

# MY GIRL

Choreographers: Ron & Ree Rumble, 43 Charles Ave, Lakehurst, NJ 08733 (732) 657-0212

E-mail: rrumble@concentric.net

Record: Collectables COL-450 "My Girl" The Temptations

Sequence: INTRO AB AB INT C AB ENDING

Phase Rating: West Coast Swing/Jive, Phase V&1 (Whp Insd Trn)



## INTRO

### **1 - 4 WT;; HIP POPS WITH SNAPS;;**

- 1-2. Wt in LOP fcg pos with M fcg LOD with lead ft pntd twd ptr;;
- 3-4. Sip on lead ft while lowering slightly into L knee and swlvg 3/8 RF to fc DRW (W lower into R knee and swvl 3/8 LF to fc DLW) in slight bk-to-bk "V" pos, straighten knee of L leg leaving R ft in place while swinging L hip twd ptr and snap fingers of R hnd in frnt of bdy (W straighten knee of R leg while swinging R hip twd ptr and bring L hnd up to bk of L ear as if listening for the snap), sip on R lowering slightly into R knee and swlvg 3/8 LF to original starting pos, straighten knee of R leg while swinging R hip awy from ptr and snap fingers of R hnd (W's L hnd) out to sd; Repeat meas 3;

## PART A

### **1 - 3 SUGAR PUSH; -,-,UNDRM TRN;;**

1. {**Sugar Push**} Bk L, bk R to tight BFLY, tap L fwd, fwd L (W fwd R, fwd L with slight RF trn to tight BFLY, tap Rib of L no wgt, bk R);
- 2-3. Anchor R/L,R, {**Undrm Trn**} Bk L, fwd & sd R to W's R sd trng RF and leading W undr jnd lead hnds; Sd & fwd L trng RF/rec R trng RF, fwd L fc RLOD, anchor R/L,R (W fwd R, fwd L slght trn LF undr jnd lead hnds; Sd R/XLif of R, trn LF bk R to fc ptr, anchor L/R,L);

### **4 - 6 TUCK & SPN; -,-,L SD PASS;;**

4. {**Tuck & Spn**} Bk L, bk R, tap L fwd, fwd L leading W spn RF rel lead hnds (W fwd R, fwd L, tap Rib of L, bk R spnng RF full trn to fc M);
- 5-6. Jning lead hnds anchor R/L,R, {**L Sd Pass**} Trng LF to fc Wall sd L leading W fwd, rec R; Trng LF to fc LOD fwd L/cl R, fwd L to fc ptr & LOD (W fwd R, fwd L, fwd R trng LF/XLif of R cont trng LF, bk R to fc ptr), anchor R/L,R;

### **7 - 8 WHP TRN;;**

- 7-8. {**Whp Trn**} Bk L, XRif of L trng RF to W's R sd taking W into R arm, sm sd & fwd L/rec R trng RF, sd L (W fwd R, fwd L trng 1/2 RF, bk R/cl L, fwd R) to CP RLOD; XRib of L trng RF, fwd L cont RF to fc ptr & LOD, anchor R/L,R (W fwd L trng RF to fc ptr, bk R, anchor L/R,L) to LOP fcg pos LOD;

## PART B

### **1 - 4 CHKN WLKS (4 SLOWS); JN R HNDS,-,JN L HNDS,-; STRAIGHT WHP;;**

- 1-2. {**Slo Chkn Wlks**} In LOP fcg pos LOD stp bk L,-,bk R (W swvl RF on L then stp sd & fwd R,-, swvl LF on R then stp sd & fwd L,-); Bk L releasing M's L & W's R hnds and jng M's R and W's R hnds,-,bk R jng L hnds above jnd R hnds (W swvl RF on L then stp sd & fwd R,-,swvl LF on R then stp sd & fwd L) to end fcg ptr & LOD with jnd L hnds on top of jnd R hnds,-;
- 3-4. {**Straight Whp**} Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sm sd & fwd L/rec R trng RF, sd L (W fwd R, fwd L, fwd R/cl L to R, bk R) to Tandem RLOD with W IF of and slightly to R of M and all jnd hnds low; XRib of L trng RF while raising jnd R

hnds and keeping jnd L hnds low allowing W to bk undr jnd R hnds, fwd L cont RF to fc ptr & LOD, releasing L hnds anchor R/L,R (W bk L backing undr jnd R hnds, bk R, anchor L/R,L) to end fcg ptr & LOD with R hnds jnd;

