

# DANCE

(VOCAL)  
NOV - 1975

Composers--Paul & Laura Merala, 55 Bryant St., W. Bridgewater MA 02379

Record--CAPITOL # 3768 -- "The Old Fashioned Way" --- Helen Reddy

Position--INTRO & LOD: CP M facing LOD

Footwork-- Opposite, directions for M unless otherwise indicated

MEASURES ----- INTRODUCTION -----

INTRO: (1 Meas).

CP facing LOD: Your first beat will be a BELL TONE, however the following beats are silent so we suggest you count immediately after BELL, TWO, THREE, FOUR; Then "STEP-OUT" on word "DANCE"

## PART - A

- 1---3 FWD,-,FWD,-; SIDE,CLOSE,FWD,-; SIDE,CLOSE,FWD,-;  
1-2.... In CP M facing LOD slow L,-,slow R,-; Side twd COH quick L, quick R to L, fwd LOD slow L,-;  
3.... Side twd wall quick R, close quick L to R, fwd LOD slow R,-;  
4---9 TURN,-,SIDE,CLOSE;TURN,-,SIDE,CLOSE;FWD,-,SIDE,CLOSE;THRU(SCP),-,TURN,SIDE;  
BJO,-(Bjo),BK,SIDE;FWD,-(SCP),CHECK,-;  
4.... Stay CP M turn LF twd COH slow L,-,side COH quick R, close quick L to R end CP M facing RLOD;  
5.... Continue LF turn M bk COH slow R,-,side LOD quick L, close quick R to L end CP M facing LOD;  
6.... M facing LOD slow L,-,side twd wall quick R, close quick L to R;  
7.... Step thru twd COH M slow R,-(W also step thru slow L) end SCP facing LOD/COH, M turns LF toeing in twd RLOD/COH quick L (W 1/4 LF turn steps twd COH as she pivots on the ball of her R ft), turning into a Bjo Pos M side twd COH quick R (W quick L twd COH/LOD);  
8.... In SNUG BJO pos M steps bk LOD slow L,-(W fwd LOD slow R) end M facing RLOD, M step bk COH/LOD XIF of W quick R (W fwd LOD L), M swd & fwd LOD to SCP, quick L (W fwd LOD R);  
9.... M fwd slow R twd LOD (W slow L) end SCP M facing LOD,-,turning to CP M facing ptr & wall steps swd LOD slow L (STRONG CHECK)(W check R swd twd LOD),-;  
10-13 REC,XIF,SIDE,-;DRAW,-,ROCK,2;3,4,BK,-;BK,-,SIDE,CLOSE;  
10.... M recover swd RLOD quick R, quick XLIF of R (W twirls LF under her R & M's L twd RLOD quick L,R) end M CP facing wall, still moving RLOD M swd slow R,-(W slow L);  
11.... Draw slow L to R (W slow R to L), taking no wgt end CP M facing wall, turning LF in place M rock fwd quick L, bk quick R;  
12.... Fwd quick L, bk quick R (W R,L,R,L) end CP M facing COH, (NOTE: "Goucho Rock Style" may be used -- moving diag Wall/RLOD M steps bk slow L,-;  
13.... Slow R,-(W R,L), M swd RLOD quick L, close quick R to L (W R,L) end CP M facing COH;  
14-16 SIDE,-,THRU(SCP),-;SPOT PIVOT,-,2,-;PIVOT,-,2,-;  
14.... Continue moving RLOD M swd slow L,-(W slow R), M step thru in RLOD slow R,-(W slow L) end SCP face RLOD;  
15-16. Take CP do a RF spot pivot (Do Not Progress LOC) slow L,-,slow R,-; Slow L,-,slow R,- end CP M facing LOD;

## PART - B

- 17-24 FWD,-,CHECK,-;XIB,SIDE,FWD,LOCK;FWD,FWD,LOCK,FWD:(Face)SIDE,CLOSE,SIDE,CLOSE;  
SIDE,-,THRU,-(SCP);PIVOT,-,2,-;PIVOT,-,2,-;(Quick Hitch)FWD,CLOSE,BK,CLOSE;  
17.... Moving from CP to Bjo M fwd slow L,-(W bk R), check fwd LOD slow R,-(W bk L);  
18.... M cross quick L in bk of R (W XIF), side twd wall/LOD quick R (W L), fwd LOD quick L (W bk quick R), M lock quick R behind L (W lock in front);  
19.... M fwd LOD quick L, quick R (W R,L), M lock quick L behind R (W lock in front), M fwd quick R (W L) end Bjo M facing LOD;  
20.... Turning 1/4 RF to CP M side LOD quick L, close quick R to L, side LOD quick L, close quick R to L (W R,L,R,L);  
21.... M swd LOD slow L (W R),-,slow R thru LOD (W L) to end SCP,-;  
22-23.. Progressing LOD do a slow RF couple pivot L,-,R,-; L,-,R,- end CP M facing LOD;  
24.... Do a quick 4 count hitch L,R,L,R;

## PART - C

- 25-27 STEP,KICK,STEP,KICK;FACE,KICK,STEP,KICK;STEP,KICK,STEP,-;  
25.... Turning from CP to SCP M step LOD on L (W R), kick R fwd in LOD (W kick L), step fwd R (W L), kick L fwd (W kick R);  
26.... While turning to face ptr & wall M step L next to R (W R to L), M kick R twd wall between W's feet (keep toes very close to floor)(W kick L outside M R & twd COH), M step R beside L (W L beside R), kick L twd wall outside W's R leg (W kick R between M's feet);  
27.... Quickly turning to SCP M short step L LOD (W R), kick R fwd LOD & Wall (W kick L), M step R beside L facing ptr & wall (W L beside R), hold 1 ct to end CP M facing wall;  
28-32 PUSH,PULL,AROUND/STEP,STEP;BK/STEP,STEP,ROCK,REC;IN PLACE/STEP,STEP,TURN/STEP,STEP;  
PUSH,PULL,TURN/STEP,STEP;IN PLACE/STEP,STEP,SIDE,CLOSE;  
28.... Use a strong Push Pull Action (DO NOT RELEASE ANY HAND HOLDS) M bk COH quick L (W bk wall quick R), recover fwd quick R (W L), from this "PUSH-PULL" momentum M quickly steps L/R,L turning RF almost in place (W R/L,R) to end SCP M facing RLOD;  
29.... Moving bwd in LOD M steps R/L,R (W L/R,L), moving slightly apart from each other in a relaxed SCP M steps L, R (feet hardly leaving the floor)(W R,L);  
30.... M raise his L (W's R) hands high (NOTE: M's R hand firm on W's bk) steps almost in place L/R,L as he motions W twd RLOD/Wall (W ready to move UNDER JOINED L/R hands steps R/L,R), M turns 1/4 LF steps in place R/L,R (W under joined L/R hands turns RF L/R,L) end facing ptr & wall with ONLY M's L & W's R hands joined;  
31.... Using a "PUSH-PULL" action M rocks bk COH on L, recover R (W bk R, recover L) raising joined L-R hands high M turns 1/4 LF ALMOST IN PLACE L/R,L (W turns RF 1/4 under joined L-R hands steps R/L,R at this point W is looking down LOD);  
32.... M steps in place R/L,R (W continues her RF turn steps L/R,L end in CP), M facing LOD moving twd COH (short steps) M swd quick L, close quick R to L (W R,L) to end CP M facing LOD;

SEQUENCE:

AB - ABC - ABCC - ENDING

ENDING:

Repeat Meas 25-27 then M STEP BK COH SLOW L,-,POINT SLOW R TWD PTR,-(W Bk R Point L) while music fades;