

You're My World

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SONG: You're My World – Helen Reddy – Greatest Hits – Track 13, download at various sites
RHYTHM: Hesitation Canter - Phase VI level of difficulty – average Speed: Slow to Suit recommend 12%
SEQUENCE: Intro, A, A, B, C, B, C, End
TIMING Timing in margin represents weight changes

START: SHADOW WALL R FOOT FREE WAIT ONE MEASURE

INTRO

1-4 SHADOW WALL R FOOT FREE; SD X CHECK; BK CANTER VINE; W SYNC LK;

Note: Identical footwork meas 1-4

- 1 wait shadow wall R foot free;
14 2 side xcheck sd R to RLOD, -, -, xLif, -, -; OP/WALL
1346 3 bk canter vine bk R, -, sd L, xRif, -, sd L;
146(1346) 4 W sync lk bk R, -, -, sd & fwd L, -, cl R (W bk R, -, sd & fwd L, continue LF rotation sd&bk R, -, xLif)CP/LOD

PART A

1-4 DRAG HESITATION; OUTSIDE SWIVEL, LILT PU; RIGHT LUNGE REC; BOX FINISH;

- 14 1 drag hesitation fwd L start LF trn, -, -, sd R trn to BJO, -, -; BJO/bkng LOD
146 2 outside swivel lilt pu bk L, slight RF rotation, -, fwd R heel lead, rise to toe, sm fwd L (W fwd R, sharp RF rotation, -, fwd L, rising heel to toe and rotate LF, small bk R); CP/RLOD
14 3 R lunge rec leading w/Rt side sd&fwd R, -, -, rec bk L, -, -; CP/DRW
146 4 box finish bk R start LF trn, -, -, sd L, -, cl R; CP/WALL

5-8 WALTZ AWAY WITH LK; W SPIN TO OPEN IN & OUT RUNS;; CHAIR REC SLIP;

- 146 5 waltz away trn LF to LOD fwd L, -, -, fwd R slight LF trn, -, lock Lib; OP/LOD
146 6 op in & out runs fwd R start RF turn, lower Rhnd and release ld W to spin LF, -, sd L across LOD cont turn to L1/2OP, -, fwd R shaped toward W (W fwd L start LF turn, -, -, bk R, -, sd&fwd L fc DLW);L1/2OP/LOD
146 7 xLif, lead W across LOD, -, fwd R, -, fwd L rotate RF shaping to W (W fwd R start RF turn, -, -, sd L across LOD cont turn, -, fwd R); ½OP/LOD
146 8 chair rec slip fwd R, join ld hnds -, -, rec L, slip R past W's L, sm bk R (W fwd L, -, -, rec R trn LF, -, fwd L); CP/LOD

PART A

1-4 DRAG HESITATION; OUTSIDE SWIVEL, LILT PU; RIGHT LUNGE REC; BOX FINISH;

5-8 WALTZ AWAY W/LK; W SPIN TO OPEN IN & OUT RUNS;; CHAIR REC SLIP;

PART B

1-4 VIENNESE TRNS;; TURN L CHASSE; BK BK LK BK;

- 146 1 viennese trns fwd L start LF turn, -, -, fwd&sd R, -, lk Lif (start LF trn bk R, -, -, bk&sd L, -, cl R); CP/DRW
146 2 viennese trns cont trn bk R, -, -, bk&sd L, -, cl R (W fwd L trn LF, -, -, fwd&sd R, -, lock Lif); CP/DLW
1346 3 trn L and chasse to bjo fwd L, start LF turn, sd R, cl L, -, sd&bk R; BJO/RLOD
1346 4 bk bk lk bk with Rside leading bk L, -, bk R, lk Lif, -, bk R;

5-8 NATURAL TURNS;; BK TO LK; BK HOVER TELEMAR SCP;

- 146146 5-6 natural trns RF trn bk L, -, -, sd R, -, cl L; CP/LOD fwd R cont RF turn, -, -, sd L, -, cl R; CP/RLOD
1346 7 bk bk lk bk with Rside leading bk L, -, bk R, lk Lif, -, bk R;
136 8 bk hover telemark SCP bk L start RF trn, -, fwd R cont turn, -, -, fwd L (W fwd R o/s M turn RF, -, sd&bk L cont turn, -, -, fwd R); SCP/LOD

9-12 THRU SD CL; EXPLODE APART; TOG; ROLL 3;

- 146 9 thru sd cl fwd R, -, -, sd L, -, cl R; CP/WALL
1 10 explode apart bk L allow trailing hold to slide join trailing hnds circle ld hands up and out over measure, -, -, -, -;
1 11 together rec R bringing ld hnds tog low over rest of meas, -, -, -, -;
146 12 roll 3 turn LF to LOD fwd L, cont trn, -, bk R, cont trn, -, sd& fwd L;

13-16 THRU CHASSE, THRU CANTER VINE; THRU PROM OVERSWAY; FALLAWAY AND SLIP;

- 1346 13 thru chasse scp fwd R, -, sd L, cl R, -, fwd&sd L; SCP/LOD
1346 14 thru canter vine xRif, -, sd L, xRib, -, sd L;
13 15 thru prom oversway fwd R, -, sd L with left sway look to LOD, change to oversway, -, -;
146 16 fallaway & slip lose sway sd R, ronde L CCW, -, bk L, slip R past W's L foot, bk L (W sd L ronde R CW, -, bk R, rotate LF, fwd L)

PART C

1-4 DOUBLE TELESPIN;; MINI ENDING; CONTRA CHECK AND SWITCH;

