

# MY CUP RUNNETH OVER II

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RECORD: "My Cup Runneth Over" by Des O'Conner 2:59 from Amazon.com

RHYTHM: Waltz, RAL Phase 2+2 (Interrupted Box, Side Corte)  
 Easy/Average level of difficulty

FOOTWORK Opposite (Woman's footwork or other explanation in parentheses)

SEQUENCE: Intro, A, A (mod), B, A (mod), ending

SPEED: 45 rpm equivalent in Dance Master

DATE: August 2021

<b>INTRODUCTION</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>(BUTTERFLY - WALL) WAIT 2 MEAS;; TWIRL VINE 3; PICKUP;</b>
1-2	In Butterfly, man facing wall with lead feet free, wait 2 measures;;
3	Man raises left hand (woman's right hand) to lead twirl - side left, cross right in back, side left blending to SCP-LOD; (Woman: Side and forward right turning 1/2 right face under joined hands, side and back left turning 1/2 right face, side right blending to SCP-LOD;)
4	Thru right, forward and side left with left face upper body turn leading woman to Closed Position-LOD, close right; (Woman: Thru left commencing left face turn, forward and side right in front of man turning left face to Closed Position, close left;)

<b>PART A</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>INTERRUPTED BOX;;;;</b>
1	Fwd L, sd R (with R stretch), cl L (no stretch);
2	Bk R, sd L (with L stretch, leading woman under L hand), cl R (no stretch);
3	Fwd L, sd R (with R stretch), cl L (no stretch, blending back to CP-LOD);
4	Bk R, sd L (with L stretch), cl R (no stretch);
(1)	(Woman – Bk R, sd L, cl R;
(2)	Fwd L, sd R turning RF under man's L hand, fwd L continuing turn to fc LOD;
(3)	Continuing RF turn fwd R, fwd L, cl R blending to CP-LOD;
(4)	Fwd L, sd R, cl L;)
<b>5-8</b>	<b>FWD WALTZ 2X;; 2 LF TURNS to Face Wall;;</b>
5	(CP-LOD) Forward L, forward & slightly side R (with R side stretch), close L (no stretch);
6	Forward R, forward & slightly side L (with L side stretch), close R (no stretch);
7-8	Forward left commence left face turn, continue LF turn side right (with R side stretch) diagonally across Line of Progression turning to face DRLC, close left (no stretch); Back right commence left face turn, continue turn side left (with L side stretch) toward Line of Progression turning to face wall, close right (no stretch);

	(WOMAN: Back right commence left face turn, continue turn side left toward Line of Progression, close right; forward left commence left face turn, continue LF turn side R, close L;)
<b>9-12</b>	<b>BOX;; REVERSE BOX;;</b>
9	(CP-wall) Forward left, forward & side right (with R side stretch), close left (no stretch);
10	Back right, back & side left (with L side stretch), close right (no stretch);
11	Back left, back & side right (with R side stretch), close left (no stretch);
12	Forward right, forward & side left (with L side stretch), close right (no stretch);
<b>13-16</b>	<b>WALTZ AWAY; CROSS WRAP; BKWD WALTZ; LADY ROLL ACROSS;</b>
13	(Blending to Butterfly) Start body rotation to face LOD side & forward L to LOD (blending to OP-LOD), fwd R, close L;
14	Maintaining and lowering trail handhold forward right commencing right face turn, forward left to Wrapped Position completing right face turn to face RLOD, close right; (Woman: Maintaining and lowering trail handhold and bringing right hand in front of chest forward left commencing left face turn, continuing LF turn forward right to Wrapped Position facing RLOD, close left;
15	(Wrapped Position – RLOD) Back L, back R, close L;
16	Releasing man’s R handhold while retaining handhold with man’s L hand lead woman across to LOP-RLOD while stepping slight side R, close L, in place R; (Woman: commence LF turn fwd L, continue LF turn in front of man forward R to his L side, continue LF turn close L ending LOP-RLOD;)
<b>17-18</b>	<b>THRU TWINKLE; PICKUP;</b>
17	Through L commence turn to face partner, side R completing turn to a Facing V Position, close;
18	(Blending to SCP-LOD) Repeat Meas. 4 of Intro to CP-LOD);
(Note)	(Note – 2 <sup>nd</sup> and 3 <sup>rd</sup> time through, do a “Thru, side, close to CP-Wall;” instead of pickup.

