

THAT'S MY OLD LADY

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Music: That's My Old Lady Artist: Roller Derby Queens Album: Roller Derby Queens - EP, Track 6
Available as a single download from www.Amazon.com
AMAZON: https://www.amazon.com/gp/product/B075C3D13Y/ref=dm_ws_sp_ps_dp
Time/Speed: Time @ BPM: 2:56 @ 140 [35 MPM] as downloaded
Suggested speed @ 41.2 RPM in DM = 128 BPM [32 MPM] or **Slow to desired speed**
Foot work: Opposite unless indicated (Woman's foot work in parentheses)
Rhythm/Phase: Jive Phase 3+2 [Continuous Chasse, Chicken Walks] + 1 UP [Rooster Walks]
Sequence: INTRO A B C A D C 1-8 END

MEAS:

INTRODUCTION

1-4 ABOUT 4 FEET APART MAN FCG PTR & WALL WAIT 2 MEAS ; ; ROCK RECOVER CHASSE LEFT ; ROCK RECOVER CHASSE RIGHT ;

1-2 About 4 feet apt M fcg ptr & WALL Wait ; Wait ;
1 2 3a 4 3 {**Rk Rec Chasse L**} Bk L, rec R, sd L/cl R, sd L (*W Bk R, rec L, sd R/cl L, sd R*) ;
1 2 3a 4 4 {**Rk Rec Chasse R**} Bk R, rec L, sd R/cl L, sd R (*W Bk L, rec R, sd L/cl R, sd L*) ;

PART A

1-4 LINK TO BFLY ; VINE 5 TO RLOD ~ SCP JV WALKS ; ; ;

1 2 3a 4 1 {**Link to BFLY**} Rk bk L, rec R, trpl fwd L/R, L to BFLY WALL (*W Rk bk R, rec L, trpl fwd R/L, R to BFLY COH*) ;
1 2 3 4 2 {**Vin 5 to RLOD**} Sd R, bhd L, sd R, in front L BFLY WALL (*W Sd L, bhd R, sd L, in front R BFLY COH*) ;
1 - 3 4 3 Sd R, - (*W Sd L, -*) ; {**JV Wiks**} Rk bk L, rec R to SCP LOD (*W Rk bk R, rec L to SCP LOD*) ;
1a 2 3a 4 4 Fwd L/cl R, fwd L, fwd R/cl L, fwd R SCP LOD (*W Fwd R/cl L, fwd R, fwd L/cl R, fwd L SCP LOD*) ;

5-8 SWIVEL WALK 4 ; POINT STEPS 4 TIMES ; ; THROWAWAY ;

1 2 3 4 5 {**Swvl Wik 4**} Placing each foot in front of the other fwd L, thru R, fwd L, thru R to SCP LOD (*W Placing each foot fwd toward LOD swvl LF on L sd R swvl RF, thru L swvl LF, sd R swvl RF, thru L to SCP LOD*) ;
- 2 - 4 6 {**Pt Stps 4X**} Pt L fwd w/ outsd edge of foot in contact w/ floor, fwd L, pt R thru w/ outsd edge of foot in contact w/ floor and in line w/ weighted foot, fwd R (*W Point R fwd w/ outsd edge of foot in contact w/ floor, fwd R, pt L thru w/ outsd edge of foot in contact w/ floor and in line w/ weighted foot, fwd L*) ;
- 2 - 4 7 Same as Part A meas 6 ;
1a 2 3a 4 8 {**Thrwy**} Fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to LOP LOD (*W Fwd R/cl L, fwd R trn LF 1/2 to fc M, bk L/cl R, bk L to LOP RLOD*) ;

9-12 ROOSTER WALKS 2 SLOW ; 4 QUICK ; START CHANGE LEFT TO RIGHT TO ; CONTINUOUS CHASSE ;

