

ONE STEP AT A TIME

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Record: Arhoolie 45-528 by Clifton Chenier

Footwork: Opposite, directions for man. Sequence: ABB AB A-~~BB~~¹¹ End

ROUNDALAB Phase Phase IV (Five-step - Jive) May 87

MEAS

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Intro

(3 pick up notes) APT, PT, TOG(SCP), TCH;

(1) OP-FCG wait 3 pick-up notes stp apt L, pt R twd ptr, tog SCP R, tch L;

Part A

- 1 - 4 SWIV WALK, 2, STP/CLO, STP; SWIV WALK, 2, STP/CLO, STP; VIN APT, 2, SD/CLO, TRN; LUNGE TRN, 2, TOG/2, 3:
 (1) Swivel walk L, R, fwd L/clo R, fwd L;
 (2) Swivel walk R, L, fwd R/clo L, fwd R;
 (3) Vine apart sd L to COH, R XIB, sd L/clo R, fwd L trn LF (W RF) to COH;
 (4) Fwd R lunge trn LF to fc wall, rec L, tog R/L, R to BFLY;
 (SAND STP) TOE, HEEL, XIF/SD, XIF; TOE, HEEL, XIF/SD, XIF; (VINE CHA)
 SD, XIB, SD/CLO, TRN; SD, XIB, SD/CLO, TRN;
 (5) Tch L toe to R instep swivel L knee in, tch L heel to R instep swivel knee out, L XIF/sd R, L XIF to RLOD;
 (6) Repeat tch R toe, tch R heel, R XIF/sd L, R XIF;
 (7) Sd L, R XIB, sd L/clo R, sd L trn LF to bk to bk pos;
 (8) Sd R, L XIB, sd R/clo L, sd R trn RF to OP LOD;
 9 - 12 (SLIDING DOOR) RK SD, REC, XIF/SD, XIF; RK SD, REC, XIF/SD, XIF; (DIAG VINE APT) SD, XIB, SD/CLO, TRN; SD, XIB, SD/CLO, FC;
 (9) Rk apt sd L COH, rec R, L XIF/sd R, L XIF (W rk sd R, rec L, R XIF/sd L, R XIF) M XIB W to LOP LOD;
 (10) Rk apt R, rec L, R XIF/sd L, R XIF M XIB W to OP LOD;
 (11) Diag vine apt twd DLC sd L, XIB R, sd L/clo R, sd L trn LF to DLC;
 (12) Diag vine tog sd R, L XIB, sd R/clo L, sd R trn RF to CP/wall;

Part B

- 1 - 4 (FALLAWAY RK)SD/CLO, SD, SD/CLO, SD; (SCP)RK, REC, (CHG PL R TO L)
 SD/CLO, SD; RK APT, REC, TRN/CLO, FWD; (CHG HNDS BHD BK) FWD/CLO,
 TRN; TRN/CLO, BK;
 (1) (Fallaway rock) Sd L/clo R, sd L, sd R/clo L, sd R to RLOD;
 (2) SCP rk bk L, rec R, (chg pl R to L) sd L/clo R, sd L raise lead hnds to lead W to RF trn;
 (3) Fwd R trn LF to LOD/clo L, fwd R (W trn RF under ML WR hnds L/R, L)
 to LOP-FCG, rk apt L, rec R;
 (4) (Chg hnds bhd bk) fwd L/clo R, fwd L trn LF (W fwd R/clo L, fwd R trn RF) M chg WR hnd from ML to MR hnd as W passes IB of M both fc COH,
 fwd R/clo L, fwd R cont LF trn chg WR hnd bk to ML (W fwd L/clo R, fwd L cont RF trn) to LOP-FCG M fc RLOD;
 5 - 9 RK APT, REC, (CHG PL L TO R) TRN/CLO, STP; SD/CLO, SD, RK APT,
 REC; (KICK-BALL CHG) KICK, STP/CLO, KICK, STP/CLO; (CHICKEN WALK)
 BK, -, BK, -, BK, 2, 3, 4;
 (5) Rk apt L, rec R, (Chg pl L to R) fwd L/clo R, fwd L trn RF fc COH
 (W fwd R/clo L, fwd R trn LF under ML WR hnds) to LOP-FCG;
 (6) (Cont L to R) sd R/clo L, sd R, rk apt L, rec R;
 (7) (Kick-ball chg) flex L knee & kick L with toe pt down, stp in pl L/R, kick L, in pl L/R;
 (8) (Slo chicken walk) M bk twd wall L, -, R, -, (W fwd R, -, L, - with swivel and lean slightly back);
 (9) (Quick chicken walk) M bk L, R, L, R;
 10 - 12 (THROWAWAY) TRN/STP, STP, TRN/STP, STP; RK APT, REC, (LINK RK)
 BAL L/2, 3; BAL R/2, 3, (SCP) RK BK, REC;
 (10) Bk L/in pl R, in pl L trn LF to fc RLOD (W fwd R/L, R) keeping ML WR hnd joined to lead W IF of M, in pl R/L, R (W fwd L trn LF/clo R, bk R to wall) to LOP-FCG M fc wall;
 (11) Rk apt L, rec R, (link rk) bal L L/R, L blend to CP/wall;
 (12) Bal R R/L, R blend to SCP LOD, rk bk L, rec R;

End

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SD, XIB, SD/CLO, LUNGE:

(1) Third time thru part A change last stp of meas ~~X~~ to M lunge sd R to wall
 (W lunge L to COH) in tandem pos M IB of W both fc LOD each with both arms extended to sd;

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