

MY CUP RUNNETH OVER



Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : CASA MUSICA CD song by Des O Connor e-mail : d-doi@tcp-ip.or.jp
special thanks to Fumiaki & Toshiko Takasaki for giving us the sound
Rhythm : Waltz Phase IV + 1 [Natural Weave]
Sequence : Intro - A - B - A - B(1-14) - Ending **Speed** : 30 MPM
Timing : 123 unless noted by side of measure **Footwork** : Opposite except where noted
Released : Jan, 2005 **Ver.** 1.0

INTRO

1 - 4 WAIT;; CLOSED HOVER; BOX FIN;

- 1-2 {Wait} CP DLW lead ft free wait 2 meas;;
3 {Closed Hover} Fwd L, fwd & sd R trn 1/8 RF rise with hovering action, rec L trn bk;
4 {Box Finish} Bk R trn 1/4 LF, sd L, cl R end CP DLC;

PART A

1 - 8 REV FALLAWAY; SLIP CHASSE BJO; FWD FWD/LK FWD; X PIVOT SCAR; X HOVER SCP; WEAVE TO SCP;; OPN NAT;

- 1 {Reverse Fallaway} Fwd L comm trn LF, sd R cont trn, XLIB end SCP RLOD;
12&3 2 {Slip & Chasse To Bjo} Trn LF slip bk R past L to fc Wall, sd L/cl R, sd L to Bjo;
(W trn LF slip fwd L past R, sd R/cl L, sd R) end Bjo DLW;
12&3 3 {Forward Forward/Lock Forward} Fwd R outsd ptr, fwd L/lk RIB, fwd L;
4 {Cross Pivot Scar} XRIF comm trn RF, sd L cont trn, sd R to Scar (W XLIB comm trn RF, cl R
heel trn, cont trn sd R) end Scar COH;
5 {Cross Hover SCP} XLIF, sd & fwd R with slight rise to hovering action trn RF, sd & fwd L
(W XRIB, sd & bk L with slight rise to hovering action trn RF, sd & fwd R) end SCP DLC;
6-7 {Weave To SCP} Thru R, fwd L trn LF to CP, sd & bk R twd DLC; bk L twd DLC lead W to
trn to CBMP, bk R trn body LF to CP, sd & fwd L twd DLW lead W to trn to SCP
(W fwd L comm trn LF, cont trn sd R to CP, cont trn fwd L twd DLC; fwd R to CBMP, fwd L
twd DLC trn body LF to CP, sd & fwd R to SCP) end SCP DLW;
8 {Open Natural} Thru R trn RF, sd L, bk R (W thru L, fwd R, fwd L outsd ptr) end Bjo RLOD;

9 - 18 RUNNING ACROSS SCAR; SLO X SWVL; NAT WEAVE;; MANUV; BK BK/LK BK; BK TO VIENNESE X; TRN L & R CHASSE; OPN IMPETUS; THRU FC CL;

- 12&3 9 {Running Across To Scar} Bk L in CBMP, bk R to CP/bk L, bk R lead W to step outsd ptr
(W fwd R outsd ptr, fwd L to CP/fwd R, fwd L outsd ptr) end Scar RLOD;
10 {Slow Cross Swivel} XLIF outsd ptr in CBMP, swivel 3/8 LF on L, pt R bk end Bjo DLW;
11-12 {Natural Weave} Fwd R comm trn RF, sd L with left sd stretch, with right sd lead bk R prepare to
lead W to outsd ptr; with right sd stretch bk L in CBMP, bk R trn LF, with left sd stretch
sd & fwd L (W bk L, cl R heel trn with right sd stretch, with left sd lead fwd L in CBMP;
with left sd stretch fwd R outsd ptr in CBMP, fwd L comm trn LF, with right sd stretch sd R cont
trn) end Bjo DLW;
13 {Maneuver} Fwd R outsd ptr trn 1/4 RF, sd L cont trn to fc RLOD, cl R end CP RLOD;

- 12&3 14 {Back Back/Lock Back} Bk L to CBMP, bk R/lk LIF, bk R;
 123& 15 {Back To Viennese Cross} Bk L well under body in CBMP comm trn LF, bk R cont trn, sd L/
 cont trn cl R (W fwd R outsd ptr in CBMP comm trn LF, fwd L cont trn, sd R/cont trn lk LIF)
 end CP DLC;
 12&3 16 {Turn Left & Right Chasse} Fwd L trn 1/8 LF, sd R/cl L, sd R trn 1/8 LF to Bjo DRC;
 17 {Open Impetus} Flex knee comm upper body trn RF bk L, cl R heel trn, fwd L (W flex knee fwd
 R between M's feet pivot 1/2 RF, sd & fwd L cont trn around M brush R to L, fwd R)
 end SCP DLC;
 18 {Through Face Close} Thru L trn to fc ptr, sd R, cl L end CP Wall;

