

# BLUE RIBBON

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Music : Pabst Blue Ribbon - Susan Werner - Album / Eight Unnecessary Songs

<https://www.youtube.com/watch?v=q4UFHZub0Qk>

Amazon download [https://www.amazon.com/Pabst-Blue-Ribbon/dp/B075HJGYXW/ref=sr\\_1\\_1?crid=OZELWIBC9WMQ&dchild=1&keywords=pabst+blue+ribbon+susan+werner&qid=1590177333&sprefix=Pabst%2Caps%2C296&sr=8-1](https://www.amazon.com/Pabst-Blue-Ribbon/dp/B075HJGYXW/ref=sr_1_1?crid=OZELWIBC9WMQ&dchild=1&keywords=pabst+blue+ribbon+susan+werner&qid=1590177333&sprefix=Pabst%2Caps%2C296&sr=8-1)

Rhythm : West Coast

DM Speed 37.8 (-16%)

Phase : 4 + 1 + (2) Triple Travel w/Rolls

average difficulty

(Extended Left Side Pass, Sugar Push w/ Rock 2)

Footwork : Opposite Except where noted

release : Jul 2021

**Rev 1.1**

**Seq - Intro , A , Intr , A B , Intr , A C B , Intr , A , End**

## **Intro – No Hands Fcg / LOD -**

### **1-4 Wait 2 ; ; Side Break 2 slows ; Chicken Walk 4 quick ;**

---- {Wait 2 meas} (No Hands Fcg / LOD) Wait 2 measures ; ;

a1 - a3 - {Side Break 2S} (No Hands Fcg / LOD) No hnds wgt on R push off R stp sd L/sd R end with both legs straight, -, together L/ together R, - lower slightly into both knees join lead hands (Lop Fcg / LOD) ;

1234 {Chicken Walk 4q} (Lop Fcg / LOD) Bk L, R, L, R

(Swvl RF on L/fwd R, swvl LF on R/fwd L, swvl RF on L/fwd R, swvl LF on R/fwd L) ;

## **A - Lop Fcg / LOD -**

### **1-3 Left Side Pass ~ Tuck and Spin ; ; ;**

123&4 1&2 {Left Side Pass} (Lop Fcg / LOD) Bk L comm LF trn, bk R trng LF step out of slot, leading W to pass sd L/cl R, trng 1/8 LF fwd L (Fwd R, fwd L, fwd R/fwd L comm LF turn, fwd R trng LF to fc ptrn) ; anchor R/L, R (Lop Fcg / RLOD),

34 -23&4 {Tuck and Spin} (Lop Fcg / RLOD) Bk L, bk R bring lead hand into left shldr lead lady to W's rt sd lead fwd ; Tch L to R w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF spin rel lead hnds (W fwd R, fwd L; Tch RIBL, trn RF 1/2 fwd R spinning RF 1/2 to fc M) join ld hnds anchor R/L, R ;

### **4-6 Sugar Push Lady Kick ~ Left Side Pass Tuck and Twirl ; ; ;**

12-4 1&2 {Sugar Push Lady Kick} (Lop Fcg / RLOD) Bk L join trail hands, bk R, tap L, fwd L

(Fwd R join trail hands, fwd L, kick R across left outside man, bk R) ; release trail hands anchor R/L, R,

34 -23&4 {Left Side Pass Tuck and Twirl} (Lop Fcg / RLOD) Bk L comm trng LF, bk R trng LF step out of slot (W fwd R, fwd L trng slightly LF twds M) ;

Tch L bring lead hand into left shldr lead lady rt sd lead fwd tucking W in, trng LF small sd L raising jnd ld hnds lead W to RF twirl 1/2,

(Tch R trng LF through hips, fwd R trng RF 1/2 to fc M) anchor R/L, R (Lop Fcg / LOD) ;

### **7-8 Wrapped Whip ; ;**

123&4 {Wrapped Whip} (Lop Fcg / LOD) Bk L to low dbl handhold, fwd R outside ptrn raise jnd lead hnds over W's head M trng RF, sd L cont RF trn /cl R, sd and fwd L lower hnds to loose wrapped pos at W's waist man to W's left sd both fcg RLOD (Fwd R, fwd L, fwd R/cl L, bk R) ;

123&4 Trng RF XRIBL release jnd trail hands, sd and fwd L trng RF, anchor R/ L, R

(Bk L, bk R, anchor L/R, L) (Lop Fcg / LOD) ;

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## Intr - Lop Fcg / LOD -

### Side Break and Hold ; Quick Side Breaks 3 hold ;

- a1 - - - {Side Break and Hold} (Lop Fcg / LOD) Release lead hnds push off R sd L/ small sd R end with both legs straight, - , - , - ;
- a1a2a3 - {Quick Side Breaks 3 hold} (no hands Fcg / LOD) No hands jnd - wgt on trail ft tog L/tog R both legs soft at knee, push off rt sd L/small sd R, tog L/tog R join lead hands Lop Fcg / LOD, - ;

