

I HEARD IT

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Record : Marvin Gaye / I Heard It Through The Grapevine / Album - Number 1's - Track 08 (3:13)
https://www.amazon.com/s/ref=nb_sb_ss_i_2_7?url=search-alias%3Ddigital-music&field-keywords=i+heard+it+through+the+grapevine+-+marvin+gaye&sprefix=i+heard%2Cdigital-music%2C235
Phase : 5 + 2 +3 Rhythm: West Coast Swing Speed: 41.4 rpm (-8%)
: (2) Whip w/ Inside Turn, Traveling Side Pass w/ Point
(3) In In, Out Out, Sugar Wrap Knee Knee Lift & Unwrap, Slingshot
Footwork : Opposite Except where noted release : Aug 2016

Seq - Intro , A B C D , Inter , A B , End

Intro - 8 ft apart / Back to back / lead foot free hooked behind trail foot

1-4 Wait 1 ; Unwind to Face ; Together Boogie Walk 4 ; BFLY ;

- 1 Bk to Bk 8 ft apart man fcg COH L ft hooked beh R (W R beh L fc wall) wait 1 meas ;
- 2 Unwind LF keeping weight on R (W unwind RF weight on L) ;
- 3 Sweep L fwd & CCW (W CW) fwd L, -, sweep R fwd & CW (W CCW) fwd R, - ;
- 4 Repeat meas 3 fwd L, - R, - (BFLY) ;

5-7 Wrapped Whip with Double Stop Action ; ; end BFLY ;

- 5 Bk L, fwd R raise M's L & W's R hnds above W's head M trng RF, sd L cont RF trn /cl R,
sd & fwd L lower hnds to wrapped pos M at W's L sd
(Fwd R, fwd L, fwd R/cl L, bk R) ;
- 6 Rk fwd R, rec L, rk bk R, rec L (rk bk L, rec R, rk fwd L, rec R) ;
- 7 XRIBL trng RF release trail hnds, sd and fwd L trng RF face wall, anchor R/L, R
(Bk L, bk R, anchor L/R, L) BFLY ;

8-10 Kick Swivels Twice ; ; Throwout Op LOD ;

- 8 BFLY Swiv RF on R kick L thru to RLOD, swiv LF sd L, swiv RF on L tch Heel of R to sd, swiv LF XRIFL ;
- 9 repeat meas 8 ;
- 10 Small fwd L, R/L leading W in front of M, anchor in place R, L/small stp bk R release hand hold
(W fwd R/L, R in front of M trng to fc, anchor L/R, L) Op LOD ;

A - Op LOD

1-2 In In Out Out ; Slow Side Breaks ;

- 1 Op LOD With hands on hips slight lift fwd L twd ptrn /cl R, -, slight lift bk L away from ptrn /cl R, - ;
- 2 Sd L w/ slight lift /sd R, -, together L w/ slight lift /together R, - join lead hands Lop LOD ;

3-4 Left Side Pass with Tuck and Spin ~ Kick Ball Change ; ;

- 3 Lop LOD Bk L trng slightly LF, small bk R trng LF, tch L tucking W in, trng LF fwd L lead W to RF spin 1/2
(W fwd R, fwd L trng LF to fc M, tap R, trng RF through hips fwd R trng RF 1/2 to fc M) ;
- 4 Anchor R/L, R to fc LOD joining ld hnds (W anchor L/R, L) ,
(Kick Ball Chng) Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

5-8 Whip with Inside Turn Shake Hands ; ; Face Loop Sugar Push with Rock 2 ; ;

- 5 Lop RLOD Bk L, rec R trng RF, sd L /rec R comm trng RF, sd & fwd L cont trng RF
(W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L, fwd R) ;
- 6 XRIB trng RF raising jnd lead hnds to lead W trn LF under jnd lead hnds, sd L cont trng RF to fc LOD,
anchor R/L, R shake hands
(W fwd L comm trng LF under jnd Rt hnds, cont trng LF sd & bk R to fc RLOD, anchor L/R, L) Handshake RLOD ;

