

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT 84041, 801-628-4752,
Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "How Sweet It Is" Artist: James Taylor
FOOTWORK: Opposite For Woman Except Where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: JIVE
DANCE LEVEL: V
SPEED: 48 RPM
RELEASED: SEPT 2010
SEQUENCE: INTRO – A – A – B – C - END

INTRO

1 – 8 **4 – 6 FEET APT WAIT LEAD NOTES & 2 MEAS;; TOG -4 PNT STP'S;; SAILOR SHUFFLE – TWICE;;**
(Tog -4 Pnt Stp's) Pnt L fwd, stp L, pnt R fwd, stp R; pnt L fwd, stp L, pnt R fwd, stp R; **(Sailor Shuffle – Twice)**
Cross L bhnd/sd-push R, in plc L, cross R bhnd/sd-push L, in plc R; cross L bhnd/sd-push R, in plc L, cross R
bhnd/sd-push L, in plc R;

LINK TO WHIP TRN;;;

(Link To Whip Trn) Bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L,
sd L to CP/WALL, sd chasse R/L,R; **(Woman bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L,
cross R in frnt to CP, sd chasse L/R,L;)**

PART A

1 – 24 **FALLAWY-THROWAWY;;, LINDY CATCH;;, CHG BHND BK – HND SHK;;,**
(Fallawy-Throwawy) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, **(Woman
rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Lindy Catch)** Rk bk L, rcvr R, work arnd
Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/LOD;
(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;)
(Chg Bhnd Bk – Hnd Shk) Rk bk L, rcvr R, trng ¼ lft fc chasse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc
chasse R/L,R chg hnds to HND SHK RLOD, **(Woman rk bk R, rcvr L, work arnd Man's rt sd fwd chasse R/L,R;
trng ½ rt fc chasse L/R,L,)**

RK-RCVR - TRIPLE WHL -3 & SPIN;;, CHG L TO R – BTFY;;, NECK SLIDE;;, ROLLING OFF THE ARM;;,
(Rk/Rcvr & Triple Whl -3) Rk bk L, rcvr R, trng slightly rt fc chasse L/R,L plcng Man's lft hnd on Woman's rt shldr;
trng slightly lft fc chasse R/L,R Woman plcng lft hnd on Man's rt shldr, trng slightly rt fc chasse L/R,L plcng Man's
lft hnd on Woman's rt shldr **(Woman R/L free spin full rt fc trn on R,);** in plc R/L,R to LOPN/LOD, **(Chg L To R)**
Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¼ lft fc
undr lead hnds chasse R/L,R; chasse L/R,L,) (Neck Slide)** Rk bk L, rcvr R, take lead hnds up & over Man's
head to back of Man's neck & take trail hnds up & over Woman's head to back of Woman's neck, whl 3/8 rt fc
fwd chasse L/R,L; cont. whl 3/8 rt fc fwd R, L; trng ¼ rt fc chasse R/L,R sliding apt to HND SHK/WALL;
(Rolling Off The Arm – Wall) Rk apt L, rcvr R, trng 3/8 rt fc wrap chasse L/R,L to WRAPPED diag RLOD/COH jnd
rt hnds on the Woman's rt shldr & the Man's lft arm is bent at the elbow his lft hnd pointing fwd **(Woman places her
lft hnd on the Man's lft forearm);** whl 3/8 rt fc fwd R, L fcng LOD/WALL, trng slightly rt fc fwd chasse R/L,R to
LOPN/WALL; **(Woman rk apt R, rcvr L, trng slightly lft fc trng chasse R/L,R to WRAPPED; bk L, bk R ,
roll rt fc L/R,L,)**

LINK RK;;, CHG R TO L;;, STOP N' GO;;, CHG L TO R;;, AMER SPIN;;, SHLDR SHOVE;;, LINK RK;;,
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Chg R To L)** Trng ¼ lft fc to SEMI/LOD
rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½
lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Stop N' Go)** Rk bk L, rcvr R; in plc
L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; **(Woman
rk bk R, rcvr L; trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm
down, trng ½ rt fc undr lead hnds chasse L/R,L,) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L;
chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse
L/R,L,) (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L,
fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Shldr Shv)** Rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L to tch
Man's lft shldr to Woman's rt shldr; shoving off frm shldrs & trng ¼ lft fc bk chasse R/L,R to LOPN/WALL, **(Link Rk)**
Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