### Left Side Pass Tuck and Spin ~ Kick Ball Change ; ;

- 12-4 5&6 {Left Side Pass Tuck and Spin} (Lop Fcg / LOD) Bk L comm trng LF, bk R trng LF step out of slot, tch L bring lead hand into left shldr lead lady rt sd lead fwd tucking W in, trng LF sd and fwd L lead W to RF spin 1/2  
(W fwd R, fwd L trng slightly LF twds M tap R, trng RF through hips fwd R trng RF 1/2 to fc M) ;  
anchor R/L, R joining ld hnds (Lop Fcg / RLOD) ,
- &8 {Kick Ball Change} (Lop Fcg / RLOD) Kick L fwd/cl L on ball of ft, in plc R ;

## repeat A - start Lop Fcg / RLOD -

## B - Lop Fcg / RLOD -

### Extended Left Side Pass ; ; Sailor Shuffles count 4 ; ;

- 123&4 {Extended Left Side Pass} (Lop Fcg / RLOD) Bk L comm LF trn, sm bk R fin LF trn out of slot, leading W to pass sd L/cl R, trng 1/8 LF sd and fwd L  
(Fwd R, fwd L, fwd R/cl L, fwd R) ;
- 123&4 XRIFL, sd and fwd L, (Fwd L, fwd R trng 1/2 LF,) anchor R/L, R (Lop / LOD) ;
- 1&23&4 {Sailor Shuffles count 4} (Lop Fcg / LOD) XLIBR/sd R, sd L, XRIBL/sd L, sd R ;
- 1&23&4 XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

### Under Arm Turn ~ Kick Ball Change ; ;

- 123&4 1&2 {Under Arm Turn} (Lop Fcg / LOD) Bk L raising lead hnds lead W to pass M's rt sd, fwd L to W's rt side trn RF ; Sd L/cl R, sd and fwd L finish RF trn, (Fwd R, fwd L trng LF, sd R cont LF trn/XLIFR, bk R finish 1/2 LF trn) (Lop Fcg / RLOD) ; anchor R/L, R,
- &4 {Kick Ball Change} (Lop Fcg / RLOD) Kick L fwd/cl L on ball of ft, in plc R ;

### Sugar Push w/ Rock 2 ; ;

- 12-4 {Sugar Push w/ Rock 2} (Lop Fcg / RLOD) Bk L join trail hands, bk R slight RF body trn, tap L plc joined trail hnds at M's rt ribcage, rock fwd L ;
- 123&4 Rec R, release trail hands fwd L, anchor R/L, R (Lop Fcg / RLOD) ;

## repeat Intr - Lop Fcg / RLOD

## repeat A - Lop Fcg / LOD

## C - Lop Fcg / LOD -

### 1-6 Under Arm Turn ~ into Triple Travel and Rolls ~ Sugar Push ; ; ; ; ; ;

- 123&4 {Under Arm Turn} (Lop Fcg / LOD) Bk L raising lead hnds lead W to pass M's rt sd, fwd XRIFL moving off track trng RF lead W LF turn under jnd lead hnds, trpl in sd L/cl R, sd L (W fwd R, fwd L, trng LF under jnd lead hnds stp fwd and sd R/XLIFR, sd and bk R) to end in a R hnd star w/ M fcg wall (W fcg COH) ;

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- 1&234 {into Triple Travel and Rolls} (Rt Hand Star) Chasse sd R/cl L, sd R release rt hnds on last stp both trng 1/2 RF M fc COH (W fc wall), sd L both roll 1/2 RF M fc wall (W fc COH), sd R both cont to roll 1/2 RF M fc COH (W fc wall) joining L hnds in lft hnd star ;
- 1&23&4 Chasse sd L/cl R, sd L release hnds on last stp both trng 1/2 LF M fc wall (W fc COH) join R hnds in rt hnd star, chasse sd R/cl L, sd R release hnds on last stp both trng 1/2 RF to fc M fc COH (W fc wall) join L hnds in L hnd star;
- 1&234 Chasse sd L/cl R, sd L release hnds on last stp bth trng 1/2 LF M fc wall (W fc COH), sd R bth roll 1/2 LF M fc COH (W fc wall), sd L bth cont roll to end in Lop Fcg / RLOD ;
- 1&2 Anchor R/L, R ,
- 34 -23&4 {Sugar Push} (Lop Fcg / RLOD) Bk L, bk R; Tch L, fwd L, anchor Step R/L, R ;