7 - 8 Bk L, small bk R, pt L fwd - loop joined Rt hands over man's head place Lt hands on W's Rt hip, rock fwd L; Rec R, fwd L releasing Rt hands, anchor R/L, R joining lead hands (fwd R, L, tap R behind L, bk R; Rec L, bk R, anchor L/R, L) Lop RLOD ;

9-12 Surprise Whip ; ; Chicken Walks 2S 4q ; ;

9-10 Lop RLOD Bk L, rec R trng RF, fwd L/rec R trng RF, fwd L CP (W fwd R, fwd L trng RF bk R/cl L, fwd R) ; leading W to turn RF step thru R checking, rec L lead W under raised ld hands, anchor R/L, R (W swiv sharply on R bk L, rec R trng RF under ld hands to fc M, anchor L/R, L) Lop LOD ;

11-12 Bk L,-, bk R,- (W swvl RF on L/fwd R,-, swvl LF on R/fwd L,-) ; Bk L, R, L, 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) ;

B - Lop LOD

1-4 Start Wrapped Whip ~ with Sweetheart Twice ~ Finish the Whip ; ; ; ;

1 Lop LOD Bk L to BFLY, fwd R raise M's L & W's R hnds above W's head M trng RF, sd L cont RF trn /cl R, sd & fwd L lower hnds to wrapped pos at W's waist man to W's left sd (Fwd R, fwd L, fwd R/cl L, bk R) ;

2 release hands Cross check fwd R w/ Lt sd lead into contra check action, rec L, sd R/cl L, sd R ; (Cross check bk L with Rt sd lead into contra check like action, rec R, sd L/cl R, sd L) ;

3 Cross check fwd L with Rt sd lead into contra check like action, rec R, sd L/cl R, sd L (Cross check bk R w/ Lt sd lead into contra check action, rec L, sd R/cl L, sd R) ;

4 XRIBL trng RF, trng RF to fc RLOD sd & fwd L, anchor R/ L, R (Bk L, bk R, anchor L/R, L) ;

5-8 Left Side Pass ~ Side Whip with Body Ripple Stack Hands Left over Right ; ; ; ;

5-6.5 Lop LOD Bk L trng LF leading W fwd, small bk R cont trng LF, in plc L/cl R, fwd L trng LF; anchor R/L, R (W fwd R, fwd L, trng LF sd R/XLIF, sd R trng to fc M; anchor L/R, L) end Lop RLOD

6.5-8 Bk L, fwd R to W's R sd trng RF to "L" pos taking W into R arm (W fwd R, fwd L trn RF 1/2 to fc LOD) ; Press L fwd twd LOD and hold, -, -, - (W bk R/cl L, fwd R, press fwd L as lower in knees push lower body fwd and ripple as the rest of the body pushes fwd, -) ; Cont to hold, take weight on L bring R ft under body, anchor R/L, R (W fwd L start LF trn, cont LF trn sd & bk R, W anchor L/R, L) end Stacked Hands Lt over Rt fcg RLOD ;

9-12 Traveling Side Pass with Point ; ; Twice ; ;

9-10 Stacked Hands Lt over Rt RLOD Bk L trng LF, rec R raise jnd Lt hands lead W to fc, XLIB/ sd R, small sd L trn upper body LF raise jnd Rt hands lower jnd Lt hands lead W to twrl LF 1.5 revs to end W in bk & left of man dbl hand hold fcg wall ; XRIFL /sd L, cl R take jnd Lt hands over man's head end sd-by-sd/wall stacked hnds Lt over Rt , point L sd , - (Fwd R, fwd L comm LF trn to fc ptr, twirl 1.5 revs LF under jnd Lt hands then under jnd Rt hands sd R/in plc L, in plc R end behind to mans Lt sd ; XLIBR/ sd R, XLIFR, point R, -) ;

11-12 repeat meas 9-10

C - Side by Side Fcg wall

1-5 Right Side Pass Tuck and Spin ~ Tummy Whip ~ Sugar Tuck and Twirl ; ; ; ; ;

