

“PMS” Blues

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Music: **PMS Blues** by **Dolly Parton** on record **Columbia 38-77723 (Edited)** or Contact Choreographers
Rhythm: West Coast Swing Phase: IV+2 (Alternating Underarm Turn-Triple Travel & Roll
Release: July 2008 +1 Unphased (Rock Turn) Time: 3:20
Speed: 45 RPM or As Downloaded **Sequence: Intro, A, B, Amod, C, Bmod, End**
Note: Dance is written with Coaster Step Ending – May be danced with Anchor Ending

Intro

- 1-8 **Hold; Man Turn to Face; Lady turn to Face; Back 4 to Right Over Left; Double Hand Hold Lariat;;**
Quick Side Breaks;
- 1 ---- **[Hold]** M fc Rev, W fc LOD, trail foot pointed back, 2 feet apt;
2 1--- **[Man Turn to Face]** On first beat “You” M swivel RF on L {keeping weight on L} to fc W; (*W Hold;*)
3 1--- **[Lady Turn to Face]** M hold; (*On first beat “Why” W swivel LF on R {keeping weight on R} to fc M reaching up with R hand as if picking an apple from a tree and then extend R hand fwd as if offering “Apple” to M;*)
4 1234 **[Back 4 to Right Over Left]** M small bk R, L, R, L joining R hand over L; (*fwd L, R, L, R extending R hand to M joining R over L;*)
5 123&4 **[Double Hand Hold Lariat]** XRib leading W under jnd R hands, small sd & fwd L leading W undr jnd L hands to M’s R sd, small fwd R/L, R ending in M’s left Vars; (*XLif to ctr trng RF to fc wall {spot turn action}, fwd R trn RF on M’s R sd, moving behind M sd L/xRif, sd L to M’s L sd;*)
6 123&4 Fwd L, R leading W to start RF trn under jnd R hands, in pl L/R, L trng W ½ under jnd hands to fc; (*Fwd R to pass by M, fwd L starting RF trn, cont RF trn under jnd hands R/L, R to fc M;*)
7 123&4 Fwd R, fwd L joining lead hands, xRib/sd L, sd R; (*Bk L, R, bk L/cl R, fwd L;*)
8 &1&2 **[Quick Side Breaks]** Push step L/push step R, cl L/cl R, push step L/Push step R,
&3&4 cl L/cl R; (*Push step R/push step L, cl R/cl L, push step R/push step L, cl R/cl L;*)

Part A

- 1-10 **Sugar Push;;, Underarm Turn to Triple Travel and Roll (Fc Rev);;;;, Tuck and Spin;;, Alternating Underarm Turn (Fc LOD);,, Quick Side Breaks;**
- 1234 **[Sugar Push]** Bk L, bk R, tch L to R, fwd L; xRib/sd L, sd R, (*Fwd R, fwd L, tch R to L, bk L/cl R, fwd L,*)
123&4 **[Underarm Turn to Triple Travel & Roll]** {Underarm Turn} Bk L trng RF, fwd R
1&234 trng RF, fwd L/cl R, fwd L to R hand star; (*Fwd R, fwd L undr jnd lead hands, fwd R/L, 1&2 R trng LF to R hand star {Triple Traveler & Roll} Sd R/cl L, sd/fwd R trn ¼ RF, fwd L cont 3&4 RF trn ¾, fwd R continue RF ½ {total 1 ½ trn} to L hand star; Sd L/cl R, sd L trng LF ½ 1&2 to R hand star; sd R/cl L, sd R trng RF ½ to L hand star; sd L/cl R, sd/fwd L trng LF ¼, 34 fwd R continue LF trn ½, fwd L continue LF trn ½ {total 1 ¼ trn} to fc ptr join lead 1&2 hands; XRib/sd L, sd R, (Sd L, cl R, sd/bk R trn ¼ RF, fwd R continue RF trn ¾, fwd L cont RF trn ½ {total 1 ½ trn} to L hand star; Sd R/cl L, sd R trn ½ LF to R hand star, sd R/cl L, sd/bk R turn ¾ LF, fwd L continue LF trn ½, fwd R cont LF trn ½ {total 1 ¼ trn} to fc ptr, ptr joining lead hand; Bk L/cl R, fwd L,*)

- 1234 [Tuck & Spin] Bk L, bk R to tight Bfly pos hands low, tch L to R, fwd L release
 1&2 hands w/soft pull of trailing hands leading W to spin RF; xRib/sd L, sd R. (*Fwd R, fwd L slight trn RF to tight Bfly, tch R to L, fwd R spin RF to fc ptr; bk L/cl R, fwd L,*)
- 123&4 [Alternating Underarm Turn (Fc LOD)] Bk L, fwd R trng ¼ RF, sd L trng ¼ RF/fwd
 12&3 R, fwd L spinning LF undr jnd lead hnds to fc ptr; xRib/sd L, sd R, (*Fwd R, fwd L trng ¼ LF under lead hands, sd R/xLif trng ¼ LF, bk R, bk L/cl R, fwd L,*)
- &1&2 [Quick Side Breaks] Push step L/push step R, cl L/cl R, push step L/Push step R,
 &3&4 cl L/cl R; (*Push step R/push step L, cl R/cl L, push step R/push step L, cl R/cl L;*)

