

YOU GO TO MY HEAD

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Rhythm: Foxtrot & West Coast Swing

Phase: 5+0+2(Reverse Hesitation Change,
Inside Paddle Turn)

Footwork: Opposite except where W's noted by ()

Timing: (Foxtrot) SQQ except where noted, (WC Swing) as noted

Music: "You Go to My Head"

Artist: Michael Bolton (from the album "Bolton Swings Sinatra")

(music available online at iTunes Music Store, Walmart Music, etc.)

Sequence: INTRO-A-B-C-B-END

Speed: 56 rpm

INTRO

1-4 (WRAPPED POS/WALL, PT R FEET TO SIDE & LOWER) WAIT; RISE & TCH; THRU & UNWRAP TO ACK; TOG TCH;

- 1 *{Wrapped/WALL}* *{wait}* wait 1 meas;
- S-- 2 *{rise & tch}* both slow rise together by straightening L legs drawing R feet in & tch R to L;
- SS(QQS) 3 *{thru & unwrap to acknowledge}* with trlg hds jnd XRIF of L, -, rec L trn to DLW fcing ptr pt R twd ptr, - (XRIF of L, trn LF small stp bk L twd DLW, bk R pt L twd ptr, -);
- SS 4 *{tog tch}* stp twd ptr R, -, tch L to R to CP/DLW, -;

PART A

1-16 (CP/DLW) 3 STEP; 1/2 NAT; BK PASSING CHG; OUTSD CK; OUTSD SPIN; BK & CHASSE TO BJO; NAT WEAVE;; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2; REV HES CHG; DBL LILT; NAT WEAVE;;

- 1 *{3 step}* fwd L heel ld, -, fwd R heel ld rising to toe, fwd L to CP/DLW;
- 2 *{1/2 nat}* fwd R comm RF trn, -, sd L (cl R to L for heel trn), bk R in CP/RLD;
- 3 *{bk passing chg}* bk L, -, bk R w/ R sd stretch to open W's head, bk L in BJO/RLD;
- 4 *{outsd ck}* bk R, -, slight LF trn sd & fwd L, ck fwd R outsd ptr to BJO/DRW;
- 5 *{outsd spin}* using strong RF rotation small bk L toe turned in, -, fwd R around W heel lead rising to toe cont RF trn, cont slight RF trn bk & slightly sd L (fwd R around M, -, cl L to R for toe spin, fwd R between M's feet) to CP/DRW;
- SQ&Q 6 *{bk & chasse to BJO}* bk R trn 1/4 LF to BJO, -, chasse L/R, L in BJO/DLW;
- 7-8 *{nat weave}* fwd R comm RF trn, -, sd L (cl R to L for heel trn), bk R twd DLC;
- QQQQ bk L in BJO, bk R to CP comm LF trn, cont LF trn fwd & sd L, cont LF trn fwd R in BJO DLW;
- 9 *{3 step}* fwd L heel ld blend to CP, -, fwd R heel ld rising to toe, fwd L to CP/DLW;
- 10 *{1/2 nat}* fwd R comm RF trn, -, sd L cont RF trn (cl R to L for heel trn), bk R in CP/RLD;
- 11 *{hes chg}* bk L trn RF, -, sd R to fc DLC, drw L to R;
- 12 *{rev trn 1/2}* fwd L comm LF trn, -, sd R cont LF trn (cl L to R for heel trn), bk L in CP/RLD;
- 13 *{rev hes chg}* bk R trn LF, -, sd L to fc DLW, drw R to L;
- QQQQ 14 *{dbl lilt}* thru R on heel rising to toe, sm fwd L lowering at end of step, thru R on heel rising to toe, sm fwd L lowering at end of step;
- 15-16 *{nat weave}* fwd R comm RF trn, -, sd L (cl R to L for heel trn), bk R twd DLC;
- QQQQ bk L in BJO, bk R to CP comm LF trn, cont LF trn fwd & sd L, cont LF trn fwd R in BJO/DLW;

PART B

1-25 (BJO/DLW, 2nd time CP/DLW) HVR TELEMAR; WING; HVR CROSS ENDING; CHG OF DIR; REV TRN 1/2; RISING LK; QK DIAM 4; QK OUTSD CHG TO BJO; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2; REV HES CHG; DBL LILT; CRVD FTHR CK; SYNC FTHR FIN; OP TELEMAR; 1/2 NAT; QK OUTSD CHG TO SCP; HI LINE & BK CHASSE; BK WSK; SLOW SD LK; MINI TELESPIN;; CONTRA CK REC SCP;

- 1 *{hvr telemark}* fwd to CP, -, fwd and slight sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP/DLW;