1-1.5 release Left hands Bk L leading W fwd, XRIBL, tap LIBR, fwd L trng LF ; joining lead hnds anchor R/L, R (fwd R, L, touch R to L tucking LF in twd M, through hips fwd R trng 1/2 RF to fc man ; anchor L/R, L,)

1.5-3.5 Bk L release lead hnds, fwd & acrs R placing R hnd on W's R hip; swvl 1/4 RF on R ft sd L w/partial wgt /rec R trng 1/4 RF, fwd L W's L sd, XRIB of L lead ptr bk release W's hip trng RF, sd & fwd L trng RF to fc ptr join lead hnds; anchor R/L, R (Fwd R, fwd L; fwd R/cl L, bk R, small bk L, bk R; anchor L/R, L) end Lop LOD,

3.5 - 5 Bk L, small bk R (fwd R, fwd L) ; Touch L to R tucking W in, raise jnd lead hnds lead W under fwd L, anchor R/L, R, (touch R to L tucking in LF twd M, trng RF through hips fwd R under R hands trng 1/2 RF to fc M, anchor L/R, L) ;

6-8 Surprise Whip with Rock 4 ; ; ;

6 Lop LOD Bk L, rec R trng RF, fwd L/rec R trng RF, fwd L (W fwd R, fwd L trng RF bk R/cl L, fwd R) CP ;

- 7 rk fwd R, rec L, rk bk R, rec L (W swiv sharply on R rk bk L, rec R, rk fwd L, rec R ;
 8 thru R checking, rec L lead W under raised ld hands, anchor R/L, R
 (bk L, rec R trng RF under ld hands to fc M, anchor L/R, L) Lop RLOD ;

9-12 Cheek to Cheek ~ Sailor Shuffles ~ Sugar Wrap Knee Lift and Unwrap ; ; ; ;

- 9-9.5 Lop RLOD Bk L, rec R trng RF (W LF), lift lead knee and bump M's L & W's R hips together
 trng Vee pos bk to bk, fwd L trng LF to fc ; anchor R/L, R,
 9.5-10.5 ronde L CCW XLIB/small sd R, sd L ; Ronde R CW XRIB/small sd L, sd R,
 10.5-12 bk L, small bk R leading W to wrap in front of you RF ; Pt L fwd, recover fwd L unwrap the W to fc, anchor R/L, R
 (W fwd R, fwd L swvl RF to wrap in front of man; Lift R knee up extend R arm fwd twd LOD,
 fwd R trn LF to fc ptrn, anchor L/R, L) ;

D - Lop RLOD

1-4 Sugar Bump ~ Sugar Tuck and Spin ; ; ; Slow Side Breaks ;

- 1-1.5 Lop RLOD Bk L, rec R trng RF, lift lead knee and bump M's L & W's R hips together trng bk to bk,
 release lead hands fwd L trng RF to fc ; anchor R/L, R,
 (Fwd R, fwd L trng LF, lift knee and bump trng LF to bk to bk, fwd R trng LF to fc ; anchor L/R, L
 1.5-3 Bk L, small bk R ; Touch L to R tucking W in, fwd L, anchor R/L, R
 (fwd R, L; Touch R to L tucking in twd M, trng RF through hips fwd R twd RLOD trng 1/2 RF to fc M,
 anchor L/R, L) ;
 4 Sd L w/slight lift /sd R, -, together L w/slight lift /together R, - ;

5-7.5 Surprise Whip ~ Alternating Under Arm Turn ; ; ; , ,

- 5-6 Lop RLOD Bk L, rec R trng RF, fwd L/rec R trng RF, fwd L CP (W fwd R, fwd L trng RF bk R/cl L, fwd R) ;
 leading W to turn RF step thru R checking, rec L lead W under raised ld hands, anchor R/L, R
 (W swiv sharply on R stp bk L, rec R trng RF under ld hands to fc M, anchor L/R, L) Lop LOD ;
 7-7.5 Bk L, fwd R to W's R sd start RF trn raising joined lead hands to lead W to pass under, cont RF trn sd L/cl R,
 sd L to trng LF 1/2 lowering lead hands; anchor R/L, R,
 (W fwd R, fwd L passing under joined lead hands strt LF trn, cont LF trn sd R/XLIF, sd & bk R trng to fc ;
 Anchor L/R, L,) end Lop RLOD ;