- 13(1346) 1 double telespin start LF trn fwd L, -, sd R, extend L foot bk to LOD, rotate LF, lead W forward to LOD (W start trn bk R, heel trn, cl L, fwd R, -, fwd L trn to CP head left);
- 13(1346) 2 double telespin cont cont LF trn fwd L, -, sd R, extend L foot bk to LOD, rotate LF, lead W forward to LOD (W cont trn bk R, toe spin, cl L, fwd R, -, fwd L trn to CP head left); CP/LOD
- 14 3 mini ending fwd L start LF turn, -, -, cl R, - (W bk R, spin LF, -, cl R, -, -); CP/DRC
- 146 4 contra check rec switch lowering fwd L with LF rotation, -, -, rec R, rotate RF, sd&fwd R; CP/DLC

5-8 RUDOLPH AND SLIP; DRAG HESITATION; BK HOVER SCP; FWD HOVER BJO;

- 146 5 rudolph & slip rotate RF fwd R, cont rotation leave L leg bk, -, rec L, slip R past W's L, bk R (W bk L, ronde R CW, -, bk R, rotate LF, fwd L); CP/LOD
- 14 6 drag hesitation fwd L start LF trn, -, -, sd R trn to BJO, -, -; BJO/RDC
- 146 7 bk hover SCP bk L, -, -, bk R, slight rotate RF, fwd L; SCP/RLOD
- 146 8 fwd hover bjo fwd R, -, slight rotate LF, fwd L, -, bk L; BJO/backing LOD

9-12 OUTSIDE SPIN; RIGHT HINGE; CHANGE SWAY; HOVER TRAN BJO;

- 136 9 outside spin rotate RF cl L, continue turn, fwd R outside W, cont turn, -, sd&bk L (W fwd R, cont RF turn, cl L, cont turn, fwd R) CP/backing LOD
- 1(14) 10 right hinge cont RF rotation sd R, lowering and extending sway to R, -, -, -(W sd L, lowering, xRib, extending sway to L, -, -); RHinge/COH
- 46(146) 11 change sway over measure change sway to left, -, -, -, -;
- 46(146) 12 hover tran bjo rotate LF, -, -, sd&fwd L, -, rec R(W fwd L, rotate to CP, -, sd R, -, fwd L) BJO/backing LOD

13-14 OUTSIDE CHANGE SCP; PICKUP W LOCK;

- 146 13 outside change to scp bk L, -, -, start RF trn bk R, -, sd&fwd L; SCP/DLW
- 146 14 pu lady lock fwd R, -, -, fwd&sd L, -, cl R (W fwd L start LF turn, -, -, sd R, -, lk L) CP/DLW

PART B

1-4 VIENNESE TRNS;; TURN L CHASSE; BK BK LK BK;

5-8 NATURAL TURNS;; BK TO LK; BK HOVER TELEMARCK SCP;

9-12 THRU SD CL; EXPLODE APART; TOG; ROLL 3;

13-16 THRU CHASSE, THRU CANTER VINE; THRU PROM OVERSWAY; FALLAWAY AND SLIP;

PART C

1-4 DOUBLE TELESPIN;; MINI ENDING; CONTRA CHECK AND SWITCH;

5-8 RUDOLPH AND SLIP; DRAG HESITATION; BK HOVER SCP; FWD HOVER BJO;

9-12 OUTSIDE SPIN; RIGHT HINGE; CHANGE SWAY; HOVER TRAN BJO;

13-14 OUTSIDE CHANGE SCP; PICKUP W LOCK;

END

1-4 FWD DRAG SCAR; RK FWD REC; X PNT BJO; X PNT SCAR;

- 14 1 fwd drag scar fwd L rotate LF, -, -, fwd R, -, -; SCAR/LOD
- 14 2 rk rec fwd L outside W, -, -, rec R, -, -;
- 1 3 x point bjo fwd L outside W, -, -, point R, -, -;
- 1 4 x point scar fwd R outside W, -, -, point L, -, -;

5-8 RK FWD REC; CANTER ZIGZAG; DRAG HESITATION; BK HOVER TELEMARCK SCP;

- 14 5 rk rec fwd L outside W, -, -, rec R, -, -; SCAR/LOD
- 1346 6 canter zigzag fwd L trn LF, -, sd R cont LF turn, bk L trn RF, -, sd&fwd R; SCAR/LOD
- 14 7 drag hesitation fwd L start LF trn, -, -, sd R trn to BJO, -, -; BJO/backing DLW
- 136 8 Repeat b meas 8

9-13 THRU TO HINGE; EXTEND; W ROLL OUT APART; W ROLL INTO CUDDLE; AROUND THE WORLD;

- 13(136) 9 thru to hinge fwd R, -, sd L, rotate LF and lower, -, - (W fwd L, -, sd R, cont rotation, -, xLib); CP/DLW
- 13(136) 10 extend hinge allow hinge to extend over measure;
- 46(146) 11 W roll out to apart rotate RF, -, -, sd R, -, -, rec bk L (W fwd R trn RF, -, -, sd L, cont trn, bk R); OPVEE/DLW
- 1(146) 12 W roll in to cuddle rec R, -, -, -, -, - (W fwd L trn RF, -, -, sd R, -, cl L);
- 1 13 around the world sd L, place hnds on W's lower back fingers pointed up, lower into L start RF swivel rising on L (W sd R lower lift hips allow upper body to sway back looking up to ceiling then at M as he rises)