

# YOU SEND ME STS

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**RECORD: RCA GS 447-0566; TITLE, You Send Me By Sam Cooke** (Flip - Twistin' The Night Away) 44-45 rpms

**FOOTWORK: OPPOSITE. DIRECTIONS FOR MAN UNLESS OTHERWISE INDICATED.**

**ROUNDALAB PHASE: IV + 0 + 1 (PASSING CROSS CHASSE).**

**RHYTHM: SLOW TWO STEP & TWO STEP.**

**SEQUENCE: INTRO A<sub>(3-8)</sub> B C D A B C D<sub>(1-7)</sub> END**

## **INTRO (LOW BFY-LOD):**

**(1 - 2) WT For "Darling" (Start on "you"). HIP RKS (SQQ) L & R;; \***

M fcg ptr & LOD hnds jnd at waist lvl Wt for "Darling". On "you" Sd L wth rollg actn ext hips twd COH,-, Rec R ext hips twd Wall, Rec L ext hips twd COH; Sd R wth rollg actn ext hips twd Wall,-, Rec L ext hips twd COH, Rec R ext hips twd Wall; \*To Part A, Meas 3. (Note - A two measure "Wait" may be substituted for the "Hip Rocks" if desired.)

## **A (LOW BFY-LOD):**

**(1 - 4) TVLG CRS CHSSES;; \*TVLG CRS CHSSES TO BFY WALL;;**

Wth R shldr Id Sd & Fwd L wth slght LF trn,-, Sd & Fwd R cont trn, XLif (W XRif) to fc DLC; Wth L shldr Id Sd & Fwd R wth slght RF trn,-, Sd & Fwd L cont trn, XRif (W XLif) to fc DLW; Repeat Part A, Meas 1; Wth L shldr Id Sd & Fwd R wth strng RF trn,-, Sd & Fwd L cont trn, XRif (W XLif) to fc ptr & Wall in BFY;

**(5 - 8) SLOW SD,, BEH, TRN AWY; SLOW SD,, BEH, TRN IN TO BFY;; SD BASIC; OP BASIC TO FC LOD;**

Sd L,-, XRib (W XLib), Relse Id hnds Sd & Fwd L trn LF ( W RF) awy frm ptr to Bk-Bk pos brng jnd trlg hnds thru; Sd R,-, XLib (W XRib), Sd & Fwd R trn RF (W LF) in to fc ptr & Wall in BFY; Sd L,-, XRib, Rec L; Sd R,-, XLib to 1/2 OP, Rec R fcg LOD;

## **B (1/2 OP-LOD):**

**(1 - 4) FWD,, RUN 2 TO OP; FWD WRAP (SQQ); SWTHRT RUNS TO BFY;;**

Fwd L,-, Fwd R, Fwd & Sd L to OP LOD; Maintain trlg hndhld Fwd R (W Fwd L comm LF trn),-, Fwd L (W Sd & Bk R cont trn), Fwd R (W Sd & Fwd L cont trn) jng Id hnds ifo W at waist lvl to wrppd posn fcg LOD; Fwd L,-, Fwd R, Fwd L; Fwd R,-, Fwd L, Relse trlg hndhld Fwd R trnto fc ptr & Wall blind to BFY;

**(5 - 8) SD BASIC; OP BASIC; SWITCHES TO SCP;;**

Repeat Part A, Meas 7;& 8 (M trn RF twds Wall); Fwd L xifo W trn RF to L 1/2 OP,-, Fwd R, Fwd L (W Fwd R trn RF twds Wall); Fwd R (W Fwd L xifo M trn RF to 1/2 OP),-, Fwd L, Fwd R jn Id hnds blind to SCP;

## **C (SCP) (TS):**

**(1 - 4) LACE ACRS; FWD TWO STP; LACE BK TO WRAPPED; ROLL W ACRS & REWRAP;**

Fwd L xibo W (W Fwd R xifo M undr jnd Id hnds), Cls R, Fwd L to LOP,-; Fwd R, Cls L, Fwd R,-; Raise jnd Id hnds above W's head Fwd L xibo W (W Fwd R xifo M undr jnd Id hnds), Jn M's R & W's L hnds ifo W at waist lvl Cls R, Fwd L to wrppd posn fcg LOD,-; Relse trlg hndhld & raisg jnd Id hnds Fwd R sml stp (W Fwd & Sd L comm LF trn ifo M undr jnd Id hnds), Cls L (W Sd & Bk R cont trn) Fwd R sml stp (W Sd & Fwd L cont trn) jng trlg hnds ifo W at waist lvl to wrppd posn fcg LOD W on insd of circ,-;

**(5 - 8) FWD 2 STP; CIRC PU; SLO DIP & REC TO FC WALL; QK VIN 4 WTH PU TO LOW BFY;**

Fwd L,Cls R, Fwd L,-; Relse Id hndhld Fwd R, Cls L, Bk R (W Fwd L comm RF trn, Fwd & Sd R cont trn ifo M, Fwd L) to CP LOD,-; Bk L relx knee,-, Rec R strt knee trn to fc Wall,-; Sd L, XRib (W XLib), Sd L, Trn to fc LOD XRif (W XLif trn LF ifo M) brng jnd hnds dwn & tog at waist lvl;

## **D (LOW BFY-LOD):**

**(1 - 4) PASSG CRS CHSSE; BK TVLG CRS CHSSE; BK TVLG CRS CHSSES TO BFY-WALL;;**

Wth R shldr Id Sd & Fwd L wth strng LF trn twds COH,-, Sd & Bk R cont trn, XLif (W XRif) to fc DRC; Wth L shldr Id Sd & Bk R wth slght LF trn,-, Sd & Bk L cont trn, XRif (W XLif) to fc DRW; Wth R shldr Id Sd & Bk L wth slght RF trn,-, Sd & Bk R cont trn, XLif (W XRif) to fc DRC; Wth L shldr Id Sd & Bk R wth strng LF trn twds Wall,-, Sd & Bk L cont trn, XRif (W XLif) to fc ptr & Wall in BFY;

**(5 - 8) W UNDRM TRN; M UNDRM TRN TO BFY; LNG BASICS; TWICE WTH PU TO LOW BFY;**

Sd L,-, XRib (W XLif trn RF 1/2 undr jnd Id hnds), Rec L (W Rec R cont trn to fc ptr); Sd R,-, XLif trn RF 1/2 undr jnd trlg hnds (W XRib), Rec R cont trn to fc ptr & Wall blind to BFY; Sd L,-, Rec R, XLif (W XRif); Sd R,-, Rec L, XRif (W XLif trn LF ifo M) to BFY-LOD brng jnd hnds dwn & tog at waist lvl;

## **END (BFY):**

**(1 - 1) RK SD, REC, CRS, PT LOD;**

Sd R, Rec L, XRif (W XLif), Pt L Sd to LOD;