

YOU KNOW

Choreography: Ron & Mary Noble, 1570 N. Kings Valley Hwy Dallas, OR 97338 (503) 623-3782
Nov - Mar 13624 E. 51st Lane Yuma, AZ 85367 (928) 345-0760
Record: Special Pressing (flip Traces) available from choreographer & Palomino Records
Phase: IV + 2 (Surprise Whip, Side Whip) Rdancer@aol.com
Rhythm: West Coast Swing Speed 45 rpm
Sequence: Intro, A (1-10), inter, A, B, inter, C, A, B, Ending June 2001
Corrected Feb 2002

- INTRO -

1 - 4 OP FC LOD W fc M WAIT 1 MEAS.; CROSS POINTS 4;; SWVL TOG, -, SWVL APART, -;

- 1 Open fcng LOD W in front of M lead hnds joined Wait 1;
2-4 **[CROSS POINTS 4 – SS SS]** XLIFR, pt sd R, XRIFL, pt sd L; XLIFR, pt R, XRIFL, pt L; (W XRIBL, pt sd L, XLIBR, pt sd R; XRIBL, pt sd L, XLIBR, pt sd R;); **[SWVL TOG SWVL APT]** fwd L swvl rt fc 1/2, -, fwd R swvl lf fc 1/2 to LOP pos LOD, -; (W fwd R fwd swvl lf fc 1/2, -, fwd L swvl rt fc 1/2, -;)

- A -

Note: First & third times Part A begins facing LOD and ends facing RLOD. Second time Part A begins facing RLOD and ends facing LOD.

1 - 5 SUGAR PUSH – WRAPPED WHIP – LEFT SIDE PASS;;; :

- 1-5 **[SUGAR PUSH – 1234 1a2]** Bk L, bk R, tch L, fwd L; Anchor step using hip action in pl R/L, bk R, (W fwd R, fwd L, tch R, bk R; Anchor step using hip action in pl L/R, sm bk L,)

Note: anchor step will be used to describe this footwork for the rest of the dance.

[WRAPPED WHIP – 34 1a2 34 1a2] Bk L to doub hndhd, rec fwd R trng 1/4 rt fc; brng joined M's lf & W's rt hnds over W's head sd L cont rt fc trn/cl R, sd & fwd L in a wrap position, XRIBL trng rt fc releasing M's rt & W's lf hnds, sd & fwd L trng rt fc to fc partner; anchor step R/L, R,

[LEFT SIDE PASS – 34 1a2 3a4] Trn lf fc 1/4 bk L, cl R leading W to M's lf sd; fwd L/cl R trng 1/4 lf to fc partner, fwd L toward W, anchor step R/L, R end fcg RLOD;

6 - 8 MAN'S UNDERARM TURN – TUCK and SPIN;;; :

- 6-8 **[MAN's UNDERARM TURN – 12 3a4 1a2]** Bk L, fwd R outside partner on her lf sd, sd L/cl R, sd L trng rt fc to fc partner; anchor step R/L, R end fc LOD lead hnds joined, (W fwd R, fwd L, fwd R trng 1/4 lf fc/XLIF continuing lf fc trn, bk R; anchor step L/R, L,)

[TUCK and SPIN – 34 1a2 3a4] Bk L, rec fwd R; tch L, fwd L, anchor step R/L, R end fcg LOD;

9 - 12 SURPRISE WHIP;; SIDE WHIP;; :

- 9-10 **[SURPRISE WHIP – 12 3a4 12 3a4]** bk L, rec fwd & sd R moving to W's rt sd trn rt fc 1/4 to SCP position, sd L continuing rt fc trn 1/4/rec fwd R, sd & fwd L completing a 1/2 rt fc trn to BJO; chk fwd R trng upper body strongly to the rt CBMP leading W to trn sharply to the rt and stopping W with M's rt hnd on W's bk ending in an 'L' shaped SCP looking at partner, rec bk L raising joined lead hnds to turn W rt fc, anchor step R/L, R end fc RLOD; (W fwd R, fwd L trng rt fc 1/2, bk R/cl L, fwd R between M's feet trng sharply rt fc 1/2 keeping lf leg close to rt and under the body; chk bk L, rec fwd R trng rt fc under joined lead hnds to fc partner, anchor step L/R, L;)

- 11-12 **[SIDE WHIP – 12 3a4 12 3a4]** bk L, rec fwd & sd R moving to W's rt sd trn rt fc 1/4 to "L" SCP pos placing rt hnd on W's bk, pt L, -; -, fwd L trng to fc partner, anchor step R/L, R end facing LOD; (W fwd R, fwd L trng rt fc 1/2 to SCP, bk R/cl L, fwd R; fwd L trng 1/2 rt fc, bk R to fc M, anchor step L/R, L;)

- INTERLUDE -

1 - 2 FIVE QUICK CHICKENS – HOLD CLOSE POINT;; :

- 1-2 **[CHICKEN WALKS – 1234 1 hold CLOSE POINT]** bk L, bk R, bk L, bk R; bk L, -, cl R/pt L, -; (W swiveling fwd R, fwd L, fwd R, fwd L; fwd R, -, cl L/pt R, -;)

Note: 1st time starts LOD, 2nd time starts RLOD.