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- 2 *{wing}* thru R, -, draw L twd R, tch L to R trng upper body LF w/ L sd stretch to end in tight SCAR (thru L beginning to cross in front of M comm slight LF trn, -, fwd R around M cont LF trn, fwd L around M comp LF trn to SCAR) end SCAR/DLW;
- QQQQ 3 *{hvr cross ending}* ck fwd L sm stp in SCAR, rec bk R, sd L, fwd R outsd ptr to BJO/DLW;
- 4 *{chg of dir}* fwd L blend to CP, -, fwd R comm LF trn, draw L to R cont LF trn to CP/DLC;
- 5 *{rev trn 1/2}* fwd L comm. LF trn, -, sd R cont LF trn (cl L to R for heel trn), bk L in CP/RLOD;
- 6 *{rising lk}* bk R comm LF trn, -, sm bk & sd L cont trn, cont LF trn lk RIB of L (lk LIF of R) to CP/DLC;
- QQQQ 7 *{qk diam 4}* fwd L comm LF trn, sd R cont trn to BJO, bk L blending to CP, bk R to CP/RLOD;
- QQQQ 8 *{qk outsd chg to BJO}* bk L, bk R turning LF, sd & fwd L to BJO, fwd R (fwd R, fwd L turning LF, bk R to BJO, bk L) in BJO/DLW;
- 9-14 *{3 step} {1/2 nat} {hes chg} {rev trn 1/2} {rev hes chg} {dbl lilt}* Repeat Part A meas 9-14;;;;;
- 15 *{crvd fthr ck}* fwd R comm RF trn, -, sd & fwd L cont RF trn, cont RF trn fwd R ckg outsd ptr (bk L, -, sd & bk R, bk L) BJO/DRW;
- SQ&Q 16 *{syncopated fthr fin}* bk L blend to CP, -, bk & sd R trng LF/sd & fwd L DLC, fwd R to BJO/DLC;
- 17 *{op telemark}* blending to CP fwd L trn LF, -, fwd & sd R trn LF (W heel trn), sd & fwd L SCP/DLW;
- 18 *{1/2 nat}* fwd R comm RF trn, -, sd L (cl R to L for heel trn), bk R in CP/RLOD;
- QQQQ 19 *{qk outsd chg to SCP}* bk L, bk R turning LF, sd & fwd L to SCP, thru R (fwd R, fwd L, fwd R to SCP, thru L) in SCP/DLW;
- SQ&Q 20 *{high line & bk chasse}* sd & fwd L strong L sd stretch, -, chasse bk R/L, R in SCP/DLW;
- 21 *{bk wsk}* bk L, -, bk & sd R, XLIB of R w/ rise to SCP/LOD;
- 22 *{slow sd lk}* thru R, -, sd & fwd L to CP, XRIB of L trng LF (thru L trng LF across M to CP, -, sd & bk R, cont slight LF trn XLIF of R) to CP/DLC;
- SQQ& 23-24 *{mini telespin}* fwd L DLC trng LF, -, sd R cont LF trn, sd & bk pt L LOD in momentary SCAR; comm LF
- QQS spin on L, sd R DLC to CP DRC, tch L to R, - (bk R DLC trng LF, -, cl L to R heel trn, sd & fwd R LOD in momentary SCAR/fwd L LOD trng LF; fwd & sd R DLC, trng LF small sd L to CP, tch R to L, -);
- 25 *{contra ck rec SCP}* comm upper body LF trn w/ R shldr lead ck fwd L in CBMP, -, rec R, trn LF sd L (rec L, fwd R) to SCP/DLW;

PART C (WEST COAST SWING)

1-15 (SCP/DLW) THROWOUT 2 & ANCHOR;

UNDRM TRN ~ MAN'S UNDRM TRN;;; WRAPPED WHIP;;; CHICKEN WKS (4 QK);

SUGAR PUSH ~ L SD PASS;;; SUGAR BUMP ~ L SD PASS;;;

INSIDE PADDLE TRN TO SCP; PU SD CL (DLW);

