

CHOREOGRAPHERS: Tom and Jullie Jenks, 5876 S. 3975 W. Roy, Ut, 801-985-0598,

Email: ThomFJ1@aol.com

MUSIC: ABBA #1'S Track #3

FOOTWORK: Opposite of Man except where noted

RHYTHM: Cha

DANCE LEVEL: Phase IV + 1 (OPEN HIP TWIST)

Time: 3:40

SPEED: 46 RPM

RELEASED: April 2009

INTRO - A - BB - INT #1 - C - A - INT #2 - B - INT#1 - C - A - END

INTRO

- 1 - 2** **WAIT FOR PIANO ROLL, SHLDR TO SHLDR – TWICE – LFT HND STAR;;**
PIANO ROLL STARTS DANCE[Dancers start approx 1 second after music starts] **(Shldr To Shldr – Twice – Lft Hnd Star)** Cross L in frnt (Woman cross bhnd)-, rcvr R-, sd/clo/sd L,R,L; cross R in frnt-, rcvr L-, sd/clo/sd trng _ rt fc R,L,R to Lft Hnd Star Man fcng RLOD Woman fcng LOD;
- 3 - 6** **STAR WHL FULL TO RT HND STAR;; STAR WHL FULL RLOD;;**
(Star whl full to rt hnd star) Start trn 1/2 wheel fwd L-, fwd R-, fwd L,R,L [**Man Fc LOD**]; continue turn 1/2 wheel fwd R-, fwd L-, fwd R,L,R [**Man Fc RLOD**] to Rt Hnd Star Man fcng RLOD & Woman fcng LOD; {on the 2 nd cha both cross to join Rt hands}
(Star whl full to rlod) Start trn 1/2 wheel fwd L-, fwd R-, fwd L,R,L [**Man Fc LOD**]; continue turn 1/2 wheel fwd R-, fwd L-, fwd R,L,R [**Man to Fc RLOD**] (**Woman Fc LOD**);
- 7 – 8** **CIR 2 & CHA; BK TOG 2 & CHA fc COH; (Cir Awy -2 & Cha)** (Man twd wall/ Woman twd coh) Rlsng hnds to wall, trng lft fc fwd L-, fwd R-, fwd L,R,L; **(Bk Tog -2 & Cha)** Continuing to trn lft fc fwd R-, fwd L-, fwd R,L,R to BTFY/COH;

PART A

- 1 – 4** **BASIC;; OPN BRK; WHIP TO WALL; (Basic)** Fwd L-, rcvr R, diag sd & bk sd/clo/sd L,R,L; bk R-, rcvr L-, diag sd & fwd R,L,R; **(Opn Brk)** Bk L shooting rt arm straight upwards-, rcvr R to BTFY-, sd/clo/sd L,R,L; , **(Whip – Wall)** Crossing trail hnds ovr lead hnds & trng _ lft fc bk R-, trng _ lft fc fwd L to fc WALL-, sd R,L,R (Woman crossing in frnt of Man fwd L-, trng _ lft fc sd R-, sd L,R,L) to end BTFY/WALL;
- 5 – 10** **N – YRKR; CRABWLK 2X;; FNCLINE; N-YRKR; SPT TRN TO HND SHK;**
(N- Yrkr) Rlsng trail hnds & trng _ rt fc cross L in frnt-, rcvr R to BTFY-, sd cha L,R,L; ;
(Crabwlk-twice) Cross R in frnt-, sd L-, cross/sd/cross R,L,R; sd L-, cross R in frnt-, sd/clo/sd L,R,L; **(Fncline)** cross R in frnt of L-, rcvr L-, sd/clo/sd R,L,R; **(N-Yrkr)** Same as meas 5; **(Spt trn to hnd shk)** Rlsng lead hnds and trng _ lft fc cross R in frnt-, rcvr L to BTFY-, sd cha R,L,R, to end with Rt hnds joined;