1 - 3 - 9 {**Rooster Wiks 2 Slo**} M stand tall puff out chest & strut fwd L, -, fwd R, - (*W Lead M by stepping bk R, -, bk L, -*) ;
1 2 3 4 10 {**4 Qk**} M stand tall puff out chest & strut fwd L, fwd R, fwd L, fwd R (*W Lead M by stepping bk R, bk L, bk R, bk L*) ;
1 2 3a 4 11 {**Start Chg L to R**} Rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF trn to fc LOP FCG WALL (*W Rk bk R, rec L, fwd R/cl L, fwd R trng up to 3/4 LF trn undr jnd lead hnds to fc ptr & LOP FCG COH*) ;
1a 2a 3a 4 12 {**Cont Chasse**} Sd R/cl L, sd R/cl L, sd R/cl L, sd R to LOP FCG WALL (*W Sd L/cl R, sd L/cl R, sd L/cl R, sd L to LOP FCG COH*) ;

13-16 CHANGE HANDS BEHIND BACK TO BFLY ~ VINE 4 ~ LINK ROCK TO COH TO CUDDLE POSITION ; ; ; ;

1 2 3a 4 13 {**Chg Hnds Bhd Bk to BFLY**} Rk apt L, rec R, placing R hnd over W's R hnd lead W to R sd releasing L hnd hold commence LF trn chasse L/R, L (*W Rk apt R, rec L, fwd R/cl L, fwd R trng 1/4 RF*) ;
1a 2 3 4 14 Continue trng LF place W's R hnd back into M's L hnd behind his back chasse R/L, R to join hnds to BFLY COH (*W Continue RF trn chasse L/cl R, sd L to fc ptr join hnds to BFLY WALL*), {**Vin 4**} Sd L, bhd R (*W Sd R, bhd L*) ;
1 2 3 4 15 Sd L, X R in front (*W Sd R, X L in front*), {**Link Rk to COH to Cuddle Pos**} Rk apt L rec R, (*W Rk apt R, rec L*) ;
1a 2a 3a 4 16 Small trpl fwd L/cl R, fwd L, sd R/cl L, sd R to Cuddle pos (*W Small trpl fwd R/cl L, fwd R, sd L/cl R, sd L to Cuddle pos*) ;

17-20 KNEE SWIVELS DOWN ; & UP LADY SHIMMY ; BFLY PROGRESSIVE ROCK 4 ; THROWAWAY TO RLOD ;

1 2 3 - 17 {**Knee Swvls Down**} With wgt on balls of both feet swvl knees L, R, L, - lowering with each swvl action (*W With wgt on balls of both feet swvl knees R, L, R, - lowering with each swvl action*) ;
1 2 3 - 18 {**& Up Lady Shimmy**} With wgt on balls of both feet swvl knees R, L, R, - rising to flexed knees on the final swvl action with lead foot free (*W With wgt on balls of both feet swvl knees L & transfer weight to L foot, rise up higher than M [no weight change], with flexed knees shimmy shoulders for 2 beats, -*) ;
1 2 3 4 19 {**BFLY Prog Rk 4**} Blend to BFLY Rk apt L, XRif of L, rk apt L, XRif of L (*W Blend to BFLY Rk apt R, XLif of R, rk apt R, XLif of R*) ;
1a 2a 3a 4 20 {**Thrwy**} Sd L/cl R, sd L lower joined lead hnds & releasing trail hnds trn LF 1/4 leading W to trn LF, fwd R/cl L, fwd R to LOP FCG RLOD (*W Sd R/cl L, sd R turning LF 1/2 to fc M release trail hnds, bk L/cl R, bk L to LOP FCG LOD*) ;

- 21-24 CHICKEN WALKS 2 SLOW ; 4 QUICK ; START CHANGE LEFT TO RIGHT [COH] TO ; CONTINUOUS CHASSE ;**
- 1 - 3 - 21 {**Chkn Wiks 2 Slo**} Small bk L lead W to swvl on her foot, -, small bk R lead W to swvl on her foot, - (*W Maintain resistance to M's lead in sit position swvl on L stp fwd R, -, swvl on R stp fwd L, -*) ; [NOTE: W's swvls are caused by M leading w/ slight turning of W's hand in direction of her foot travel W should be reluctant to go M should entice W]
- 1 2 3 4 22 {**4 Qk**} Small bk L lead W to swvl on her foot, small bk R lead W to swvl on her foot, small bk L lead W to swvl on her foot, small bk R lead W to swvl on her foot to LOP FCG RLOD (*W Maintain resistance to M's lead in sit position swvl on L stp fwd R, swvl on R stp fwd L, swvl on R stp fwd L to LOP FCG LOD*) ;
- 1 2 3a 4 23 {**Start Chg L to R to COH**} Same as Part A meas 11 except end in LOP FCG COH (*W End in LOP FCG WALL*) ;
- 1a 2a 3a 4 24 {**Cont Chasse**} Same as Part A meas 12 except end in LOP FCG COH (*W End in LOP FCG WALL*) ;

