

DON'T FORBID ME STS

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RECORD: MCA P2714/CTB COL-90090; TITLE, Don't Forbid Me, By Pat Boone
FOOTWORK: OPPOSITE. DIRECTIONS FOR MAN UNLESS OTHERWISE INDICATED.
ROUNDALAB PHASE: III + 1 {SWITCH(ES)}.
RHYTHM: SLOW TWO STEP & TWO STEP
SEQUENCE: INTRO A A B A END

Slow to 42-43 RPMs

INTRO (LOW BFY):

(1 - 2) 1 MEAS WT; SD, DRW, CLS TO CLSD,-;

M fcg ptr & Wall hnds tog at waist lvl Wt 1 Meas; Sd L, Drw R to L, Cls R blnd to CP Wall,-;

A (CP WALL) (STS):

(1 - 4) (FULL) BASIC; UNDRARM TRN; OP BASIC;

Sd L,-, XRib, Rec L; Sd R,-, XLib, Rec R; Sd L,-, XRib (W XLif trn RF 1/2 undr jnd ld hnds), Rec L (W Rec R cont trn to fc ptr); Sd R,-, XLib to 1/2 OP, Rec R to fc (W Rec L to fc LOD);

(5 - 8) 2 SWITCHES;; OP BASIC TO BFY; LNG BASIC W/PU;

Fwd L xifo W trn RF fcg LOD in L 1/2 OP,-, Fwd R, Fwd L (W Fwd R trn RF to fc Wall); Fwd R (W Fwd L xifo M trn RF fcg LOD in 1/2 OP),-, Fwd L, Fwd R; Trn to fc ptr Fwd & Sd L,-, XRib to L 1/2 OP, Rec L to fc ptr blndg to BFY; Sd R,-, Rec L, XRif (W XLif trn LF ifoM) to BFY LOD;

(9 -12) 3 TVLG CHSSES;;; TVLG CHSSE TO BFY WALL;

Brng hnds dn & tog at hip lvl Sd & Fwd L w/slight LF trn,-, Sd & Fwd R, Cls L; Sd & Fwd R w/slight RF trn,-, Sd & Fwd L, Cls R; Sd & Fwd L w/slight LF trn,-, Sd & Fwd R, Cls L; Sd & Fwd R comm RF trn to Wall,-, Sd & Fwd L cont trn, Cls R blnd to BFY;

(13-16) SD BASIC; M UNDRARM TRN; (BFY) LNG BASIC; SLO RK SD,-, REC, CLS; ¹ (CP)

Sd L,-, XRib, Rec L; Sd R,-, XLif trn RF 1/2 undr jnd trlg hnds, Rec R cont trn fcg ptr in BFY; Sd L,-, Rec R, XLif; Sd R, Rec L, Cls R to CP Wall {remain in BFY 2nd & 3rd time through},-;

B (BFY) (TS):

(1 - 4) SD TCH L & R; ROLL 3, TCH TO BFY; SD TCH R & L; ROLL 3 REV, TCH TO BFY;

Sd L, Tch R to L, Sd R, Tch L to R; Sd & Fwd L comm LF trn (W Sd & Fwd R comm RF trn), Sd & Bk R (W Sd & Bk L) cont trn, Sd L cont trn to fc ptr, Tch R to L blnd to BFY; Sd R, Tch L to R, Sd L Tch R to L; Sd & Fwd R comm RF trn (W Sd & Fwd L comm LF trn), Sd & Bk L (W Sd & Bk R) cont trn, Sd R cont trn to fc ptr, Tch L to R blnd to BFY;

(5 - 8) SD TCH L & R; VINE 4 TO LOW BFY; SD, DRW, L & R; SD, DRW, CLS TO CLSD,-;

Repeat Part B, Meas 1; Sd L, XRib (W XLib), Sd L, XRif (W XLif) lowr & brng hnds dn & tog at waist lvl; Sd L, Drw R to L, Sd R, Drw L to R; Repeat INTRO Meas 2;

END (BFY) (STS):

(1 - 4) SD BASIC; M UNDRARM TRN; (BFY) LNG BASIC; LNG SD TO LOW BFY,-, DRW & HLD;

Repeat Part A, Meas 13-15;;; Sd R relx knee lowr & brng hnds dn & tog at waist lvl,-, Drw L to R,-;

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