

MY WAY



Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : Teichiku TFC-5008 CD Track 11
or available from choreographer on MP3 file or others e-mail : d-doi@tcp-ip.or.jp
Rhythm : Slow Two Step Phase IV + 1 [Triple Traveler] + 1 [Sweetheart Switch]
Sequence : Intro - A - B - C - B - C - Ending **Speed** : 25 MPM [10% Tempo Up]
Timing : SQQ unless noted by side of measure **Released** : Jan, 2009
Footwork : Opposite except where noted **Revised** : May, 2011 Ver. 2.0

INTRO

1 - 4 WAIT; FWD W DEVELOPE; OUTSD ROLL TO FC; TIME STEP;

- 1 {Wait} Bfly Bjo Wall trail ft free wait 1 meas;
- 2 {Forward W Develope} Fwd R outsd ptr chkg,-, hold, hold (W bk L,-, bring R ft up to insd of L knee, extend R ft fwd);
- 3 {Outside Roll To Face} Bk L to fc Wall raise jnd lead hnds to lead W to underarm roll,-, sd R, XLIF (W fwd R comm roll RF under jnd lead hnds [Outside Roll],-, bk L cont roll, fwd R comp roll to fc ptr);
- 4 {Time Step} Sd R with body lower hnds extended sd palms up,-, XLIB (W XRIB) rise on toe, rec R blend to CP;
[hereafter same body rise & lower action i.e. S with lower,-, Q with rise, Q with flat]

PART A

1 - 4 BASIC;; OPN BASICS;;

- 1-2 {Basic} In CP sd L,-, bhd R, rec L; sd R,-, bhd L, rec R;
- 3-4 {Open Basics} Sd L to Left Half Open,-, XRIB, rec L; sd R to Half Open,-, XLIB, rec R;

5 - 8 LUNGE BASIC; INSD ROLL; M'S INSD ROLL; LUNGE BASIC;

- 5 {Lunge Basic} Blend to Bfly sd L with lunge action,-, rec R, thru L;
- 6 {Inside Roll} Sd R release trail hnds and raise jnd lead hnds to lead W to underarm roll,-, XLIF, sd R (W sd L comm roll LF under jnd lead hnds [Inside Roll],-, bk R comp roll to fc ptr, sd L) end LOP Fcg Wall;
- 7 {M's Inside Roll} XLIF comm roll LF under jnd lead hnds [M's Inside roll],-, bk R cont roll, fwd L comp roll to fc ptr blend to Bfly (W XRIF,-, sd L, XRIF) end Bfly Wall;
- 8 {Lunge Basic} Repeat meas 5 Part A on opposite ft with pick W up to fc LOD;

9 - 12 OVRTRND L TRN w/INSD ROLL TO BK TRAVELING X CHASSE 3X TO FC;;;:

- 9 {Overturned Left Turn With Inside Roll} Comm trn LF XLIF raise lead hnds to lead W to insd roll,-, sd R twd DLC, XLIF cont trn to fc RLOD (W bk R comm insd roll,-, fwd L twd DLC cont roll, bk R comp roll to fc ptr) end Low Bfly RLOD;
- 10-12 {Back Traveling Cross Chasse 3 Times To Face} Sd & bk R twd DLC,-, sd & bk L twd DLW with L shoulder lead, XRIF (W sd & fwd L twd DLC,-, sd & fwd R twd DLW with R shoulder lead, XLIF); sd & bk L twd DLW,-, sd & bk R twd DLC with R shoulder lead, XLIF (W sd & fwd R twd DLW,-, sd & fwd L twd DLC with L shoulder lead, XRIF); sd & bk R twd DLC trn LF to fc DLW,-, sd & fwd L twd LOD, XRIF (W repeat meas 10 Part A) end Low Bfly Wall;

13 - 16 OPN BRK; WHEEL 6;; BASIC END;

- 13 {Open Break} Sd L to LOP Fcg,-, rk apt R free trail hnd extended sd palm down, rec L;
- 14-15 {Wheel 6} Tog R to Bolero Bjo Pos,-, wheel RF fwd L, R to fc COH; L,-, R, L to fc Wall;
- 16 {Basic Ending} Blend to CP repeat meas 2 Part A;

PART B

1 - 4 SWITCHES;; TRNG BASIC;;

- 1-2 {Switches} Cross in front of W sd L to Left Half Open,-, fwd R, fwd L; fwd R,-, fwd L, fwd R (W fwd R,-, fwd L, fwd R; cross in front of M sd L to Half Open,-, fwd R, fwd L);
- 3-4 {Turning Basic} Blend to CP sd & fwd L trn upper body RF to fc RLOD,-, rec R trn 1/4 LF with slip pivot action, sd & fwd L cont trn to fc COH (W sd R,-, fwd L trn 1/4 LF with slip pivot action, sd & bk R cont trn to fc ptr); repeat meas 2 Part A end CP COH;

5 - 8 UNDERARM TRN; RONDE LARIAT; OUTSD ROLL; BASIC END;

