELER;;; BREAK BK TO 1/2-OP [RLOD];
FWD 6;; LACE ACROSS & FACE; BASIC ENDG;

Part C

UNDRM TRN; LARIAT 6 TO CP LOD;; FWD 3 TO LOW BFLY;
TRAV CROSS CHASSE 4X – END FCG WALL;;;;

Part A

BASIC – PU;; L TRN INSD ROLL; BAS ENDG;
UNDRM TRN; OP BAS MANEUVERING; R TRN OUTSD ROLL; BAS ENDG;
HIP RK 4 – PU;;

Part B

TRIPLE TRAVELER;;; BREAK BK TO 1/2-OP [RLOD];
FWD 6;; LACE ACROSS & FACE; BASIC ENDG;

Part C

UNDRM TRN; LARIAT 6 TO CP LOD;; FWD 3 TO LOW BFLY;
TRAV CROSS CHASSE 4X – END FCG WALL;;;;

*Ending***TWSTY BASICS TO WRAP LOD;; WALK 2; PT LOD;**