REPEAT PART "A"

HOW SWEET IT IS

PART B

1 – 8 **CHG R TO L,,, AMER SPIN,,, LINDY CATCH,,, CHG L TO R – WALL,,, SHLDR SHOVE,,,**
(Chg R To L) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Lindy Catch)** Rk bk L, rcvr R, working arnd Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN diag LOD/COH; **(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¼ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,) (Shldr Shv)** Rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L to tch Man's lft shldr to Woman's rt shldr; shoving off frm shldrs & trng ¼ lft fc bk chasse R/L,R to LOPN/WALL,

PART C

1 – 23 **LINK TO WHIP TRN,,, PRETZ TRN,,, DBL RK-RCVR; UNWRAP PRETZ,, DBL RK-RCVR;**
(Link To Whip Trn) Bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; **(Woman bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in frnt to CP, sd chasse L/R,L;) (Pretz Trn)** Trng ¼ lft fc rk bk L to SEMI/LOD, rcvr R, rls trail hnds keep lead hnds jnd & trng ¾ rt fc fwd chasse L/R,L; chasse R/L,R to end in bk to bk position extend trail hnds twds LOD tchng palms with Man fcng COH & Woman fcng WALL, **(Dbl Rk/Rcvr)** Twds LOD crossing L in frnt rk fwd, rcvr R, rk fwd L, rcvr R; **(Unwrap Pretz)** Trng ¾ lft fc twds RLOD fwd chasse L/R,L chasse R/L,R to CP/WALL; **(Dbl Rk-Rcvr)** Trng ¼ lft fc to SEMI/LOD bk L, rcvr R, bk L, rcvr R;

2 FWD TRIPLES,, SWIV -4; CHASSE L & R,, RT TRNG FALLOWY,,, FALLAWY-THROWAWY,,,
(2 Fwd Triples) Fwd chasse L/R,L; fwd chasse R/L,R, **(Swiv -4)** With swiv action fwd L, fwd R, fwd L, fwd R; **(Chasse L & R)** Trng ¼ rt fc sd chasse L/R,L, sd chasse R/L,R to CP/WALL, **(Rt Trng Fallowy)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse R/L,R to CP/COH, **(Fallawy-Throwawy)** Trng ¼ lft fc to SEMI/RLOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/RLOD, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,)**

SHE GO – HE GO,,, LINDY CATCH,,, LINK RK – FC,,, CHG R TO L,,, AMER SPIN,,, CHG L TO R,,,
(She Go – He Go) Rk bk L, rcvr R; trng ¼ rt fc chasse L/R,L; trng ¾ lft fc undr lead hnds chasse R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, trng ½ lft fc trn undr lead hnds chasse R/L,R; chasse L/R,L,) (Lindy Catch)** Rk bk L, rcvr R, working arnd Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/LOD; **(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;) (Link Rk - Fc)** Rk bk L, rcvr R, trng ¼ rt fc fwd chasse L/R,L; sd chasse R/L,R to CP/WALL, **(Chg R To L)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)**

LINK RK TO WHIP TRN,,,
(Link To Whip Trn) Bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; **(Woman bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in frnt to CP, sd chasse L/R,L,)**

END

1 – 4 **RK TO JITTERBUG KICK'S -3 TIMES,,,,, SEMI RK BK-RCVR & PNT SD & HOLD;**
(Rk To Jitterbug Kicks -3 Times) In Semi rk bk L, rcvr R; tch L, stp L, kick R, trng ¼ rt fc tch R; trn ¼ lft fc kick R, trng ¼ rt fc tch R, trng ¼ lft fc kick R, trng ¼ rt fc tch R; sd chasse R,L,R, **(Semi Rk Bk-Rcvr & Pnt Sd)** In Semi rk bk L-, rcvr R-; pnt L sd & hold,