

Ebb Tide

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Sequence: Intro A B C D B C End Record:

Phase IV+2 (cuddles, sitline) Speed: 45 Rel Date: June 20, 03

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START-174

Intro

1-4 **WAIT 2;; CUDDLES 2X;;**

1-4 wait 2 meas;; CP sd L leadg W RF to 1/2 opn, rec R, cl L, -(W trng RF 1/2 sd & bk R, trng LF rec L, fwd R to CP); sd R leadg W LF to 1/2 opn, rec L, cl R, -(W trng LF 1/2 sd & bk L, trng RF rec R, fwd L to CP);

Part A

1-8 **BAS;; NY TO FAN;; START HKY STK; CUCA; M CHG SDS; WHP ACRS [FC WALL];**

1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);

5-8 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); sd R w/ partial wgt, rec L, sip R, -; M wk CW beh W to fc COH fwd L, fwd R, fwd L, -(W trns LF 1/4 fc M & wall sm fwd R, sip L, sip R, -); bk R trng LF, fwd & sd L, sd R, - (W fwd L outsd M, fwd R trng LF 1/2, sd L, -);

9-16 **BAS;; NY TO FAN;; START HKY STK; CUCA; M CHG SDS;**

WHP ACRS [FC WALL - HNDSHK];

9-12 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);

13-16 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); sd R w/ partial wgt, rec L, sip R, -; M wk CW beh W to fc COH fwd L, fwd R, fwd L, -(W trns LF 1/4 fc M & wall sm fwd R, sip L, sip R, -); bk R trng LF, fwd & sd L, sd R, - (W fwd L outsd M, fwd R trng LF 1/2, sd L, -);

Part B

1-7 **FLIRT;; SLD HER ACRS; RR LET HER OUT; TRADE PLACES 2X;;**

STP APRT/LDY DEVELOPE;

1-4 hndshk- fwd L, rec R, sm sd L, - (W bk R, rec L trng LF, cont trn to R VARS sd & bk R, -); bk R, rec L, sd R, - (W bk L, rec R, sd L to L VARS, -); bk L, rec R, sd L, -(W bk R, rec L, sd R to VARS, -); bk R, rec L, sm fwd R, -(W bk L, rec R comm RF trn, trng to fc M bk L);

5-7 bk L, trng RF 1/4 fwd & sd R, trng RF 1/4 sd & bk L fc W to L hndshk, -; bk R, trng LF 1/4 fwd & sd L, trng LF 1/4 sd & bk L fc W to R hndshk, -; hndshk- bk L, -, -, -(bk R, raise L, xtnd L ft fwd, -);

8-8 **CUCA [FWD TO CP WALL];**

8-8 sd R w/ partial wgt, rec L, sip R, -;

Part C

1-4 **SD WK 3; AIDA; SWITCH; SD CRB WK 3;**

1-4 sd L, cl R, sd L, -; XRIFL trng RF to fc ptr, sd L cont RF trn, bk R to V pos 1d hnds jnd, -; trn LF to fc pttr on R & sd L, rec R, XLIFR (W XRIFL), -; sd R, XLIFR(W XRIFL), sd R, -;

Part D

1-11 **BAS;; NY TO FAN;; ALEMANA TO LARIAT;;; HND-HND 2X;; SPT & TIM;**

1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);

5-8 fwd L, rec R, sd L, -; bk R, rec L, sd R, - (W fwd LIFR trn RF, cont trn fwd R to fc M, sd L, -); sip L, R, L, - (W circ M CW R, L, R, -); sip R, L, R, - (W cont arnd M L, R, sd L to fc M, -);

9-11 XLIBR to OP, rec R to fc ptr, sd L, -; XLIBR to R OP, rec L to fc ptr, sd R, -; strong XLIFR trng RF, cont trn rec R to fc ptr, sd L, -(W XLIBR, rec L, sd R, -);

12-12 **TIM & SPT [TO HNDSHK];**

12-12 no hnds fcg ptr XLIBR, rec L, sd R, -(W XLIFR trng RF, cont trn rec R to fc ptr, sd L, -);

End

1-11 **BAS;; NY TO FAN;; HKY STK;; NY; AIDA; AIDA; SWITCH RK;**

SPT TRN [TO HNDSHK];

1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);

5-8 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); bk R, rec L, fwd R following W, - (W fwd L, fwd R trng LF to fc M, sd & bk L, -); strong XLIFR straight leg to L OP, rec R to fc, sd L, -; XRIFL trng RF to fc ptr, sd L cont RF trn, bk R to V pos 1d hnds jnd, -;

9-11 XLIFR trng LF to fc ptr, sd L cont RF trn, bk L to V pos 1d hnds jnd, -; trn RF to fc pttr on L & sd R, rec L, rec R, -; strong XLIFR trng RF, cont trn rec R to fc ptr, sd L, -;

12-12 **THRU X LUNGE/SITLINE;**

12-12 hndshk- XRIFL, -, fwd & XLIFR twd W, -(W XLIFR, -, bk R, bend R knee with sitting action extndg L ft);