

CUPPA JOE

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CD: Prozac Nation

Phase: VI West Coast Swing

Sequence: INTRO, A, B, C, D, A, B, C, E, C (5-8), A (5-8), END Speed: 45 RPM

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Cuppa Joe by Bellvue Cadillac Track 3

Footwork: Opposite Unless Noted

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INTRO

1-4 WAIT;; SD TAP BEHIND WITH SNAPS TWICE;;

- 1-2 {Wait} Wait 2 meas fcng ptr & wall lead ft free and tapped
- behind trail ft trail hnd on hip and lead hand down at side;;
1-3- 3-4 {Sd Tap Behind with Snaps Twice} Sd L, tap R behind L as
5-7- raise L arm up and out on diag and snap fingers looking at hand,
sd R, tap L behind R as lower L arm down & across body and
snap fingers looking to RLOD; Repeat meas 3;

5-8 SLOW CIRCLE 4 WITH SNAPS TO CP WALL;; TWO SLOW VOLTAS; THROWOUT;

- 1-3- 5-6 {Slow Circle 4 with Snaps to CP Wall} Circle LF away from ptr
5-7- fwd L, snap L fingers, fwd R, snap L fingers; circle bk to fc ptr
fwd L, snap, fwd R to loose CP fc wall lead hnds low;;
&1-&3- 7-8 {Two Slow Voltas} On & ct sd L/ XRIF of L,, sd L/ XRIF of L,;;
5&6&7&8 {Throwout} Sd L start LF trn/ cl R, sd & fwd L to fc LOD W in
front of M, in pl R/L, R leading W out to lead hnd joined (W diag
bk L/R, L) to end fc ptr & LOD;

PART A

1-4 WHIP WITH INSIDE TRN;; CHEEK TO CHEEK WITH QK RONDE ANCHOR & PT;;

- 123&4 1-2 {Whip with Inside Trn} Bk L, recov R XIF of L fc LOD, trning
567&8 RF rk sd L/ cont trning RF recov R, sd L to CP fc RLOD; XRIB
of L as raise lead hnds to allow W to trn LF under joined lead
hnds, sd L cont trn to fc LOD, anchor R/L, R (W fwd R, fwd L
trning RF to SCP, bk R/ cl L, fwd R in CP fc LOD; fwd L start
LF underarm trn, sd & bk R cont LF underarm trn to fc ptr,
anchor L/R, L);
12-4 3-4 {Cheek to Cheek with Qk Ronde Anchor & Pt} Bk L, recov
-6&7- fwd R (W fwd L), trn RF to fc DRW as lift L knee & tch L butt
cheek to ptr, small fwd L still fc DRW; ronde R leg CCW as trn
LF to fc ptr & LOD, anchor R/L, R, pt L twd ptr lead hnds joined;

5-8 UNDERARM TRN WITH DUCK WALK ENDING;; HEEL HEEL STEP STEP; CHICKEN WALKS 4 QKS;

- 123&4 5-6 {Underarm with Duck Walk Ending} Bk L trn RF, fwd R XIF
567&8 trn RF, fwd L/ cl R to L, fwd L fc RLOD (W fwd R, fwd L, under
joined lead hnds fwd R trn ¼ LF/ XLIF of R cont LF trn, sd & bk

R to fc ptr); Swvl RF to step fwd R twd COH, draw L to R as swvl LF to fc wall step fwd L, draw R to L as swvl RF to step twd COH fwd R/ lk LIB of R with Latin trn out, fwd R;
 &1-&3- 7-8 **{Heel Heel Step Step}** Still lead hnds joined fc ptr & RLOD like
 5678 a slow sd brk on the & ct put wgt on the L heel fwd & sd/ put wgt on the R heel fwd & sd standing on both heels,, on the & ct put the L ft slght bk and under the body/ recov R under the body,;
{Chicken Walks 4 Qks} Bk L, R, L, R (W swvl ft out as fwd R, L, R, L);