- B -

Note: First time Part B begins facing LOD and ends facing RLOD. The second time, Part B begins facing RLOD and ends facing LOD.

1 - 4 **UNDERARM TURN to “L” POSITION – SIDE WALKS 6 LADY SWIVEL - THROWOUT;;;**

- 1-3 **[UNDERARM TURN to “L” POSITION – 12 3a4 1a2]** Bk L trng rt fc, fwd R trng rt fc, fwd L/sd R, cl L undertrn to fc Wall; sd R/cl L, sd R to an “L” pos M fc WALL, (W fwd R, fwd L, fwd R trng ¼ lf fc/XLIFR cont trn, bk R to fc LOD; anchor step L/R, L,) note: 2nd time M fc COH W fc RLOD in “L” pos
[SIDE WALKS 6 LADY SWIVEL – 34 12 34] With a merengue action sd L, cl R; sd L, cl R, sd L, cl R; (W with slight swiveling action fwd R, fwd L; fwd R, fwd L, fwd R, fwd L;)
4 **[THROWOUT – 1a2 3a4]** Sd L/cl R, sd & fwd L trng lf fc ¼ to fc partner, anchor step R/L, R end fc LOD; (W fwd R trng ¼ lf fc/XLIFR continuing lf fc trn, bk R, anchor step L/R, L;)

5 - 8 **SUGAR PUSH MAN TRN to a hndshk – RIGHT SIDE PASS;;; BOTH POINT;**

- 5-8 **[SUGAR PUSH MAN TRN to a hndshk – 1234 1a2]** Bk L, bk R, tch L, fwd L; in pl R/L, R trng lf fc 1/2 extending rt hnd to W, (W fwd R, fwd L, tch R, bk R; anchor step L/R, L join rt hnds,)
[RT SIDE PASS – 34 1a2 3a4] Sd L, rec R; cl L/in pl R, fwd L to fc W, anchor step R/L, R join lead hnds; **[BOTH PT]** M pts L ft to sd, -, -, -; (W pts R ft to sd, -, -, -;)

- C -

Note: Part C begins facing RLOD and ends facing LOD.

1 - 3 **TUCK AND SPIN – LEFT SIDE PASS to a LF HAND STAR (M FC WALL);;;**

- 1-3 **[TUCK AND SPIN – 1234 1a2]** Bk L, bk R to tight BFLY position hnds low, tch L, fwd L providing a resistance in lf arm so W can push off; anchor step R/L, R end fc RLOD,
[LEFT SIDE PASS to LF HAND STAR – 34 1a2 3a4] Trng lf fc ¼ bk L, cl R leading W to M's lf sd; in pl L/R, L to a LF HND STAR pos, in pl R/L, R end fc WALL; (W fwd R, fwd L; fwd R trng ¼ lf fc/XLIF, sd R to a LF HND STAR pos, L/R, L in place end with lf hnds joined fc COH;)

4 - 7 **KICK BALL CROSS (twice); WHEEL ½ two TRIPLES; KICK BALL CROSS (twice); WHEEL ½ two TRIPLES to SCP LOD;**

- 4 **[KICK BALL CROSS twice – 1a2 3a4]** In a lf hnd star kick L fwd/take wt on ball of L, XRIF, kick L fwd/take wt on ball of L, XRIF; (W kick R fwd/take wt on ball of R, XLIF, kick R fwd/take wt on ball of R, XLIF;)
5 **[WHEEL TWO TRIPLES – 1a2 3a4]** In a lf hnd star wheel ½ lf fc fwd L/R, L, R/L, R end M fc COH W fc WALL;
6 **[KICK BALL CROSS twice – 1a2 3a4]** In a lf hnd star repeat meas 4;
7 **[WHEEL TWO TRIPLES – 1a2 3a4]** In a lf hnd star repeat meas 5 blending to SCP LOD;

8 - 12 **ROCK TO A THROWOUT – FOUR CROSS PT STEPS – SWIVEL TOG – SWIVEL APART; ;;;**

- 8-12 **[RK to a THROWOUT – 12 3a4 1a2]** Rk bk L, rec R, fwd L/cl R, fwd L; Anchor step R/L, R,
[FOUR CROSS PT STEPS – 34 12 34 12] XLIFR, pt R; XRIFL, pt L, XLIFR, pt R; XRIFL, pt L,
[SWIVEL TOG – SWIVEL APART – 341 234] Fwd L swvl ½ rt fc to a bk to bk pos, -, -, fwd R swvl ½ lf fc to fc partner, -, -;

- ENDING -

Note: The ENDING begins facing LOD and ends facing LOD.

1 - 5 **BK X PTS (three) & HOLD;;; FWD X PTS (three);; 4 QK CHICKENS; STRIKE A LINE;**

- 1-2 **[BACK CROSS POINTS THREE – 1234 1234]** XLIBR, pt R, XRIBL, pt L; XLIBR, pt R, -, -;
3-4 **[FWD CROSS POINTS THREE – 1234 1234]** XRIFL, pt L, XLIFR, pt R; XRIFL, pt L, -, -;
5 **[CHICKEN WALKS FOUR – STRIKE A LINE - 1234]** Bk L, bk R, bk L, bk R; pt L to sd lowering joined lead hnds raising trailing hnds high to make a line