<b>PART B</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>LF TURNING BOX;;;;</b>
1	Forward L commence 1/4 left face turn, complete turn side R (w/R stretch), close L;
2	Back R commence 1/4 left face turn, complete turn side L (w/L stretch), close R;
3-4	Repeat meas 1 & 2 to end CP-Wall;;
<b>5-8</b>	<b>WALTZ AWAY; WRAP; FWD WALTZ; PICKUP;</b>
5	Repeat Part A, Meas. 13;
6	Forward R lowering R handhold to lead woman to commence LF turn into wrap, small forward L, close R ending wrapped position – LOD; (Woman: forward L commencing LF turn, small side & back R continuing LF turn, close L ending wrapped position – LOD:)
7	(Wrapped Position – LOD) forward L, forward R, forward L;
8	Releasing R handhold forward right, forward and side left leading woman to Closed Position-LOD, close right; (Woman: Forward left commencing left face turn, forward and side right in front of man turning left face to Closed Position, close left;)
<b>9-12</b>	<b>1 LF TURN; BKWD WALTZ; 1 RF TURN; FWD WALTZ;</b>
9	Repeat Part A Meas. 7;

10	Back R continuing LF turn to CP-RLOD, bk L, close R;
11	(CP-RLOD) Commence right face turn back left, continue RF turn side right toward Line of Progression and stepping between woman's feet (with R side stretch), close left;
12	(Woman: Forward right commence right face turn stepping between man's feet, continue turn side left diagonally across Line of Progression, close right;) Forward right continue right face turn to CP-LOD, forward left, close right (ending CP-LOD);
<b>13-16</b>	<b>2 LF TURNS;; BAL L &amp; R;;</b>
13-14	Repeat Part A Meas. 7-8;;
15	(Blending to Butterfly) side L, behind R rising slightly on toes, in place L;
16	Side R, behind L rising slightly on toes, in place R;
<b>17-18</b>	<b>TWIRL VINE 3; PICKUP;</b>
17-18	Repeat Intro Meas. 3&4;;

<b>ENDING</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>LF TURNING BOX;;</b>
1-4	Repeat Part B Meas. 1-4
<b>5-7</b>	<b>SIDE CANTER 2X;; SLOW SIDE CORTE;</b>
1	(CP-wall) Side L (w/slight L stretch), draw, close R (no stretch);
2	Repeat meas. 2;
3	Closed Position slow step side left (with left side stretch) relaxing left leg slightly after taking weight and pointing right leg to RLOD;

## Head Cues

### Intro

(Bfly) 2 meas. wait;; twirl 3; pickup;

### A

Interrupted box;;;;  
 Fwd waltz twice;; 2 LF turns;;  
 Box;; reverse box;;  
 Waltz away; X wrap; bkwd waltz; roll lady across;  
 Thru twinkle; pickup;

### A (mod)

Interrupted box;;;;  
 Fwd waltz twice;; 2 LF turns;;  
 Box;; reverse box;;  
 Waltz away; X wrap; bkwd waltz; roll lady across;  
 Thru twinkle; thru, face, cl;

**B**

LF turning box;;;;  
Waltz away; wrap; fwd waltz; pickup;  
1 LF turn; bkwd waltz; 1 RF turn; fwd waltz;  
2 LF turns;; bal L & R;;  
Twirl 3; pickup;

**A (mod)**

Interrupted box;;;;  
Fwd waltz twice;; 2 LF turns;;  
Box;; reverse box;;  
Waltz away; X wrap; bkwd waltz; roll lady across;  
Thru twinkle; thru, face, cl;

**Ending**

LF turning box;;;;  
Side canter 2X;; slow side corte;;