PART B

- 1-4 LINK ROCK TO SCP RLOD ~ RK RECOVER ; ; SLOW ROCK THE BOAT TWICE ; ;**
- 1 2 3a 4 1 {**Link Rk to SCP RLOD**} Rk bk L, rec R, small trpl fwd L/R, L to CP COH (*W Rk bk R, rec L, small trpl fwd R/L, R to CP WALL*) ;
- 1a 2 3 4 2 Sd R/L, R SCP RLOD (*W Sd L/R, L SCP RLOD*), {**Rk Rec**} R bk L, rec R SCP RLOD (*W Rk bk R, rec L SCP RLOD*) ;
- 1 - 3 - 3 {**Slo Rk The Boat**} Fwd L w/ straight knee leaning fwd, -, w/ rocking motion & relaxed knees cl R leaning backward, - (*W Fwd R w/ straight knee leaning fwd, -, w/ rocking motion & relaxed knees cl L leaning backward, -*) ;
- 1 - 3 - 4 {**Slo Rk The Boat**} Same as Part B meas 3 ;
- 5-8 QUICK ROCK THE BOAT TWICE ; THROWAWAY TO RLOD ; SLOW SWIVEL TOGETHER ; & APART ;**
- 1 2 3 4 5 {**Qk Rk The Boat 2X**} Fwd L with straight knee leaning fwd, with/ rocking motion & relaxed knees cl R leaning backward, fwd L with straight knee leaning fwd, with rocking motion & relaxed knees cl R leaning backward (*W Fwd R with straight knee leaning fwd, with rocking motion & relaxed knees cl L leaning backward, fwd R with straight knee leaning fwd, with rocking motion & relaxed knees cl L leaning backward*) ;
- 1a 2a 3a 4 6 {**Thrw to RLOD**} Fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R to LOP RLOD (*W Fwd R/cl L, fwd R trn LF 1/2 to fc M, bk L/cl R, bk L to LOP LOD*) ;
- 1 - - - 7 {**Slo Swvl Tog**} Softening both knees stp fwd & sd L, trng RF to V bk to bk & rising, pt R ft twd DLC, - (*W Softening both knees stp fwd & sd R, trng LF to V bk to bk & rising, pt L ft twd DRC, -*) ;
- 1 - - - 8 {**Slo Swvl Apt**} Softening both knees rec R, trng LF to fc ptr & rising, pt L twd RLOD, - (*W Softening both knees rec L, trng to fc ptr & rising, pt R twd LOD, -*) ;
- 9-12 CHANGE RIGHT TO LEFT TO WALL ~ BACK CLOSE APART TWICE ~ TRIPLE TOGETHER ; ; ; CONTINUOUS CHASSE ;**
- 1 2 3a 4 9 {**Chg R to L to WALL**} Rk bk L to SCP, rec R, sd L/cl R, sd L raise joined lead hnds lead W to trn RF under hnds (*W Rk bk R to SCP, rec L turning to fc M, sd R/cl L, sd & fwd R commence 3/4 RF trn undr jnd lead hnds*) ;
- 1a 2 3 4 10 Sd & fwd R/cl L, sd R to fc WALL (*W Sd & slightly bk L/cl R, sd & bk L to fc COH*), {**Bk Cl Apt**} Bk L, cl R (*W Bk R, cl L*) ;
- 1 2 3a 4 11 {**Bk Cl Apt**} Bk L, cl R (*W Bk R, cl L*), {**Trpl Tog**} Fwd L/cl R, fwd L join lead hnds (*W Fwd R/cl L, fwd R join lead hnds*) ;
- 1a 2a 3a 4 12 {**Cont Chasse**} Sd R/cl L, sd R/cl L, sd R/cl L, sd R to LOP FCG WALL (*W Sd L/cl R, sd L/cl R, sd L/cl R, sd L to LOP FCG COH*) ;