PART B

1-4 WHIP WITH OUTSIDE TRN OVERTRN TO HANDSHAKE;; RT SD PASS WITH SYNCO TUCK & TWIRL;;, HEAD LOOP SUGAR PUSH;;
 123&4 1-2 **{Whip with Outside Trn Overtrn to Handshake}** Bk L, recov
 567&8 R XIF of L fc RLOD, trning RF rk sd L/ cont trning RF recov R, sd L to CP fc LOD; XRIF of L cont RF trn, sd & fwd L, XRIF of L as lead W to trn RF under lead hnds/ sd L lower joined hnds & chg to R to R hand shake, XRIF of L fc RLOD W behind M (W fwd R, fwd L trning RF to SCP, bk R/ cl L, fwd R trn RF; bk L cont trn RF, fwd R fc RLOD, under joined lead hnds fwd L/ XRIF of L cont trn to fc RLOD, bk L to shake hnds);
 12-4 3-4 **{Rt Sd Pass with Synco Tuck & Twirl}** Rk fwd L, recov R as
 (W12&34) lead W by on R sd, tch L, step fwd L; twirl the lady RF under
 5&678 joined R hnds while anchor R/L, R (W fwd R, L, on & ct fwd R with slight LF trn/ XLIF of R, fwd R start RF twirl; twirl RF L/R, L still in handshake), **{Head Loop Sugar Push}** Bk L, R while take joined R hnds over M's head trning body RF to fc DRC;
5-8 WITH RK 2 & KICK BALL CHG;; SHADOW TUCK ROLL & ANCHOR;;
 -234 5-6 **{With Rk 2 & Kick Ball Chg}** Tch L, still in head loop rk fwd L,
 5&6-&8 recov R, fwd L as push W out; anchor R/L, R (W apt L/R, L) to lead hnds joined, kick L low to the floor/ pl L ft next to R on ball of ft, recov R;
 12-4 7-8 **{Shadow Tuck Roll & Anchor}** Bk L, fwd R connect R hnd to
 567&8 her right wrist & trn W to shadow COH, pt L to RLOD, pl wgt on L to prepare W's roll; fwd R, L follow W's roll connect lead hnds, anchor R/L, R (W fwd R, fwd L trning LF to fc COH in shadow with his R hnd at her R wrist, pt R to LOD, trning RF fwd R to begin RF roll; roll bk L cont roll, fwd R cont roll, to fc ptr and anchor L/R,L);

PART C

1-4 WRAPPED WHIP;; SIDE WHIP;;
 123&4 1-2 **{Wrapped Whip}** Bk L join trail hnds, recov R XLIF trn RF
 567&8 raise joined lead hnds keep trail hnds at waist level, sd L twd

- LOD/ recov R trn RF, cont trn RF to fc RLOD sd & fwd L (W fwd R, fwd L, passing under jnd lead hnds fwd R/ cl L, bk R) end in momentary wrapped pos both fc RLOD; release trail hnds XRIB of L trn RF, sd L cont trn RF to fc LOD, anchor R/L, R (W bk L, bk R, anchor L/R,L) end LOP fcng fc LOD;
- 12-- 3-4 {**Side Whip**} Bk L, recov R XLIF trn ¼ RF to “L” pos trn W to
-67&8 SCP (W fwd R, fwd L trn RF ½ to SCP), Press L fwd as (W bk
(W123&4 R/ cl L, fwd R); hold, recov L, anchor R/L, R (W fwd L , fwd R
567&8) trn LF to fc ptr, anchor L/R, L);
- 5-8 LEFT SD PASS WITH INSIDE TRN;,, UNDERARM TRN WITH HOOK TRN & SLOW SWVL TO FC;,,;**
- 123&4 5-6 {**Left Sd Pass with Inside Trn**} Bk L move joined lead hnds
5&678 slight twd wall, bk R trning LF getting off the track to fc COH
move lead hnds slight twd COH, in pl L/R, fwd L trn LF to get bk
on the track fc RLOD trning W LF under lead hnds; anchor R/L,
R (W fwd R, L, twirl under lead hnds LF R/L, R to fc ptr; anchor
L/R, L), {**Underarm Trn**} Bk L trn RF, fwd R XIF trn RF start
W’s LF underarm trn (W fwd R, fwd L start LF under arm trn);
- 1&23&4 7-8 {**With Hook Trn & Slow Swvl to Fc**} Cont RF trn fwd L/ cl R to
- L, sd L to fc COH ronde R CW (W sd & fwd R/ XLIF of R cont
underarm trn, sd R ronde L CCW), hook RIB of L trning RF/ cont
RF trn cl L to fc DRW, fwd R slgt bk to bk with ptr; Slow swvl
LF to fc;