Continued on page 2

PART B

- 1- 4** **OPN HIP TWIST; FAN; HCKSTK;;**
(Opn Hip Twst) Fwd L-, rcvr R, sd L,R,L (Woman bk R-, rcvr L, fwd L,R,L swiveling on L to fc LOD); **(Fan)** Bk R-, rcvr L-, chng frm hnd shk to lead hnds jnd in plc R,L,R (Woman twds RLOD fwd L-, trng _ lft fc bk R-, bk/lck/bk L,R,L) to end Woman fcng RLOD & Man fcng WALL; **(Hckystik)** Fwd L-, rcvr R-, in plc cha L,R,L (Woman clo R to L-, fwd L-, fwd cha R,L,R); bk R-, rcvr L-, fwd cha R,L,R (Woman fwd L-, fwd R trng _ lft fc hndr jnd lead hnds bk cha L,R,L) to end LOPN diag RLOD/WALL;
- 5 – 8** **AIDA TO RVS; RK BCK RCV FWD CHA TO FC; BASIC TO HND SHK;;**
(Aida to rvs) Crossing lead hnds ovr trail hnds & trng _ rt fc cross L in frnt-, rlsng lead hnds & trng 5/8 lt fc sd R to V bk to bk position fcng LOD, bk/lck/bk L,R,L; **(Rk bck rcv fwd cha to fc)** Stp bk R, rcvr L, fwd R,L,R, to fc wall; **(Basic to hnd shk)** Same as meas 1-2 part A to end in HND SHK;; **(2ND & 3RD TIME TO BTFY)**

INT #1

- 1 – 2** **ALEMANA;;**
(Alemana) Fwd L-, rcvr R, sd cha L,R,L; cross R bhnd-, rcvr L-, sd cha R,L,R (Woman trng full rt fc trn undr jnd lead hnds cross L in frnt-, rcvr R to BTFY-, sd cha L,R,L);

PART C

- 1 - 4** **HND TO HND 2X;; HND TO HND TO OPN CHA; SWIVEL 2 & CHA;**
(Hnd To Hnd – Twice) Rlsng lead hnds & trng lft fc _ cross L bhnd-, rcvr R to BTFY, sd cha L,R,L; rlsng trail hnds & trng _ rt fc cross R bhnd-, rcvr L to BTFY-, sd cha R,L,R; **(Hnd To Hnd To Opn & Cha)** Rlsng lead hnds & trng _ lft fc cross R bhnd-, rcvr L to OPN/LOD fwd L,R,L; **(Swiv -2 & Cha)** With swivel action fwd R-, fwd L-, fwd R,L,R;
- 5 – 8** **SLIDE DOOR; APT RCV FC CHA (COH); N-YRKR; SPT TRN;**
(Sliding Door) Sd L-, rcvr R-, crossing bhnd Woman cross,sd,cross L,R,L; **(Apt rcv fc cha)** Sd R, rcv L to fc, sd R,L,R COH; **(N-yrkr)** Same as meas 5 part A; **(Spt trn)** Same as meas 10 part A to end BTFY;

INT #2

- 1 – 2** **SHDW N-YRKR 2X;;**
(Shcw N-yrkr twice) With rt hnds joined trng _ rt fc cross L in frnt- man's hnd to bk of woman's shldr, rcvr R to BTFY-, sd cha L,R,L; trng _ lt fc cross R in frnt (woman hnd to bk of man's shldr)- rcvr L to BTFY-, sd cha R,L,R;

END

- 1 – 4** **OPN HIP TWIST; FAN; ALEMANA FRM FAN;;**
(Opn hip twist) Same as meas 1 part B; **(Fan)** Same as meas 2 part B; **(Alemana Frm The Fan)** Fwd L-, rcvr R-, in plc L,R,L (Woman clo R to L-, fwd L-, fwd R,L,R swiveling _ rt fc to fc Man); cross R bhnd-, rcvr L, sd cha R,L,R (Woman trng full rt fc trn undr jnd lead hnds cross L in frnt-, rcvr R to BTFY-, sd cha L,R,L) end on rt sd of man;
- 5 – 11** **PEEK-A-BOO-CHASE;;; N-YRKR; SPT TRN; RVS RUMBA AIDA & HLD;**
(Peek-A-Boo Chase) Rlsng hnds & trng _ rt fc sd L-, rcvr R-, fwd cha L,R,L (Woman bk R-, rcvr L-, fwd cha R,L,R); sd R looking ovr shldr at Woman-, rcvr L-, in plc R,L,R; sd L looking ovr shldr at Woman rcvr R-, in plc L,R,L; trng _ lft fc sd R-, rcvr L-, fwd cha R,L,R (Woman fwd L-, rcvr R-, bk cha L,R,L) to BTFY/WALL;
(N-yrkr) Same as meas 5 part A; **(Spt trn)** Same as meas 10 part A; **(Rvs Rumba aida & hld)** Cross lead hnds ovr trail hnds _ rt fc cross L in frnt, rlsng lead hnds & trng 5/8 sd R, bk L hld;