

EXODUS

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 Music: Exodus (Theme from Otto Preminger's "Exodus") Artist: Ferrante & Teicher
 Recording: Album: "All-Time Great Music Themes" Track 2 or download from Amazon.com
 Footwork: Opposite except where otherwise noted
 Rhythm/Level: Slow Two Step Phase IV+1(Triple Traveler) Difficulty: AVG
 Speed: Standard Duration: 2:56
 Sequence: Intro A B Interlude B Ending

INTRO

FCG POS – WALL – NO HANDS – LD FT FREE – TRLG ARMS PTD LOW TWD RLOD
1-4 SWAY APT; SWAY TOG – TO BFLY; UNDERARM TRN; REV UNDERARM TRN;

- 1 [Wait 1 pickup note] Over entire measure: Apt L swaying twd DLC & pt R contg body rotation away from ptr sweeping arms to shldr height twd DLC ;
- 2 Over entire measure: Rec R swaying twd RLOD & draw L to R blndg to BFLY WALL ;
- 3 Sd L raising jnd ld hnds ldg W to trn RF, -, XRib, rec L (W sd R, -, XLif trng RF under jnd ld hnds, contg trn rec R to fc ptr) to BFLY WALL ;
- 4 Sd R raising jnd ld hnds ldg W to trn LF, -, XLif, rec R (W sd L, -, XRif trng LF undr jnd ld hnds, contg trn rec L to fc ptr) to BFLY WALL ;

5-6 APART POINT; TOG TOUCH CP;

- 5 Apart L, -, point R twd ptr & WALL, - ;
- 6 Stp tog R, -, tch L to R blndg to CP WALL, - ;

PART A

1-4 BASIC – PU;; L TRN INSIDE ROLL; BASIC ENDG;

- 1 Sd L, -, XRib (W XLib), rec L to CP WALL ;
- 2 Sd R, -, XLib (W XRib), rec R trng LF (W thru L trng LF) to CP LOD;
- 3 Fwd L trng LF to fc COH, -, sd R, XLif (W bk R trng LF, -, sd L trng LF undr jnd ld hnds, cont LF trn to fc ptr sd R) to CP COH ;
- 4 Sd R, -, XLib (W XRib), rec R ;

5-8 LUNGE BASICS;; R TRN OUTSIDE ROLL; BASIC ENDG;

- 5 Blndg to BFLY sd L with lunge action, -, rec R, thru L ;
- 6 Sd R with lunge action, -, rec L, thru R ;
- 7 Cross ifo W sd & bk L to fc LOD, -, sd & bk R trn 1/4 RF ldg W undr jnd ld hnds, XLif (W fwd R stg RF twirl undr jnd ld hnds, -, fwd L contg RF trn, fwd & sd R compg RF trn) to CP WALL ;
- 8 Repeat Measure 4 of Part A ;

9-12 OPEN BASICS TO 1/2-OP;; SWITCHES;;

- 9 Sd L trng RF (W LF) to L-1/2-OP, -, XRib, rec L to CP WALL ;
- 10 Sd R trng LF (W RF) to 1/2-OP, -, XLib, rec R to 1/2-OP LOD ;
- 11 Cross ifo W stp fwd & sd L trng RF to L-1/2-OP LOD, -, fwd R, fwd L (W fwd R, -, L, R) ;
- 12 Fwd R, -, fwd L, fwd R (W cross ifo M fwd & sd L trng to 1/2-OP LOD, -, fwd R, fwd L) ;

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13-16 VINE 8;; BASIC – PU;;

- 13 Bldg to BFLY WALL sd L, XRib (W XLib), sd L, XRif (W XLif) ;
- 14 Repeat Measure 13 of Part A ;
- 15-16 Repeat Measures 1-2 of Part A ;;