Part B

1-8 Sugar Push;,, Left Side Pass (Fc Rev);,, Tuck & Spin;,, Man's Underarm Turn (Fc LOD);,, Wrapped Whip;:

- [Sugar Push] Same as Part A, Meas 1- 1 ½ ,
- 123&4 [Left Side Pass] Bk L trn LF, cl R trng LF leading W to M's L sd, fwd L/cl R,
 1&2 fwd L; xRib/sd L, sd R, (*Fwd R, fwd L passing on M's L sd, fwd R/L, R trng LF; bk L/cl R, fwd L,*)
- [Tuck & Spin] Same as Part A, Meas 7-7 1/2
- 123&4 [Man's Underarm Turn] Bk L, fwd R twd W's L sd trng ¼ RF, under jnd lead hands sd
 L trng ¼ RF/fwd R, fwd L; xRib/sd L, sd R, (*Fwd R, fwd L trng ¼ LF, sd R/xLif trn ¼ LF, bk R; Bk L/cl R, fwd L,*)
- 123&4 [Wrapped Whip] Bk L double handhold, rec R trng ¼ RF, {bring M's L/W's R hand in
 123&4 and over W's head} continue RF trn sd L/cl R, sd & fwd L in wrap pos; xRib trn RF
 {release M' R and W's L hands}, sd L trng RF to fc LOD, xRib/sd L, sd R; (*Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, bk L/cl R, fwd L;*)

Part A Mod

1-9 ½ Sugar Push;,, Underarm Turn to Triple Travel and Roll (fc Rev);:;, Tuck and Spin;,, Alternating Underarm Turn (Fc LOD);,, Kick Ball Change,,

- Same as Part A, Meas 1-9 then add ½ meas for Kick Ball Change
- 1&2 [Kick Ball Change] Kick L fwd/take weight on ball of L, replace weight on R foot,
 (*Kick R fwd/take weight on ball of R, replace weight on L,*)

Part C

1 -12 Tog 2 & Turning Basic (Fc Rev);,, Rock Rec, Throwout Both Hook Turn;,, & Face for Chicken Walk 4; Underarm Turn – Man Hook Turn (Fc LOD);,, to a Right Side Pass (Fc Rev);,, Man's Underarm Turn (Fc LOD);,, Rock Whip (Fc LOD);:;, Kick Ball Change,,

- 123&4 [Tog 2 & Turning Basic (Fc Rev)] Rk bk L, rec R trng ¼ RF bringing W to Semi,
 1&2 trng ¼ RF sd L/cl R, sd L; trng ¼ RF sd R/cl L, sd R to Semi Rev, (*Fwd R, fwd L blend to Semi, sd R/cl L, sd R; sd L/cl R, sd R,*)
- 123&4 [Rock Rec, Throwout Both Hook Turn] Rk bk L, rec R, sd L/cl R, sd L starting LF trn to
 1&2 fc Rev; xRib/sd L trng RF to fc LOD, fwd R {now bk-to-bk lead hands jnd}, (*Rk bk R, rec L, sd R starting LF trn /cl L, continue LF trn bk R to fc M; xLib/sd R trng LF to fc Rev, fwd L,*)
- &1234 [& Face for Chicken Walk 4] On "&" quick trn to fc W & RLOD {no weight chng} bk up
 L, R, L, R; (*on "&" quick trn to fc M {no weight chg} and walk fwd R, L, R, L;*)

- 123&4 **[Underarm Turn – Man Hook Turn]** Bk L trng RF, fwd R trng RF raise jnd
 1&2 lead hnds, fwd L trng RF/cl R trng RF, fwd L fc RLOD; xRib/sd L trng RF to fc LOD
 chng hand bhnd bk {now holding W's R/M's R hand} in "L" pos fc DRC, fwd R, (*Fwd R, fwd L trn LF undr jnd lead hnds; fwd R trn LF/xLif cont trn, bk R, bk L/cl R, fwd L,*)
- 123&4 **[Right Side Pass]** Fwd L, rec bk R, cl L/in pl R, fwd L joining lead hands;
 xRib/sd L, sd R, (*Fwd R, fwd L, fwd R trng ¼ LF/xLif trn ¼ LF, bk R; Bk L/cl R, fwd L,*)
- 123&4 **[Man's Underarm Turn]** Bk L, fwd R twd W's L sd trng ¼ RF, under jnd lead hands sd
 L trng ¼ RF/fwd R, fwd L; xRib/sd L, sd R, (*Fwd R, fwd L trng ¼ LF, sd R/xLif trn ¼ LF, bk R; Bk L/cl R, fwd L,*)
- 123&4 **[Rock Whip]** Bk L, rec fwd & sd R to W's R sd trng RF ¼ to CP, cont RF trn ¼ sd L/fwd
 1234 R, sd & fwd L; fwd R between W's feet pivoting ½ RF to fc LOD, sd L pivoting ¼ RF to
 123&4 fc wall, fwd R between W's feet pivoting ½ RF to fc Rev, sd L pivoting ¼ RF to fc ctr;
 cont RF trn walk fwd R to fc LOD, fwd L to LOP, xLib/sd L, sd R; (*Fwd R, fwd L trng RF ½ to CP, bk R/cl L, fwd R between M's feet; fwd L trng RF ½ to fc Rev, fwd R between M's feet pivoting, bk L pivoting to fc LOD, fwd R between M's feet pivoting; bk L trng to fc Rev, bk R, bk L/cl R, fwd L;*)
- 1&2 **[Kick Ball Change]** Kick L fwd/take weight on ball of L, replace weight on R foot,
 (*Kick R fwd/take weight on ball of R, replace weight on L,*)

Part B Mod

1-4 Sugar Push;,, Left Side Pass (Fc Rev);,, Quick Side Breaks;

- [Sugar Push]** Same as Part A, Meas 1-1 ½
 123&4 **[Left Side Pass]** Bk L trn LF, cl R trng LF leading W to M's L sd, fwd L/cl R,
 1&2 fwd L; xRib/sd L, sd R, (*Fwd R, fwd L passing on M's L sd, fwd R/L, R trng LF; bk L/cl R, fwd L,*)
[Quick Side Breaks] Same as Part A, Meas 10

Ending

- 1-17 Sugar Push;,, Underarm Turn to Tripple Travel & Roll (Fc LOD);;,,, Rock Whip (Fc LOD);;, Left Side Pass (Fc Rev);,, Underarm Turn to Tripple Travel & Roll (Fc LOD);;,,, Tuck & Spin Lady Overturn (Fc LOD);,, Lady Turn & Offer the Apple;
[Sugar Push] Same as Part A Meas 1-1 ½
[Underarm Turn to Triple Traveler & Roll] Same as Part A, Meas 1 ½ - 6 fc LOD
[Rock Whip] Same as Part C, Meas 8 ½ - 11 fc LOD
[Left Side Pass] Same as Part Bmod, Meas 1 ½ - 3
[Underarm Turn to Triple Traveler & Roll] Same as Part A, Meas 1 ½ - 6 fc LOD
 123&4 **[Tuck & Spin Lady Overturn]** Bk L, bk R to tight Bfly pos hands low, tch L to R, fwd
 1&2 L raise jnd lead hands w/soft pull of trailing hands leading W to spin RF; xRib/sd L, sd
 R, (*Fwd R, fwd L slight trn RF to tight Bfly, tch R to L, trng RF fwd R, roll L/R, L to fc LOD;*)
 1--- **[Lady Turn & Offer the Apple]** As music slows (with words "PMS Blues) W turn slowly
 RF to fc M {no weight chg} circling R arm up & fwd to M as to offer him the "Apple".

Words to “PMS Blues”

Eve you wicked woman.
You done put your curse on me.
Why didn't you just leave that apple hanging on the tree.

You made us hate our husbands,
Our lovers and our boss.
Why I can't even count the
Good friends I've already lost.

PMS Blues, PMS Blues
I don't even like myself,
But it's something I can't help.
Got those God Almighty, slap somebody,
PMS Blues

Most times I'm easy going.
Some say I'm good as gold.
But when I'm PMS I tell you I turn man and cold.

Those non-afflicted women,
Are afflicted just the same.
You poor old men just have to grin
And say “I feel your pain”

PMS Blues, PMS Blues
Well, what else you gonna say!
PMS Blues
You know you must forgive us
Cause we care not what we do.
I got those can't stop crying, dishes flying,
PMS Blues.

But you know we can't help it.
We don't even know the cause.
But as soon as this parts over,
Then comes the menopause!
Oh Lord, we're gonna always be a heap of fun,
Like the devil takin' over my body.
Suffering, Suffering, Suffering

But a woman had to write this song.
A man would be scared to,
Lest he be called a Chauvinist,
Or just fall a victim to

PMS Blues, You know I'd kill for less than that.
PMS Blues, Oh Ya, You don't wanna cross my path,
Cause a pit bull ain't no match for those,
Teeth a' clinchin', fluid retention, head a' swellin',
Can't stop a yellin', got no patience, I'm so hateful,
PMS Blues, Pre-Menstrual Syndrome
Got those mood a' swingin', tears a' slingin',
Nothing fits me, when it hits me, Rantin' Ravin' Misbehavin'
PMS Blues