## Kick Ball Change ~ Mans Under Arm Turn ; ; Tuck and Twirl with Double Twirl ; ;

- & 2 {Kick Ball Change} (Lop Fcg / RLOD) Kick L fwd/cl L on ball of foot, in plc R ;
- 34 1&23&4 {Mans Under Arm Turn} (Lop Fcg / RLOD) Bk L, fwd and sd R twd W's lft sd raise jnd ld hnds comm RF trn (fwd R, fwd L comm LF trn) ; Sd L cont RF trn under jnd lead hds/bk and sd R finish 1/2 RF trn, fwd L, (Sd R cont trn / XLIFR cont LF trn, bk R finish 1/2 LF trn,) anchor R/L, R (Lop Fcg / LOD) ;
- 12-4 {Tuck and Twirl with Double Twirl} (Lop Fcg / LOD) Bk L, bk R bring lead hand in to left shldr lead lady to rt sd lead fwd, tap L to R w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF twirl under jnd ld hnds  
(Fwd R, fwd L, tch R, trn RF 1/2 under jnd ld hnds fc RLOD fwd R ;
- 123&4 Cont leading W to trn RF under jnd ld hnds fwd R, fwd L, bk R/rec L, bk R (fwd L trn RF 1/2, cont trng RF 1/2 fwd R, trng RF fwd L trn RF 1/2 / rec R, rec L) (Lop Fcg / LOD) ;

## Chicken Walk 2s4q ; ;

- SS {Chicken Walk 2s4q} (Lop Fcg / LOD) Bk L, - , bk R, -  
(W swvl RF on L/fwd R, - , swvl LF on R/fwd L, - ) ;
- qqqq Bk L, R, L, R (swvl RF on L/fwd R, swvl LF on R/fwd L, swvl RF on L/fwd R, swvl LF on R/fwd L) ;

repeat B - Lop Fcg / LOD -

repeat Intr - Lop Fcg / LOD

repeat A - Lop Fcg / RLOD -

End - Lop Fcg / RLOD -

## Extended Left Side Pass ; ; pause Side Break Arms Out ;

- 123&4 {Extended Left Side Pass} (Lop Fcg/LOD) Bk L comm 1/8 LF trn, sm bk R 1/8 LF trn out of slot, leading W to pass sd L/cl R, trng 1/8 LF fwd L  
(Fwd R, fwd L, fwd R/cl L, fwd R) ;
- 123&4 XRIFL, sd and fwd L, (Fwd L, fwd R trng 1/2 LF,) anchor R/L, R (Lop/RLOD) ;
- a1 - - - {Paude Side Break and Hold} (Lop Fcg / COH) Release lead hnds wgt on R push off R sd L/push off L sd R end with both legs straight, hold, - , - ;

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4 + 1 + 2u West Coast

Triple Travel w/ Roll

DM Speed 37.8 (-16%)

Extended Left Side Pass, Sugar Push w/ Rock 2

Seq - Intro , A , **Intr** , A B C , **Intr** , A B , **Intr** , A , End

**Intro - No Hands Fcg / LOD - ;**

Wait 2 ; ; Side Break 2s ; Chicken Walk 4q ;

**A - Lop Fcg / LOD - Left Side Pass ~ Tuck and Spin ; ; ;**

Sugar Push Lady Kick ~ Left Side Pass Tuck and Twirl ; ; ;

Wrapped Whip ; ;

**Intr - Lop Fcg / LOD - Side Break and Hold ; Quick Side Breaks 3 hold ;**

Left Side Pass Tuck and Spin ~ Kick Ball Change ; ;

**A - Lop Fcg / RLOD - Left Side Pass ~ Tuck and Spin ; ; ;**

Sugar Push Lady Kick ~ Left Side Pass Tuck and Twirl ; ; ; Wrapped Whip ; ;

**B - Lop Fcg / RLOD - Extended Left Side Pass ; ; Sailor Shuffles count 4 ; ;**

Under Arm Turn ~ Kick Ball Change ; ; Sugar Push w/ Rock 2 ; ;

**Intr - Lop Fcg / RLOD - Side Break and Hold ; Quick Side Breaks 3 hold ;**

Left Side Pass Tuck and Spin ~ Kick Ball Change ; ;

**A - Lop Fcg / LOD - Left Side Pass ~ Tuck and Spin ; ; ;**

Sugar Push Lady Kick ~ Left Side Pass Tuck and Twirl ; ; ; Wrapped Whip ; ;

**C - Lop Fcg / LOD - Under Arm Turn ; into Triple Travel w/ Rolls ; ; ; , , Sugar Push , ; ;**

Kick Ball Change ~ Man's Under Arm Turn ; ;

Tuck and Twirl w/ Double Twirl ; ; Chicken Walks 2s4q ; ;

**B - Lop Fcg / LOD - Extended Left Side Pass ; ; Sailor Shuffles count 4 ; ;**

Under Arm Turn ~ Kick Ball Change ; ; Sugar Push w/ Rock 2 ; ;

**Intr - Lop Fcg / LOD - Side Break and Hold ; Quick Side Breaks 3 hold ;**

Left Side Pass Tuck and Spin ~ Kick Ball Change ; ;

**A - Lop Fcg / RLOD - Left Side Pass ~ Tuck and Spin ; ; ;**

Sugar Push Lady Kick ~ Left Side Pass Tuck and Twirl ; ; ; Wrapped Whip ; ;

**End - Lop Fcg / RLOD - Extended Left Side Pass ; ; pause Side Break Arms Out ;**