

Show Me The Way

Choreographers: Casey & Sharon Parker
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Rhythm & Phase: Foxtrot/Jive, Phase III + 1 (Pretzel)
Music: Show Me The Way To Get Out Of This World (2:29)
download itunes
from the album "Essential Vocal Masters", Track 43
Sequence: Intro - A - B - A - B - End

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Difficulty: Easy
Speed: slowed 4%
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Introduction

1-4 op fcg M fcg DLW Wait 2 meas;; Apt Pt; Pickup Tch;

- 1-2 op fcg M fcg DLW lead ft free Wait 2 meas;;
3-4 **[Apt Pt]** Apt L, -, Pt R twd ptr, -; **[Pickup Tch]** leading W to pickup Tog R CP LOD, -, Tch L, -;

Part A (Foxtrot)

1-8 Prog Box;; Slow Strut 4;; 2 LF Trns;; Slow Hover SCP & Step Thru;;

- 1-2 **[Prog Box]** Fwd L, -, Sd R, Cls L; Fwd R, -, Sd L, Cls R; **[Strut 4]** Fwd L, -, Fwd R, -; Fwd L, -, Fwd R, -;
3-4 **[2 LF Trns]** Fwd L trng LF, -, cont trn Sd R, Cls L; cont trn Bk R, -, Sd L, Cls R;
5-6 **[Slow Hover & Thru]** Fwd L, -, Sd & Fwd R rising, -; Rec L to SCP LOD, -, Thru R, -;

9-16 Solo Trn BFLY WALL;; Vine SQQ; Thru Fc Cls CP WALL; Box;; Qk Vine 4; SCP Walk & Fc;

- 9-10 **[Solo Trn]** Fwd L trng LF (RF) releasing contact with ptr, -, cont trn Sd & Bk R, Cls L; cont trn Bk R twd LOD, -, trng to fc ptr Sd L, Cls R BFLY WALL;
11-12 **[Vine SQQ]** Sd L, -, XRIBL (XLIBR), Sd L; **[Thru Fc Cls]** Thru R, -, trng to fc ptr Sd L, Cls R CP WALL;
13-14 **[Box]** Fwd L, -, Sd R, Cls L; Bk R, -, Sd L, Cls R;
15-16 **[Qk Vine 4]** Sd L, XRIBL (XLIBR), Sd L, XRIFL (XLIFR); **[Walk & Fc]** Fwd L, -, Fwd R trng to fc ptr, -;

Part B (Jive)

1-4 Sd Tch & Rt Chasse; Chg R to L ;~ Chg Hnds Bhd Bk fc RLOD ;;

[Sd Tch & Rt Chasse] Sd L, Tch R to L, Sd R/Cls L, Sd R;

[Chg R to L] Rk Bk L to scp, Rec R, Sd L/Cls R, Sd L; leading W to trn RF under jnd lead hnds Sd & Fwd R/Cls L, Sd R LOP fcg M fcg LOD, (Rk Bk R, Rec L, Sd R/Cls L, Sd & Fwd R, -; trn RF under jnd lead hnds Sd & Bk L/cfs R, Sd & Bk L,)

[Chg Hnds Bhd Bk] Rk Apt L, Rec R taking W's R hnd; begin LF trn Fwd L/Cls R, Fwd L, cont LF trn passing W's R hnd to M's L hnd behind M's bk step Sd & Bk R/Cls L, Sd R LOP fcg M fcg RLOD; (Rk Apt R, Rec; Fwd R/L, R trng RF, cont RF trn to fc M and wall Sd L/Cls R, Sd & Bk L;)

5-10 Chg L to R fc COH ;~ Chg Hnds Bhd Bk fc WALL;; Prog Rk into ; Pretzel Trn; Dbl Rk;

[Chg L to R] Rk Apt L, Rec R, leading W to trn LF under jnd lead hnds Sd L/Cls R, Sd L to fc COH; Sd R/Cls L, Sd R, (Rk Apt R, Rec L, trng LF under jnd lead hnds Sd R/Cls L, Sd R to fc ptr, Sd L/Cls R, Sd L,)

[Chg Hnds Bhd Bk] Rk Apt L, Rec R taking W's R hnd; begin LF trn Fwd L/Cls R, Fwd L, cont LF trn passing W's R hnd to M's L hnd behind M's bk step Sd & Bk R/Cls L, Sd R to LOP fcg M fcg WALL; (Rk Apt R, Rec L; Fwd R/L, R trng RF, cont RF trn to fc M and wall Sd L/Cls R, Sd & Bk L;)

[Prog Rk] to BFLY WALL with small progression twd LOD Rk Apt L, Rec R, Rk Apt L, Rec R;

[Into Pretzel Trn] begin RF (LF) trn Sd L/Cls R, Sd L, cont trn to bk to bk pos lead hnds jnd bhd bk Sd R/Cls L, Sd R;

[Dbl Rk] XLIF (XRIF), Rec R, XLIF (XRIF), Rec R;

11-16 Unwind Pretzel SCP LOD; Dbl Rk; 2 Fwd Triples; Swivel 4; 2 Fwd Triples; Slow Walk Pickup;

[Unwind Pretzel] begin LF (RF) trn to Sd L/Cls R, Sd L, cont trn to fc ptr Sd R/Cls L, Sd R to SCP LOD;

[Dbl Rk] Bk L, Rec R, Bk L, Rec R;

[2 Fwd Triples] SCP LOD Fwd L/Cls R, Fwd L, Fwd R/Cls L, Fwd R; **[Swivel 4]** with swiveling action Fwd L, Fwd R, Fwd L, Fwd R;

[2 Fwd Triples] SCP LOD Fwd L/Cls R, Fwd L, Fwd R/Cls L, Fwd R; **[Slow Walk & Pickup]** Fwd L, -, Fwd R leading W to pickup to CP LOD, -;

Ending (Foxtrot)

1-8 Prog Box;; 2 LF Trns;; Vine 8;; Slow Twirl 2; Apt Pt;

- 1-2 **[Prog Box]** Fwd L, -, Sd R, Cls L; Fwd R, -, Sd L, Cls R; **[Strut 4]** Fwd L, -, Fwd R, -; Fwd L, -, Fwd R, -;
3-4 **[2 LF Trns]** Fwd L trng LF, -, cont trn Sd R, Cls L; cont trn Bk R, -, Sd L, Cls R;
5-6 **[Vine 8]** Sd L, XRIBL (XLIBR), Sd L, XRIFL (XLIFR); Sd L, XRIBL (XLIBR), Sd L, XRIFL (XLIFR);
7-8 **[Twirl 2 -Apt Pt]** leading W to trn RF under jnd lead hnds Fwd L, -, Fwd R, -; Apt L, - Pt R twd ptr, -;