7.5-12 Under Arm Turn ~ into Triple Travel with Rolls , ; ; ; ; ;

- 7.5-9 Lop RLOD Bk L trng RF, fwd R; Sd L/cl R, sd L join Rt hands palm to palm
 (W fwd R, fwd L, fwd R/XLIF passing M under jnd lead hds, bk R trng LF 3/4 on last step) ,
 Sd chasse R/L, sd & fwd R trng RF 1/2 (W L/R, sd & bk L) ;
 9-12 sd & fwd L rolling 1/2 RF, sd & fwd R rolling RF 1/2 join Left hands palm to palm,
 Sd chasse L/R, sd L & fwd L trn 1/2 LF join Right hands palm to palm ;
 sd chasse R/L, sd & fwd R trn 1/2 RF join Left hands palm to palm,
 sd chasse L/R, sd & fwd L trn 1/2 LF ;
 fwd R trng 1/2 LF, fwd L complete 1/4 LF turn join lead hands, anchor R/L, R Lop LOD ;

Inter - Lop LOD

1-4 Sling Shot ; ; Side Whip ; ;

- 1 Lop LOD Bk L trng 1/4 LF, sd & bk R, soften R knee slightly as you stop W w/R hand, straighten R leg
 (fwd R, fwd L comm LF trn, cont LF trn sd R soften R knee into lunge line, rec L comm LF trn) ;
 2 Release trailing hands as you lead W under joined lead hands LF in place L/R, fwd L trng RF, anchor R/L, R
 (trng 1 1/2 LF under lead hands R/L, R, bk to anchor L/R, L) to end Lop / L ;
 NOTE: W may turn 1/2 LF w/normal underarm turn french cross action instead of 1 1/2 LF turn.
 3 Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd LOD, hold
 (fwd R, fwd L trng 1/2 (123&4) RF, bk R/cl L to R, fwd R) ;
 4 Hold leading W fwd, using lead hand to trn W rec L in slot trng LF, anchor R/L, R
 (fwd L, fwd R trng 1/2 LF, bk to anchor L/R, L) to end Lop / L ;

Repeat A
Repeat B

End - Side by Side Fcg wall

1-2 Face and Tummy Whip ; ;

1-2 Release left hnds fwd L trng RF to fc ptr, fwd R place R hnd on W's R hip, swvl 1/4 RF on R ft Sd L w/partial wgt /rec R trng 1/4 RF, Fwd L W's L sd ; XRIB of L lead ptr bk release W's hip tng RF, sd & fwd L trng RF to fc ptr join lead hnds, anchor R/L, R (Fwd R, fwd L, fwd R/cl L, bk R; Small bk L, bk R, anchor L/R, L) Lop RLOD ;

3-5 Sugar Push ~ Under Arm Turn Overtun Bk to Bk ; ; ;

3-5 Lop RLOD Bk L, small bk R, pt L fwd, fwd L; anchor R/L, R, (W fwd R, fwd L, tap R in bk, rec bk R; anchor L/R, L.) Bk L comm RF trn, fwd R trng RF; Sd L/cl R, fwd L trng 1/2 RF Bk to Bk, in place R/L, R (W fwd R, fwd L, fwd R/XLIF, bk R twd RLOD passing M und jnd hds trng 1/2 LF Bk to Bk, in plc L/R, L) ;

6-7 Boogie Walk Away 3 ~ turn and look back ; ;

6 Bk to Bk RLOD Sweep L fwd & CCW (W CW) fwd L, -, sweep R fwd & CW (W CCW) fwd R, - ;
7 Sweep L fwd & CCW (W CW) fwd L, -, swvl on supporting foot to fc ptr and Look, - ;