PART B

**1 - 8 FWD HVR; BK CHASSE SCP; OK WEAVE 4; HVR CORTE; BK & R CHASSE;
 FWD W DEVELOPE; BK CHASSE BJO; FWD W DEVELOPE;**

- 1 {Forward Hover} Fwd L, fwd & sd R rise with hovering action, rec L;
 12&3 2 {Back Chasse To SCP} Bk R trn LF, sd L/cl R, cont trn to SCP sd & fwd L end SCP DLC;
 12&3 3 {Quick Weave 4} Thru R, fwd L trn LF to CP/sd & bk R twd LOD, bk L twd LOD lead W to
 trn to CBMP (W thru L comm trn LF, cont trn sd R to CP/cont trn fwd L twd LOD, fwd R to
 CBMP) end Bjo RLOD;
 4 {Hover Corte} Bk R comm trn LF, sd & fwd L cont trn with hovering action, rec bk R in CBMP
 (W fwd L comm trn LF, sd & fwd R cont trn with hovering action, rec fwd L) end Bjo DLW;
 12&3 5 {Back & Right Chasse} Bk L comm trn RF, sd R/cl L, cont trn sd & fwd R end Scar DRW;
 6 {Forward W Developpe} Fwd L outsd ptr chkg, hold, hold (W bk R, bring L ft up to insd of R
 knee, extend L ft fwd);
 12&3 7 {Back Chasse To Bjo} Bk R trn LF, sd L/cl R, sd L to Bjo DLW;
 8 {Forward W Developpe} Repeat meas 6 on opposite ft with Bjo Pos;

**9 - 18 OK OPN FIN; OPN TELE; IN & OUT RUNS;; WHIPLASH; BK WHISK; WING;
 CL TELE; MANUV; HESIT CHG;**

- 12&3 9 {Quick Open Finish} Bk L, bk R/trn LF sd & fwd L, fwd R outsd ptr in CBMP end Bjo DLC;
 10 {Open Telemark} Fwd L comm trn LF, sd R cont trn, sd & fwd L (W bk R comm trn LF, cl L
 heel trn, sd & fwd R) end SCP DLW;
 11-12 {In & Out Runs} Fwd R comm trn RF, sd & bk L to CP, bk R to CBMP; bk L trn RF, sd & fwd
 R between W's feet cont trn, fwd L (W fwd L, fwd R between M's feet, fwd L to CBMP; fwd R
 comm trn RF, fwd & sd L cont trn, fwd R) end SCP DLC;
 13 {Whiplash} Thru R, pt L sd & fwd, hold (W thru L, swivel LF on L to fc ptr pt R sd & bk, hold)
 end Bjo DLC;
 14 {Back Whisk} Bk L, bk & sd R, XLIB (W XRIB) end Tight SCP DLC;
 15 {Wing} Fwd R, draw L to R, tch L to R trn upper body LF with right side stretch (W Fwd L
 comm to XIF of M trn slightly LF, fwd R around M cont trn, fwd L around M cont trn)
 end Tight Scar DLC;
 16 {Closed Telemark} Fwd L, fwd & sd R around W trn LF, sd & fwd L (W bk R, cl L heel trn,
 cont trn sd & bk R) end Bjo DLW;
 17 {Maneuver} Repeat meas 13 Part A;
 18 {Hesitation Change} Comm RF upper body trn bk L, sd R cont trn, draw L to R end CP DLC;

REPEAT PART A

REPEAT PART B MEAS 1 THRU 14

END

**1 - 10 SLO OUTSD SWVL; OUTSD SWVL PICK UP; DIAMOND TRN HALF;;
OK DIAMOND 4; CORTE REC SCAR; X HVR SCP; SLO SD LK; OPN TELE;
THRU TO PROM OVRSWAY;**

- 1 {Slow Outside Swivel} Thru R, hold lead W to swivel LF, hold (W thru L, swivel LF on L, pt R bk) end Bjo DLC;
- 2 {Outside Swivel Pick Up} Bk L, rec thru R lead W to CP, tch L to R (W fwd R swivel RF on R, thru L trn LF to fc ptr, tch R to L) end CP DLC;
- 3-4 {Diamond Turn Half} Fwd L twd DLC trn 1/8 LF, sd R, XLIB twd DLW in Bjo; bk R trn 1/8 LF, sd L, XRIF twd DRW in Bjo end Bjo DRW;
- 5 {Quick Diamond 4} Fwd L trn 1/8 LF, sd R/XLIB twd DRC in Bjo; bk R end CP DLW;
- 6 {Corte Rec} Bk & sd L flex knee with lowering action, hold, rec R blend to Scar Pos;
- 7 {Cross Hover SCP} XLIF, sd & fwd R with slight rise to hovering action trn RF, sd & fwd L (W XRIB, sd & bk L with slight rise to hovering action trn RF, sd & fwd R) end SCP DLC;
- 8 {Slow Sode Lock} Thru R, sd & fwd L to CP, Ik RIB trn slightly LF (W thru L comm trn LF, sd & bk R cont trn to CP, Ik LIF) end Lkg Pos fc DLC;
- 9 {Open Telemark} Repeat meas 10 Part B;
- 10 {Through To Promenade Oversway} Thru R, sd & fwd L stretch body upward to look over jnd lead hnds, relax R knee stretch left sd look ptr (W look well left);