- 123&4 1 *{throwout 2 & anchor}* fwd R, sd L w/ LF trn leading W out to fc twd LOD, anchor in pl R/L, R (fwd L start LF trn, fwd & sd R trn to fc ptr, bk into anchor L/R, L) end fc LOD;
- 123&4 2-4*{undrm trn}* bk L trng RF, fwd R trng RF raise jnd lead hnds, fwd L trng RF/cl R trng RF, fwd L fc RLOD (fwd
- 1&2 R, fwd L trn LF undr jnd lead hnds, fwd R trn LF/XLIF cont trn, bk R); anchor in pl R/L, R (anchor in pl L/R, L),
- 34 *{man's undrm trn}* bk L, fwd & sd R twd W's L sd (fwd R, fwd L); trng RF undr jnd lead hnds L/XRIF, bk L to fc
- 1&23&4 LOD, anchor in pl R/L, bk R (fwd R trn LF/XLIF cont trn, bk R to fc RLOD, anchor in pl L/R, L);
- 123&4 5-6*{wrapped whip}* bk L to join all hnds, raising jnd ld hnds rec R comm RF trn, bring jnd ld hnds over W's head sd
- 123&4 L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd fc RLOD (fwd R, fwd L, fwd R/cl L, bk R); XRIB trng RF release trlg hnds, trng RF to fc LOD sd & fwd L, anchor in pl R/cl L, R (bk L, bk R, anchor in pl L/R, L);
- 1234 7 *{chicken wks}* bk L, bk R, bk L, bk R (swvl RF on L fwd R, swvl LF on R fwd L, swvl RF on L fwd R, swvl LF on R fwd L);
- 1234 8-10 *{sugar push}* bk L, bk R, tch L, fwd L (fwd R, fwd L, tch R to L, bk R);
- 1&2 anchor in pl R/L, R (anchor in pl L/R, L),
- 34 *{L sd pass}* bk L trng LF to fc WALL, cl R (fwd R, fwd L); in pl L/R, trng to fc RLOD fwd L (fwd R trn LF/XLIF
- 1&23&4 cont trn, bk R fc LOD), anchor in pl R/L, R (anchor in pl L/R, L);
- 1234 11-13 *{sugar bump}* bk L, fwd R, trng 1/4 RF raise L leg & gently bump L hip w/ ptr's R hip rls hnds & cont RF
- 1&2 trn, fwd L cont RF trn to fc ptr (fwd R, fwd L, trng 1/4 LF raise R leg & gently bump R hip w/ ptr's L hip rls hnds & cont LF trn, fwd R cont LF trn to fc ptr); jng ld hnds anchor in pl R/L, R (jng ld hnds anchor in pl L/R, L),
- 34 *{L sd pass}* bk L trng LF to fc WALL, cl R (fwd R, fwd L); in pl L/R, trng to fc RLOD fwd L (fwd R trn LF/XLIF
- 1&23&4 cont trn, bk R fc LOD), anchor in pl R/L, R (anchor in pl L/R, L);

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- 123&4 14 *{inside paddle trn to SCP}* bk L, fwd R, trn W under jnd ld hnds while trng to fc DRW and catch her to SCP in pl
L/R, sd L twd DLW (fwd R, fwd L, trning LF under jnd ld hnds fwd & sd R/recov fwd L, sd R to fc ptr in
SCP/DLW);
SQQ 15 *{pu sd cl}* thru R comm LF trn to CP/DLW, -, sd L, cl R (thru L trng LF across M to CP, -, sd R, cl L);

END

1-2 (SCP/DLW) CK THRU, REC WRAP; R SD PT & LOWER;

- S 1 *{ck thru}* ck thru R, -,
S(QQ) *{rec wrap}* rec L leading W to wrap, - (rec R trn 1/2 LF under jnd ld hnds to wrap, cl L) both facing DRW;
S-- 2 *{R sd pt & lower}* both lower on bent L knee pt & slide R to sd;

YOU GO TO MY HEAD - QUICK CUES

INTRO: [WRAPPED POS/WALL, PT R FEET TO SIDE & LOWER]

WAIT; RISE & TCH; THRU & UNWRAP TO ACK; TOG TCH;

**A: 3 STEP; 1/2 NAT; BK PASSING CHG; OUTSD CK; OUTSD SPIN; BK & CHASSE TO BJO;
NAT WEAVE;; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2; REV HES CHG; DBL LILT;
NAT WEAVE;;**

**B: HVR TELEMAR; WING; HVR CROSS ENDING; CHG OF DIR; REV TRN 1/2; RISING LK;
QK DIAM 4 TO CP; QK OUTSD CHG TO BJO; 3 STEP; 1/2 NAT; HES CHG; REV TRN 1/2;
REV HES CHG; DBL LILT; CRVD FTHR CK; SYNC FTHR FIN; OP TELEMAR; 1/2 NAT;
QK OUTSD CHG TO SCP; HI LINE & BK CHASSE; BK WSK; SLOW SD LK;
MINI TELESPIN;; CONTRA CK REC SCP;**

C: [WEST COAST SWING]

**WEST COAST THROWOUT 2 & ANCHOR; UNDRM TRN ~ MAN'S UNDRM TRN;;;
WRAPPED WHIP;; CHICKEN WKS (4 QK); SUGAR PUSH ~ L SD PASS;;;
SUGAR BUMP ~ L SD PASS;;; INSIDE PADDLE TRN TO SCP; PU SD CL TO DLW;**

B: {REPEAT B}

END: CK THRU, REC WRAP; R SD PT & LOWER;