PART B**1-4 TRIPLE TRAVELER;;; BASIC ENDG;**

- 1 Fwd L, -, fwd R, fwd L (W sd & bk R trng 1/4 LF, -, sd & fwd L trng LF undr jnd ld hnds, sd & fwd R cont LF trn to fc LOD) ;
- 2 Fwd R spiral LF undr jnd ld hnds, -, fwd L, fwd R (W fwd L, -, R, L) ;
- 3 Fwd L, -, fwd R, fwd L trng 1/4 LF to fc COH (W twrl RF undr jnd ld hnds moving dwn LOD R, -,L, R) to CP COH ;
- 4 Repeat Measure 4 of Part A ;

5-8 LUNGE BASICS;; TWSTY BASICS TO WRAP LADY;;

- 5-6 Repeat Measures 5-6 of Part A ;;
- 7 Sd L, -, XRib (W XLif), rec L ;
- 8 Sd R raise jnd ld hnds to ld W to trn LF, -, XLib trng LF to fc RLOD, rec R (W sd L stg LF trn undr jnd ld hnds, -, XRif contg LF trn, rec L) to WRP RLOD ;

9-12 SWEETHEART RUN; ROLL LADY ACROSS; RK FWD, REC, FC; THRU, SD, THRU;

- 9 Fwd L, -, fwd R, fwd L to WRP RLOD ;
- 10 Fwd R, -, fwd L, fwd R (W fwd L diag acrs LOP stg LF roll acrs ifo M, -, sd R compg roll to fc RLOD, fwd L) to L-1/2-OP RLOD ;
- 11 Rk fwd L, -, rec R, trng LF sd L to BFLY WALL ;
- 12 XRif, -, sd L, XRif ;

13-14 VINE 8;; **Second time: 13-14 VINE 8 – PU LOW-HAND-HOLD

- 13-14 Repeat Measures 13-14 of Part A ;; Repeat Measure 13 of Part A ;
- **Second time, Measure 14 becomes*
- 14 Sd L, XRib (W XLib), sd L, XRif trng LF (W XLif trng LF) to Low-hand-hold FCG LOD ;

INTERLUDE**1-4 BASIC;; UNDERARM TRN; REV UNDERARM TRN – PU;;**

- 1-2 Repeat Measure 1 of Part A ; Repeat Measure 4 of Part A ;
- 3 Repeat Measures 3 of Intro ;
- 4 Sd R raising jnd ld hnds ldg W to trn LF, -, XLif, rec R [small step] trng LF (W sd L, -, XRif trng LF undr jnd ld hnds, contg trn rec L [large step] to fc ptr & RLOD) to CP LOD ;

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ENDING

1-4 TRAVELING CROSS CHASSES 4X – FC WALL;;;;

- 1 With both hnds jnd at hip level trn LF sd & fwd L DLC, -, sd R twd DLW, XLif (W XRif) ;
- 2 Trn RF sd & fwd R DLW, -, sd L twd DLC, XRif (W XRif) ;
- 3 Repeat Measures 1 of Ending ;
- 4 Trn RF sd & fwd R DLW, -, sd L twd DLC, XRif (W XRif) trng RF to BFLY WALL ;

5-8 OPEN BASICS – TO 1/2-OPEN;; SWITCHES – TO OPEN;;

- 5-8 Repeat Measures 9-12 of Part A, except ending in OP LOD;;;;

9-12 WALK 3 ~ SLOW EXTEND ~ REC FC & TCH;; UNDERARM TRN; REV UNDERARM TRN;

- 9 Fwd L, fwd R, fwd L, begin to sweep jnd trlg hnds fwd & up ;
- 10 Cont to sweep jnd trlg hnds fwd & up with upper body stretch upward & slightly apart, begin to lower jnd trlg hnds to shldr height & begin RF trn, rec R compg RF trn to fc ptr, tch L to BFLY WALL ;
- 11-12 Repeat Measures 3-4 of Intro ;;

13-14 QUICK OPEN VINE 4; EXPLODE APART;

- 13 Sd L, XRif trng RF to L-OP RLOD, bk L trng LF to fc ptr, XRif trng LF to OP LOD ;
- 14 Sd L sharply with ld arms swept up & out to sd, -, -, - ;