PART D

- 1-4 4 SLOW CHICKEN WALKS;,, SWING OUT;,,;**
- 1-3- 1-2 {**4 Slow Chicken Walks**} Bk L,, bk R,, bk L,, bk R (W swvl RF
5-7- pt R toe DRC fwd R,, swvl LF to pt L toe DRW fwd L,,; Repeat
fwd R,, fwd L),;
- 123&4 3-4 {**Swing Out**} Bk L trn L hnd slightly to L, recov R trn L hnd bk
567&8 to R, start RF trn sd L blend to RLOD/ cl R, cont trn sd L to CP fc
RLOD; Hook RIB of L cont RF trn to lead hnds joined, sd L to
cont trn, bk R/ almost cl L, bk R (W swl on L to step fwd R with
toe out, swl on R to step fwd L with toe out, XRIF of L trn RF ½
to fc LOD/ ball chg bk L on ball of ft, recov R betwn M’s ft; fwd
L, fwd R start RF trn, sd triple fcng wall sd L/ cl R, sd L);
- 5-8 4 SLOW CHICKEN WALKS;,, WHIP WITH CL PT ENDING;,,;**
- 1-3-5-7- 5-6 {**4 Slow Chicken Walks**} Repeat meas 1-2 part D;,
123&4 7-8 {**Whip with Cl Pt Ending**} Bk L, recov R XIF of L fc LOD,
56&-- trning RF rk sd L/ cont trning RF recov R, sd L to CP fc RLOD;
XRIB of L cont RF trn, sd L cont R fc trn, on & ct cl R to L/ pt L
to COH (W fwd R, fwd L trning RF to SCP, bk R/ cl L, fwd R in
CP fc LOD; trn RF to step fwd & sd L, cont RF trn to step bk R
lead hnds joined, on & ct cl L/ pt R to COH),;

REPEAT A REPEAT B REPEAT C

PART E

- 1-6 RK WHIP;;; SUGAR TUCK & SPIN;,, PUSH BRK TO HAND SHAKE;;;**
 123&4 1-3 {**Rk Whip**} Bk L, rec R XIF start RF trn, cont RF trn sd & fwd
 5678 L/rec R, sd & fwd L (W fwd R, L trng RF ½ to SCP, bk R/cl L to
 123&4 R, fwd R) to end mom CP M fcng RLOD; Trng RF strongly on L
 fwd R LOD between W's feet, cont RF trn to rec L twd COH,
 cont RF trn fwd R RLOD between W's feet, cont RF trn rec L
 twd wall; Trng RF strongly on L fwd R LOD between W's feet
 to fc LOD, fwd L release CP to lead hnd joined, anchor R/L, R;
 567&8 4-6 {**Sugar Tuck & Spin**} Bk L, bk R bring W in to low BFLY, bk
 1&234 L/ cl R to L push W gently with L hnd & release R hnd, fwd L
 5&67&8 join lead hnds; anchor R/L, R (W fwd R, L to close BFLY,
 fwd R/ recov L trn RF fc LOD, cont RF spin fwd R cont spin;
 anchor L/R, L), {**Push Break to Handshake**} Bk L, bk R bring
 W in to low BFLY; bk L/ cl R to L, fwd L start to push W bk,
 anchor R/L, R chg to R hnds joined;
- 7-8 SUGAR TRANS TO VARSOUV TRN PT RECOV TRANS & ANCHOR;:**
 123- 7-8 {**Sugar Trans to Varsouv Trn Pt Recov Trans & Anchor**} In
 (W1234) handshake bk L joined hnds slgt twd wall, bk R hnds slgt twd
 &567&8 COH, bk L trn W RF to varsouv, tch R to L; trn body RF sd R in
 (W&5&67 tandem fc wall/ pt L sd, trn body LF recov L to put W in front,
 &8) anchor R/L, R as trn W RF (W fwd R, fwd L, fwd R trn RF to
 varsouv, cl L to R; trn body RF sd R in tandem/ pt L sd, cl L trn
 body LF/ XRIF of L, trn RF anchor L/R, L) end in R hnd shake;
- 9-10 STRAIGHT WHIP;:**
 123&4 9-10 {**Straight Whip**} Bk L join L hands over right, XRIF of L trng
 567&8 RF raising joined L hnds and leaving R hnds low, sm sd & fwd
 L/rec R trng RF, sd L (W fwd R, fwd L, fwd R under joined L
 hnds/ cl L to R, bk R) fc RLOD with W slgt IF of M in varsouv;
 XRIB of L trng RF while raising R hnds and keeping L hnds low,
 fwd L cont RF trn to fc ptr, anchor R/L,R (W bk L backing under
 R hnds, bk R, anchor L/R,L) to end fcg LOD lead hnds joined;

REPEAT C (5-8) REPEAT A (5-8)ENDING

- 1-2 SLOW SWVL BK TO BK; COLLAPSE;**
 1- 1-2 {**Slow Swvl Bk to Bk**} Fwd L twd ptr lower & swvl RF then rise
 - bring trail hnds up end in "V" bk to bk pos fc DRW; {**Collapse**}
 Sit in both legs press heel of trail hnd to the forehead fingers
 pointing up and spread apt;