

IS YOU IS

Choreographers: Paul & Ann Clements • 5713 Allen Ave, Powell River BC V8A 4J2 • (604) 483-4984 • paclements@shaw.ca

Rhythm: JIVE PHASE III plus 2 (American Spin, Windmill)

Music: Artist, Renee Olstead - CD by same title, Track 3 - Apple iTunes \$.99 download - slow to suit

Footwork: Opposite, directions for man (woman as noted)

Date Released: July 2005 at British Columbia Square/Round Dance Festival, Abbotsford, BC.

Sequence: Intro - A - B - C - B (1-12) - A - C - B - End.

INTRODUCTION

1-6 WAIT ; ; CHASSE L & R ; CHG HNDS BHD BK 2X ; ; ;

1-2 {WAIT} Wait 2 meas CP WALL both ld ft free ; ;

3 {CHASSE L & R} Sd L/cl R, sd L, sd R/cl L, sd R ;

4-6 {CHG HNDS BHD BK 2X} Rk apt L, rec R, fwd L/cl R, fwd L trng 1/4 LF chg W's rt hnd to M's rt hnd bhd M's bk (fwd R/ cl L, fwd R trng 1/4 rt fc) ; sd & bk R/cl L, sd R trng 1/4 LF to fc ptr chg W's rt hnd to M's lt hnd bhd M's bk (sd L/cl R, sd & bk L trng 1/4 RF) LOP/fcg COH,

Rk apt L, rec R ; fwd L/cl R, fwd L trng 1/4 LF chg W's rt hnd to M's rt hnd bhd M's bk (fwd R/ cl L, fwd R trng 1/4 rt fc), sd & bk R/cl L, sd R trng 1/4 LF to fc ptr chg W's rt hnd to M's lt hnd bhd M's bk (sd L/cl R, sd & bk L trng 1/4 RF) LOP/fcg WALL ;

PART A

1-3 RT TRN FALWY 2X ; ; ;

1-3 {RT TRN FALWY 2X} Rk apt L [second time rk bk L], rec R, trng 1/4 RF sd L/cl R, sd L CP/RLOD (trng 1/4 in plc R/L, RLOD) ; trng 1/4 RF in plc R/L, sd & bk R (sd L/cl R, sd & bk L) CP/COH,

Rk bk L, rec R ; trng 1/4 RF sd L/cl R, sd L CP/LOD (trng 1/4 in plc R/L RLOD), trng 1/4 RF in plc R/L, sd & bk R (sd L/cl R, sd & bk L) CP/WALL ;

4-6 FALWY THRWY ~ CHG L TO R ; ; ;

4-6 {FALWY THRWY} Rk bk L, rec R to SCP, sd L/cl R, sd L trng 1/4 LF (fwd R/cl L, fwd R trng 1/4 LF) LOP/fcg LOD ; sd R/cl L, sd R (sd & bk L/cl R, sd L),

{CHG L TO R} Rk apt L, rec R ; sd L/cl R, sd L trng 1/4 RF ldg W to trn under jnd ld hnds (fwd R trng 3/4 LF to fc ptr), sd R/cl L, sd R LOP/fcg WALL ;

7-12 AMER SPIN ~ RT TRN FALWY 2X ~ FALWY THRWY ; ; ; ; ; ; ;

7~ {AMER SPIN} Rk apt L, rec R, sd L/cl R, sd L (sd R/cl L, sd R spinning RF one full turn) ; sd R/cl L, sd R LOP/fcg WALL,

- 8.5~** {RT TRN FALWY 2X} Rk apt L, rec R ; trng 1/4 RF sd L/cl R, sd L (trng 1/4 in plc R/L, R) CP/RL0D, trng 1/4 RF in plc R/L, sd & bk R (sd L/cl R, sd & bk L) CP/COH ;
- Rk bk L, rec R, trng 1/4 RF sd L/cl R, sd L CP/LOD (trng 1/4 in plc R/L, RL0D) ; trng 1/4 RF in plc R/L, sd & bk R (sd L/cl R, sd & bk L) CP/WALL,
- ~12** {FALWY THRWY} Rk bk L, rec R to SCP ; sd L/cl R, sd L trng 1/4 LF (fwd R/cl L, fwd R trng 1/4 LF) LOP/fcg LOD, sd R/cl L, sd R (sd & bk L/cl R, sd L) ;

13-16 CHG L TO R ~ AMER SPIN ; ; ; DBL RK ;

