MOVING SOUTH

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Record: Footwork: Rhythm:

"Moving South" Ross Mitchell Special Pressing Opposite except where noted. Directions for Man Basic Phase V + 2 (sliding door & spiral) Rhumba Intro, A, B, A, B,

Sequence:

INTRO

WAIT 2 MEAS; TOG, -, PT,-; TOG, -, PT SD, -;

Wait 2 meas Fc Ptr/Wall Aprox 5 feet apart weight on M's R W's L arms extended géntly Looking at ptr XLIF of R & slightly fwd, -, Pt sd R trn LF 1/8, -; Fwd R to ptr, - , Pt L (tch) to sd blending to CP/WALL, -; (The intro should give an atmosphere of gentle, yet elegant, simplicity)

PART A

- FULL BASIC; 1/2 BASIC; FAN;
- (Full Basic) CF/WALL Fwd L, Rec R, Sd L,-; Bk R, Rec L, Sd R,-; 1 & 2
- (1/2 Basic to Fan) Fwd L, Rec R, Sd L,-; Bk R, Rec L trng LF 1/8, Releasing M's R W's L Sm Sd L,-(W Fwd L, Bk R trng LF 1/8, Sm Bk L LOD 3 & 4 leave R extended fwd,-);
- 1/2 HOCKEY STICK; ROCK 3 TO FAN; HOCKEY STICK;; 5 - 8
 - (1/2 Hockey Stick) Fwd L, rec R, sm sd L placing R hand on W's R hip to 5 stop her,-; (W cl R, fwd L, fwd R,-:)
 - (Rock 3 to Fan) with cucaracha pressure rec R, rec L, sm sd R leading W 6 bk to fan position with M's R hand extended to sd, -; (W looking at M with Left arm extended to sd rec bk L with cucaracha action, rec R, sm bk L to fan, -;)
- (Hockey Stick) Fwd L, rec R, cl L,-: Bk R, rec L to fc RDW M's L W's R 7 & 8 hands at hip level, fwd R RDW: (W cl R, fwd L, fwd R, -: fwd L, fwd R trn LF under joined hds to fc M, bk L,-;)
- ALEMANA TO LARIAT;;; NEW YORKER; IN AND OUT RUNS;; SFOT TURN; -16
- (Alemana to Lariat) Fwd L, rec R, cl L (W fwd & sd), -; Bk R, rec L fc 9 -12 wall, cl R -; pressure step sd L , rec R, cl L,-; Bk R, rec L, Sd R trng slightly to R preparing for new yorker;; (W fwd L trn RF under jnd hds, fwd R cont RF trn, fwd L to M's R sd, -; Fwd R, L, R behind M to M's L side, -; Fwd L, R, L to fc M, -);
- (New Yorker) Check fwd L RLOD, rec R, sd L to 1/2 op LOD, -; 13
- 14, 15 (In and Out Runs) Fwd R comm RF trn, fwd & sd L in front of W cont RF trn fc RLOD, fwd & sd R LOD in Left 1/2 OP w M's R W's L arms up & out, -; Fwd L, Fwd R between W's feet, fwd & sd L to 1/2 OP looking at ptr,-; (W Fwd L, fwd R between M's feet, fwd L to Left 1/2 OP,-; Fwd R comm RF trn, fwd & sd L in front of M cont RF trn, fwd & sd R in 1/2 OF looking at M, -;>
 - (Spot Turn) Thru R trn LF (W RF) fc RLOD, fwd L cont trn fc ptr, sd R 16 join M's L W's R hands, -;

FART B

- HIF TWIST; FAN; SLIDING DOOR/SFIRAL END; ;; HOCKEYSTICK ENDING;
 - (Hip Twist) Fwd L, rec R, cl L,-; (W bk R, rec L, fwd R, swvl RF on R to 1 fc LOD, -;)
 - (Fan) Bk R, rec R trn LF 1/8, sd R, -: (W fwd L, fwd R trn LF to fc M, 2 bk L leave R extended fwd, -:)
- (Sliding Door w/spiral) Fwd L, rec R, cl L leading W forward as in a 3 - 7hockey stick, -; R with slight RF trn cont to lead W fwd, rec L placing R hand under W's upperarm to lead her to M's R side, fwd R to fc DRW with W on R side L hnds joined & M's R hand on W's R shoulder blade, -; Sd & Fwd L with slight RF trn, rec R w LF body trn, XLIB of R,-; Relax L Knee (no weight change) with LF body trn allowing R to slide to sd rec upright no wt chg, cl R,-; Sd & fwd L with slight RF trn, rec R w LF body trn, cl L releasing hand holds to allow W to spiral on her (W Cl R, fwd L, fwd R,-; Fwd L with slight LF trn, Sd & bk R, bk L outside M on his R sd to shadow DRW w R hand extended to sd, -; Ek R with RF body trn, rec L, XRIF of L,-; Sd L with cucaracha action and slight LF body trn (Option: lunge line action may be used after weight is taken on L), rec R, Bk L, -; Bk R, rec L, Fwd R DW, spiral 3/4 LF on R,-:
 - (Hockey stick end) Bk R, rec L, fwd R DW, join M's L W's R hands, -; (W: Fwd L DW, fwd R trn 1/2 to fc M, bk L,-;)
- 9 12 HALF BASIC TO NAT. TOP;; NAT. OPENING OUT; SPOT TURN TO FC LOD;
- (1/2 Basic) Fwd L, rec R, sd & fwd L trng slightly RF end in CP/DRW, -:
- (Natural Top) Trng RF XRIB, sd & fwd L cont RF trn, cl R CF/WALL, -; 10 (W Sd L trn RF, Fwd R between M's feet con't RF trn, Sd L,-;) CP/WALL
- (Natural Opening Out) Fwd L with body trn to R, rec R w LF body trn, 11 cl L CP/WALL, -: (W [trng 1/2 RF on L on "&" count of previous measure) bk & sd R, rec L commence LF turn to fc M, Sd R LOD,
- (Spot Turn to fc LOD) Thru R trn LF (W RF) fc RLOD, Fwd L RLOD, Fwd R 12 placing L hand on W's R wrist to lead her to turn to LOD, swivel LF on R (W RF on L) to fc LOD L hnds joined with M's R hand on W's shoulder blade & W's R arm extended to sd;
- FWD 3; FWD ROCK 3; FWD 3 & SPIRAL; FWD, FC, CLOSE, -; 13-16
- (<u>Fwd 3</u>) Fwd L, R, L,-; 13
- (Fwd Rock 3) Fwd R, Rec L with cucaracha pressure, Rec R,-
- (Fwd 3 & Spiral) Fwd L, R, L, release hands swivel 3/4 RF on L & look 15 LOD (W spiral LF);
- (Fwd, Face, Close) Fwd R LOD, fwd L to fc ptr, cl R to CP/WALL, -; 16

END

Fwd R, Fwd L trn RF to fc RLOD, Bk R to end in V Bk to Bk position M's L W's R hands jnd & M's R W's L arms up and out w palms out, -;

Alemana, Basic, Lariat, New Yorker, Fwd Walks, Spot Turn Phase III Steps:

Aida, Fan, Hockey Stick, In and Out Runs, Phase IV Steps:

Natural Top, Natural Opening Out, Open Hiptwist, Phase V Steps:

Sliding Door, Spiral Phase VI Steps: