

YOUR MAN

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WEBSITE: www.stardustdancecenter.com FOOTWORK: Described for Man - W opposite (or as noted)
SEQUENCE: Intro, A, Bridge, B, A, C, B, A, Interlude, C (1-5 ½), Ending
RHYTHM: West Coast Swing PHASE: VI SPEED: As on Mini-disc RELEASED: Jan 2007

INTRO

- 1 - 3 WAIT 2., FWD. TO SURPRISE CHECK & LADY UNDER TO FACE; LEFT CIRCLE PASS.;
--3 Wait 2 beats in LOP "V" fcg ptr & LOD w/lead foot free., on third beat fwd L (fwd R) blending to CP,
NOTE: There are 3 beats before the measures on this cue sheet start. Surprise Check is on the first down beat.
- 123a4 **{Surprise Check & Twirl to Face}** Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L RLOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" fcg ptr & LOD;
- 123a4 **{Left Circle Pass}** Bk L behind R, sd & fwd R leading W to L sd raising lead hands over head & join trailing hands low in front of M's L hip, small sd chasse L/R, L (fwd R, L, trng ½ LF to fc LOD sd & fwd R/XLIB of R behind M, sd & fwd R) to end in M's WRAPPED Pos both fcg LOD W slightly behind and to M's R;
- 123a4 Releasing trailing hands bk R, raise joined lead hands to lead W under LF rec L, cont leading W under LF anchor R/L,R (fwd L comm 1 ½ LF trn, small sd & bk R cont LF trn, cont LF trn fwd in place L/R, bk L) to end LOP "V" fcg ptr & LOD;
- 4 - 8 WRAPPED WHIP w/SLINGSHOT ROCK 4;;; CHEEK TO CHEEK IN 4 w/CLOSE POINT & BODY RIPPLE.;
- 123a4 **{Wrapped Whip}** Bk L to double hand hold, rec R across L comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAP Pos fcing RLOD;
- 1234 **{Slingshot Rock 4}** Trng upper body RF rock fwd R leading W bk into your R arm to catch her, rec L, trng upper body back LF rock bk R leading W fwd into her own arms, rec L (rk bk L, rec R, rk fwd L, rec R) still in WRAP fcing RLOD;
- 123a4 **{Finish Wrapped Whip}** Release trailing hands trng RF XRIB of L, cont RF trn sd & slightly bk L, anchor R/L, R (bk L, R, anchor L/R, L) to end LOP "V" fcg ptr & LOD;
- 12-4 **{Cheek to Cheek in 4}** Bk L, rec R comm RF trn, lift L knee up & across body trng 3/8 RF touching M's L hip to W's R hip, small fwd & across L (fwd R, L comm LF trn, lift R knee up & across body trng 3/8 LF, small fwd & across R);
- &--- **{Close Point & Body Ripple}** Cl R to L sharply trng LF (RF) to fc ptr/point L (R) fwd twd ptr, soften in both knees pushing hips fwd sending shoulders slightly bk, push hips bk sending shoulders fwd as you start to straighten legs, push hips fwd again as you straighten legs to end LOP "V" fcg ptr & LOD;

PART A

- 1 - 3 FACE LOOP SUGAR PUSH.;; ALTERNATING UNDERARM TURN.;;
- 12-4 **{Face Loop Sugar Push}** Bk L, almost cl R to L/pt L fwd as you loop joined lead hands over head touching
1a2 trailing palms low in front of M's R hip,-, fwd L releasing lead hands; Anchor to join lead hands R/L, R (fwd R, L/tap R behind L,-, bk R; anchor L/R, L),
34 **{Alternating Underarm Turn}** Bk L, rec R across L comm RF trn; Cont RF trn sd & fwd L/rec R, sd L spin
1a23a4 7/8 LF under joined lead hands, anchor R/L, R (fwd R, L comm LF trn under joined lead hands; cont LF trn sd R/XLIF of R, sd & bk R, anchor L/R, L) to end LOP "V" fcg ptr & RLOD;
- 4 - 7 TUMMY WHIP w/LADY DOUBLE ROLL R.;; SURPRISE WHIP w/FREEZE & HOLD.;;
- 123a4 **{Tummy Whip}** Bk L, rec R across L comm RF trn, placing R hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R);
- 123a4 **{w/Lady Double Roll R}** Trng ½ RF XRIB of L tugging slightly on W's R hip leading her to roll R, fwd & sd L keeping R hand on W's R hip, push slightly on W's R hip leading her to spin R anchor R/L, R (bk L comm RF roll, fwd R cont RF roll, small fwd L cont RF roll/cl R to L, bk L) to end LOP "V" fcg ptr & RLOD;
- 123a4 **{Surprise Whip}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing LOD;
- 1--- **{w/Freeze & Hold}** Leading W to trn RF fwd R flexing knee w/check action looking bk at W (trng ½ RF on R bk L RLOD flexing knee), hold,;;

- 8-11 M SWVL TO TUCK & TWIRL; LEFT SIDE PASS w/INSIDE TURN;;, M UNDERARM TURN.;
 -23a4 **{Man Swvl to Tuck & Twirl}** Rise by straightening R leg as you swvl ½ RF on R/tch L to R, fwd L leading W under joined lead hands, anchor R/L, R (rise straightening L leg to touch R to L, trng ½ RF through hip under joined lead hands fwd R RLOD trng ½ RF, anchor L/R, L) to end LOP "V" fcing ptr & RLOD;
- 123a4 **{Left Side Pass w/Inside Turn}** Bk L trng ¼ LF, bk R twd COH, raise joined lead hands in place L/R, fwd L trng ¼ LF (fwd R, L comm LF trn, cont LF trn fwd & sd R/cl L to R, bk R completing 1 ½ LF trn); Anchor R/L, R (anchor L/R, L) to end LOP "V" fcing ptr & LOD,
- 34 **{Man Underarm Turn}** Bk L behind R, sd & fwd R W to L sd comm RF trn (fwd R, L comm LF trn); Cont RF trn sd L/XRIF of L, sd & bk L, sd & bk to anchor R/L, R (cont LF trn sd R/XLIF of L, sd & bk R, anchor L/R, L) to end LOP "V" fcing ptr & RLOD;
- 12-14 ROCK WHIP.;; (TO REVERSE) LADY TWIRL OUT TO FACE.;
 123a4 **{Rock Whip}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing LOD;
- 1234 Trng RF strongly on L fwd R RLOD between W's feet, cont RF to rec L twd WALL, cont RF trn fwd R LOD between W's feet, cont RF trn rec L twd COH;
- 123a4 **{w/Twirl out to Face}** Cont RF trn fwd R RLOD raising joined lead hands, fwd L checking, anchor R/L, R (cont RF trn fwd R under joined lead hands, fwd L completing RF twirl to fc M, anchor L/R, L) to end LOP "V" fcing ptr & RLOD;

BRIDGE

- 1 CHICKEN WALK 4.;
 Bk L, R, L, R (Fwd toeing out R, L, R, L as you raise L arm gradually to end palm out);

PART B

- 1 - 5 UNDERARM TURN TO BOOMERANG TRIPLE TRAVEL w/ROLL.;;.;
 123a4 Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd L to fc COH changing hands to R hand star (fwd R, L comm LF trn under joined lead hands; cont LF trn sd R/XLIF of R, sd & bk R fcing WALL);
- 1a234 Sd R/cl L to R, sd R trng ½ RF, sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing WALL;
- 1a234 Sd L/cl R to L, sd L trng ½ LF to R hand star M fcing COH, sd R checking, rec L trng ½ RF to L hand star M fcing WALL;
- 1a23a4 Sd R/cl L to R, sd R trng ½ LF to R hand star M fcing COH, sd L/cl R to L, sd L trng ½ RF;
- 123a4 Sd R trng ½ RF, sd L trng ¼ RF, bk to anchor R/L, R (sd L trng ½ RF, sd R trng ¼ RF checking, bk to anchor L/R, L) to end LOP "V" fcing ptr & LOD;
- 6 - 8 INSIDE WHIP w/INSIDE TURN BOTH HOOK TURN.;; SNAP FREEZE & BODY RIPPLE.;
 123a4 **{Inside Whip}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L trng ½ LF, bk R/cl L to R, fwd R) to end mom CP M fcing RLOD;
- 123a4 **{w/Inside Turn Both Hook Turn}** Trng RF XRIB of L, cont RF trn sd & slightly bk L/ronde R ft CW, XRIB of L/trng RF in place L, fwd & across R twd RLOD (fwd L, fwd R trng ½ LF under joined lead hands/ronde L ft CCW, XLIB of R/trng LF in place R, fwd & across L twd LOD);
- **{Snap Freeze & Body Ripple}** Sharp swvl ½ LF on R (½ RF on L) to fc ptr & LOD/leaving L ft fwd pointing twd ptr, soften in both knees pushing hips fwd sending shoulders slightly bk, push hips bk sending shoulders fwd as you start to straighten legs, push hips fwd again as you straighten legs to end LOP "V" fcg ptr & LOD;

PART APART C

- 1 - 3 SUGAR PUSH M HOOK TURN TO HANDSHAKE.;;, R SIDE PASS M HOOK TURN L OVER R.;;
 12-4 **{Sugar Push M Hook Turn}** Bk L, almost cl R to L, pt L fwd touching trailing hands, fwd L leading W away; XRIB of L trng RF under joined lead hands/in place L cont RF trn, fwd & across R twd LOD as you change to R hands joined (fwd R, L, tap R behind L, bk R; anchor L/R, L),
- 34 **{Right Side Pass M Hook Turn}** Soft lunge fwd & sd L leading W fwd, rec R; In place L/R, fwd & across L twd W, XRIB of L trng RF under joined R hands/in place L cont RF trn, fwd & across R twd RLOD as you join L hands over R hands (fwd R, L comm LF trn; cont LF trn sd R/XLIF of R, sd & bk R, anchor L/R, L);

- 4 - 8 TRAVELING SIDE PASS TO:,, THROWOUT M SIDE TAP TO HANDSHAKE & ANCHOR:,, SUGAR TUCK & TWIRL M CHANGE HANDS:,, CHICKEN WALK 4:
- 123a4 **{Traveling Side Pass}** Fwd & sd L, cl R to L, XLIB of R/sd R, sd L leading the W to turn under L arms then R (fwd R, fwd L toeing out comm LF trn, swirl 1 ½ RF under L arms then R fwd R/almost in place L, small sd R) to end in mom M's VARSOUVIENNE FCING COH W to M's L sd; XRIF of L as you take R arms over head/sd L as you take L arms over head, cl R to L as you lower L hands over R (behind M XLIB of R/sd R, XLIF of R) to end sd by sd FCING COH W to M's R sd and all hands joined low L over R,
- 3- (3a4) **{Throwout M Side Tap & Anchor}** sd L leading W in front, tap R behind L leading W to trn to fc (curving LF in front of M fwd R/L, fwd R trng ½ LF to fc LOD); Release joined L hands sd & bk anchor R/L, R (anchor L/R, L),
- 1a2 **{Sugar Tuck & Twirl M Change Hands}** bk L, almost cl R to L (fwd R, L); Touch L to R tucking W in, raising
- 34 joined R hands to lead W under fwd L, anchor to change to lead hands R/L, R, (touch R to L tucking in twd M, trng ½ RF through hips under R hands fwd R twd RLOD trng ½ RF to fc M, anchor L/R, L) to end LOP "V" fcng ptr & RLOD;
- 23a4 **{Chicken Walk 4}** Bk L, R, L, R (Fwd toeing out R, L, R, L as you raise L arm gradually to end palm out);

PART BPART AINTERLUDE

- 1 - 4 WRAPPED WHIP:,, CHEEK TO CHEEK IN 4 w/CLOSE POINT & FREEZE:,,
- 123a4 **{Wrapped Whip}** Bk L to double hand hold, rec R across L comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAPPED Pos fcng RLOD;
- 123a4 Release trailing hands trng RF XRIB of L, cont RF trn sd & slightly bk L, anchor R/L, R (bk L, R, anchor L/R, L) to end LOP "V" fcg ptr & LOD;
- 1234 **{Cheek to Cheek in 4}** Bk L, rec R comm RF trn, lift L knee up & across body trng 3/8 RF touching M's L hip to W's R hip, small fwd & across L (fwd R, L comm LF trn, lift R knee up & across body trng 3/8 LF, small fwd & across R);
- &---- **{w/Close Point & Freeze}** Cl R to L sharply trng LF (RF) to fc ptr/point L (R) fwd twd ptr, hold,,;

PART C (1-5 1/2)

- 1-5+ SUGAR PUSH M HOOK TURN TO HANDSHAKE:,, R SIDE PASS M HOOK TURN L OVER R:,, TRAVELING SIDE PASS TO:,, THROWOUT M SIDE TAP TO HANDSHAKE & ANCHOR:,,
Repeat Measures 1 thru 5 of Part C,,,,,,

ENDING

- 1 - 2 2 SAILOR SHUFFLES (JOIN LEAD HANDS): UNDERARM TURN TO LUNGE & LOOK:,,
- 3a41a2 **{2 Sailor Shuffles}** Ronde L CCW XLIB of R/sd R, sd L; ronde R CW XRIB of L/sd L, sd R changing to lead hand hold;
- 341 **{Underarm Turn to Lunge & Look}** Bk L, rec R across L comm RF trn; Cont RF trn strong sd lunge L RLOD catching W w/R hand on her L shoulder blade & look at ptr (fwd R, L comm LF trn under joined lead hands; sharply turn LF under join lead hands strong lunge bk R LOD raising free L arm straight up past ear palm out & look at ptr),
- NOTE:** There is 1 extra beat here for the last step of the ending.

NOTE: Timing listed on side under measures refers to actual weight changes.