- 13~** {CHG L TO R} Rk apt L, rec R, sd L/cl R, sd L trng 1/4 RF ldg W to trn under jnd ld hnds LOP/fcg WALL (fwd R trng 3/4 LF to fc ptr) ; sd R/cl L, sd R,
- ~15** {AMER SPIN} Rk apt L, rec R ; sd L/cl R, sd L (sd R spinning RF one full turn), sd R/cl L, sd R LOP/fcg WALL ;
- 16** {DBL RK} Joining both hnds rk apt L, rec R, rk apt L, rec R ;
NOTE: 1st time release ld hnds
2nd time blend to CP Wall

PART B

1-4 VINE 8 ; ; SLOW RK THE BOAT 2X ; ;

- 1-2** {VINE 8} Sd L, XRib, sd L, XRif ; sd L, XRib, sd L, XRif blend to SCP ;
NOTE: for additional styling on 1st sd stp extend arms to side with elbows in close and hnds up in a questioning gesture and hold during Xib / on second sd stp place hnds on hips and hold during Xif. Repeat during the last 4 vine steps.
- 3-4** {SLOW RK THE BOAT 2X} Fwd L with straight knee leaning fwd, -, with rocking motion & relaxed knees cl R leaning bwd, - ; Repeat Part B measure 3 ;

5-8 TRIPLES 2 ; SWIVEL WK 4 ; KICK BLL CHG 2X ; DBL RK ;

- 5** {TRIPLES 2} Fwd L/cl R, fwd L, fwd R/cl L, fwd R ;
- 6** {SWIVEL WALKS 4} Fwd L directly in front of R, fwd R directly in front of L, fwd L directly in front of R, fwd R directly in front of L ;
- 7** {KICK BALL CHANGE 2X} Kick L, stp L/stp R, kick L, stp L/stp R ;
- 8** {DBL RK} Rk bk L, rec R, rk bk L, rec R ;
NOTE: at end of measure 8 fc ptn and drop hands
at end of measure 16 end in SCP

9-16 REPEAT PART B MEASURES 1-8 ; ; ; ; ; ; ; ;

PART C

1-4 CHASSE L & R ; CHG HNDS BHD BK 2X ; ; ;

1 {CHASSE L & R} Blend to CP WALL Sd L/cl R, sd L,
sd R/cl L, sd R ;

2-4 {CHG HNDS BHD BK 2X} Rk apt L, rec R, fwd L/cl R, fwd L trng 1/4 LF chg
W's rt hnd to M's rt hnd bhd M's bk (fwd R/ cl L, fwd R trng 1/4 rt fc) ; sd &
bk R/cl L, sd R trng 1/4 LF to fc ptr chg W's rt hnd to M's lt hnd bhd M's bk
(sd L/cl R, sd & bk L trng 1/4 RF) LOP/fcg COH,

Rk apt L, rec R ; fwd L/cl R, fwd L trng 1/4 LF chg W's rt hnd to M's rt hnd bhd
M's bk (fwd R/ cl L, fwd R trng 1/4 rt fc), sd & bk R/cl L, sd R trng 1/4 LF to fc
ptr chg W's rt hnd to M's lt hnd bhd M's bk (sd L/cl R, sd & bk L trng 1/4 RF)
BFLY WALL ;

5-8 WINDMILL 2X ; ; ; DBL RK ;

5-7 {WINDMILL 2X} Rk apt L, rec R, lowering lead arms and raising trail arms by
stretching M's rt and W's lt sd fwd Lif/cl R, fwd L trng 1/4 LF (sd R/cl L,
sd R trng 1/4 LF) ; returning arms to shoulder level sd R/cl L, sd R trng 1/4 LF
(sd L/cl R, sd L trng 1/4 LF) BFLY COH ,

Rk apt L, rec R ; lowering lead arms and raising trail arms by stretching M's rt &
W's lt sd fwd Lif/cl R, fwd L trng 1/4 LF (sd R/cl L, sd R trng 1/4 LF), keeping
arms level at shoulders sd R/cl L, sd R trng 1/4 LF (sd L/cl R, sd L trng 1/4 LF)
BFLY WALL ;

8 {DBL RK} Rk apt L, rec R, rk apt L, rec R ; release hnds & extend to sides at
shoulder level

END

1 LUNGE L & TWIST ;

1 Blending to fc sd L bending knee and checking motion, stg slo twist LF,
cont twist, cont twist;