**5 - 8 FC LOOP SUGAR PUSH; -,-,WHP INSD TRN;; -,-,KICK/BALL, CG;**

5. {Fc Loop Sugar Push} Bk L, bk R raising jnd R hnds ovr M's head to neck & rel placing L hnd to W's R hip, tap L fwd, fwd L leading W bk (W fwd R, fwd L with slight RF trn, tap Rib of L no wgt, bk R);
- 6-7. Anchor R/L,R (W anchor L/R,L) to LOP fcg pos LOD, {Whp Insd Trn} Bk L, XRif trng RF to W's R sd taking W into R arm (W fwd R, fwd L trng 1/2 RF); Sm sd & fwd L/rec R commence RF trn, sd L, XRib of L trng RF while raising jnd lead hnds to allow W to pass undr, fwd L cont RF to fc ptr & LOD (W bk R/cl L, fwd R, fwd L passing undr jnd lead hnds, fwd R trng 1/2 LF to fc ptr);
8. Anchor R/L,R to LOP fcg pos LOD, {Kick/Ball, Cg} Kick L fwd & sd/sip on ball of L, sip R;

**INT**

**1 - 4 ROLL TO COH 3 & SNAP; ROLL TO WALL 3 & SNAP; HIP POPS WITH SNAPS;;**

1. Roll LF (W RF) twd COH L,R,L to fc ptr, snap fingers of R hnd (W fingers of L hnd) in frnt of bdy to end fcg ptr with no hnds jnd;
2. Roll RF (W LF) twd WALL R,L,R to LOP fcg pos LOD, snap fingers of R hnd (W fingers of L hnd) to end fcg ptr with no hnds jnd;
- 3-4. Jng lead hnds stp slightly twd ptr to repeat meas 3-4 of INTRO;;

**PART C**

**1 - 8 TUCK & SPN; -,-,RK APT TO CHG HNDS BHD BK;; CHG PLCS L TO R;**

**-,-,RK APT; RF TRNG FALWY; RK BK, REC, SWVL WLK 2; THROWOUT;**

1. {Tuck & Spn} Bk L, bk R, tap L fwd, fwd L leading W spn RF rel lead hnds (W fwd R, fwd L, tap Rib of L, bk R spinning RF full trn to fc M);
- 2-3. Jng lead hnds anchor R/L,R (W anchor L/R,L), {Rk Apt to Chg Hnds Bhd Bk} Rk apt L, rec R;  
Fwd  
trpl L/R,L trng 1/4 LF and chg to R hnd hold (W fwd triple R/L,R trng 1/4 RF), sd trpl R/L,R chg hnds bhd M's bk from R hnd hold to M's L & W's R hnd hold cont LF trn (W RF) to fc ptr & RLOD with lead hnd jnd;
- 4-6. {Chg Plcs L to R} Rk apt L, rec R, slight fwd trpl L/R,L trng 1/4 RF to fc COH while raising jnd lead hnds and leading W to trn LF (W rk apt R, rec L, trpl twd COH R/L,R trng 3/4 LF undr jnd lead hnds to end fcg ptr & WALL); Trpl sd & slightly fwd COH R/L,R, {Rk Apt to RF Trng Falwy} Rk apt L, rec R to CP, commence RF trn L/R,L; Cont RF trn R/L,R to end SCP LOD;
7. {Rk Bk, Rec, Swvl Wlk 2} Rk bk L, rec R, fwd LOD L swvlg slight in twd ptr, fwd LOD R swvlg slightly awy from ptr;
8. {Throwout} Sd & fwd L LOD/cl R, sd & fwd L LOD trng to fc LOD in LOP fcg pos, anchor R/L,R (W sd LOD R commencing LF trn/cl L, sd & bk R cont LF trn to fc ptr & RLOD, anchor L/R,L);

**ENDING**

**1 - 6 TUCK & SPN; -,-,RK APT, CHG HNDS BHD BK;; CHG PLCS L TO R;**

**-,-,RK APT, REC; OP BREAK & HOLD;**

- 1-6. Repeat meas 1 thru meas 4 1/2 of PART C;;; -,-,rk apt L with lead hnds jnds, rec R; Stp apt WALL L (W stp apt COH R) leaving lead hnds jnd while raising free M's R & W's L hnds and pntng R ft twd ptr,-,-,-;