- 5 {Underarm Turn} Sd L raise jnd lead hnds palm-to-palm,-, XRIB, rec L; (W sd R,-, XLIF trn 3/4 RF under jnd lead hnds, rec fwd R cont trn to fc ptr);
- 6 {Ronde Lariat} Blend to CP sd & fwd R between W's feet trn upper body RF to lead W to ronde CW,-, swivel LF on R under raised jnd lead hnds to LOP RLOD, hold (W sd L ronde R CW,-, XRIB, sd & fwd L to fc RLOD);
- 7 {Outside Roll} Comm trn LF XLIF,-, sd & fwd R, XLIF comp trn to fc Wall (W fwd R comm outsd roll,-, bk L cont roll, fwd R comp roll to fc ptr) end CP Wall;
- 8 {Basic Ending} Repeat meas 2 Part A with pick W up to fc LOD;

9 - 12 TRIPLE TRAVELER;;; BASIC END;

- 9-11 {Triple Traveler} Fwd L comm LF upper body trn to lead W to M's left side raise lead hnds to lead W to insd roll,-, fwd R, fwd L (W bk R comm insd roll,-, cont trn fwd L twd LOD cont roll, bk R cont roll to fc LOD) end LOP LOD; fwd R spiral LF under jnd lead hnds,-, fwd L, fwd R (W fwd L,-, fwd R, fwd L) end LOP LOD; fwd L bring jnd hnds down and back in a continuous circular motion to lead W to outsd roll,-, sd & fwd R to fc ptr, XLIF (W fwd R comm outsd roll,-, bk L cont roll, fwd R cont roll to fc ptr) end CP COH;
- 12 {Basic Ending} Repeat meas 2 Part A;

13 - 16 R TRN w/OUTSD ROLL; BASIC END; FALWY RONDE w/ROLL OUT TO FC;;

- 13 {Right Turn With Outside Roll} Crossing in front of W sd & bk L to fc RLOD,-, sd & bk R almost XIB trn 1/4 RF lead W to twirl, XLIF to fc ptr (W fwd R comm outsd roll,-, sd L cont roll, sd R cont roll to fc ptr) end CP Wall;
- 14 {Basic Ending} Repeat meas 2 Part A;
- 15-16 {Fallaway Ronde With Roll Out To Face} Blend to Bfly sd L ronde R CW (W CCW)-, XRIB comm roll LF (W RF), fwd L twd LOD cont roll; bk R cont roll to fc ptr & Wall,-, sd L, thru R blend to Bfly Wall;

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(Continued)

PART C

1 - 4 TWISTY BASICS W WRAP TRANS;; SWEETHEART RUN 2X;;

- 1-2 {Twisty Basics To Wrap W Transition} In Bfly sd L,-, XRIB (W XLIF), rec L;
SQQ sd R raise jnd lead hnds to lead W to trn LF,-, XLIB, rec R (W sd L,-, XRIF trn 3/4 LF under jnd
(SQQ&) lead hnds, rec L/cl R) end Wrapped Pos fc LOD both L ft free;
3-4 {Sweetheart Run Twice} [same footwork] Fwd L,- R, L; R,-, L, R;

5 - 8 SWEETHEART SWITCH; W ACROSS; W SYNC OUTSD ROLL; FRONT VINE 3;

- 5 {Sweetheart Switch} In Wrapped Pos comm trn RF reach sd & fwd L across W cont trn to
Left Waped Pos fc LOD (W comm trn RF sm step sd L cont trn to fc LOD),-, fwd R, L;
6 {W Across} Sm step fwd R extend wrapped arm to allow W to across M
(W sd & fwd R across M to Wrapped Pos fc LOD),-, fwd L, R;
7 {W Syncopated Outside Roll} Fwd L,-, raise jnd lead hnds to lead W to outsd roll trn slightly RF
(SQ&Q) XRIF, sd & fwd L (W fwd L,-, outsd roll R/L, R to fc ptr) end Bfly Wall;
8 {Front Vine 3} Thru R,-, sd L, bhd R;

9 - 12 SPOT TRN; VINE 6;; BASIC END;

- 9 {Spot Turn} Sd L,-, release hnds XRIF trn 3/4 LF, fwd L cont trn to fc ptr end Bfly Wall;
10-11 {Vine 6} Sd R,-, bhd L, sd R; thru L,-, sd R, bhd L;
12 {Basic Ending} Repeat meas 2 Part A;

REPEAT PART B

REPEAT PART C except end Bfly Wall

END

1 - 3 SYNC VINE; PROM SWAY; OVRSWAY;

- SQ&Q 1 {Syncopated Vine} In Bfly sd L,-, bhd R/sd L, thru R;
SS 2 {Promenade Sway} Blend to SCP sd & fwd L stretch body upward to look over jnd lead hnds,-,
relax L knee,-;
SS 3 {Oversway} Gradually stretch left sd look ptr (W stretch right sd look well left),-,-;