PART C

- 1-5 DOUBLE ROCK TO SCP ; 2 RIGHT TURNING TRIPLES ; RIGHT TURNING FALLAWAY TO WALL ~ CHANGE RIGHT TO LEFT ; ; ;**
- 1 2 3 4 1 {**Dbi Rk to SCP**} Rk bk L, rec R, rk bk L, rec R to SCP LOD (*W Rk bk R, rec L, rk bk R, rec L to SCP LOD*) ;
- 1a 2a 3a 4 2 {**2 R Trng Trpls**} Begin 1/4 RF trn sd L/cl R, complete trn sd L, begin 1/4 RF trn sd R/cl L, complete trn sd R to SCP RLOD (*W Begin 1/4 RF trn sd R/cl L, complete trn sd R, begin 1/4 RF trn sd L/cl R, complete trn sd L to SCP RLOD*) ;
- 1 2 3a 4 3 {**R Trng Falwy to WALL**} Rk bk L to SCP, rec R to fc, begin 1/4 RF trn sd L/cl R, complete trn sd L (*W Rk bk R to SCP, rec L to fc, begin 1/4 RF trn sd R/cl L, complete trn sd R*) ;
- 1a 2 3 4 4 Begin 1/4 RF trn sd R/cl L, complete trn side R to CP WALL (*W Begin 1/4 RF trn sd L/cl R, complete trn sd L to CP WALL*), {**Chg R to L**} Rk bk L to SCP, rec R (*W Rk bk R to SCP, rec L turning to fc M*) ;
- 1a 2a 3a 4 5 Sd L/cl R, sd L commence 1/4 LF trn, sd & fwd R/cl L, sd R (*W Sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds, sd & slightly bk L/cl R, sd & bk L*) ;
- 6-8 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT TO COH ; ; ;**
- 1 2 3a 4 6 {**Chg Hnds Bhd Bk**} Rk apt L, rec R, placing R hnd over W's R hnd lead W to R sd releasing L hnd hold commence LF trn chasse L/R, L (*W Rk apt R, rec L, fwd R/cl L, fwd R trng 1/4 RF*) ;
- 1a 2 3 4 7 Continue trng LF place W's R hnd back into M's L hnd behind his back chasse R/L, R to LOP RLOD (*W Continue RF trn chasse L/cl R, sd L to fc ptr to LOP LOD*), {**Chg L to R to COH**} Rk bk L, rec R (*W Rk bk R, rec L*) ;
- 1a 2a 3a 4 8 Sd L/cl R, sd L commence 1/4 RF trn to fc COH, sd R/cl L, sd R (*W Fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hnds, sd L/cl R, sd L comp LF trn to fc ptr & WALL*) ;

- 9-12 CHANGE HANDS BEHIND BACK TO WALL ~ BACK CLOSE APART TWICE ~ TRIPLE TOGETHER ; ; ; CONTINUOUS CHASSE ;**
- 1 2 3a 4 9 **{Chg Hnds Bhd Bk to WALL}** Rk apt L, rec R, placing R hnd over W's R hnd lead W to R sd releasing L hnd hold commence LF trn chasse L/R, L (*W Rk apt R, rec L, fwd R/cl L, fwd R trng 1/4 RF*) ;
- 1a 2 3 4 10 Continue trng LF place W's R hnd back into M's L hnd behind his back chasse R/L, R to LOP fcg WALL (*W Continue RF trn chasse L/cl R, sd L to fc ptr to LOP fcg COH*), **{Bk Cl Apt}** Drop hnds Bk L, cl R (*W Drop hnds Bk R, cl L*) ;
- 1 2 3a 4 11 **{Bk Cl Apt}** Bk L, cl R (*W Bk R, cl L*), **{Trpl Tog}** Fwd L/cl R, fwd L join lead hnds (*W Fwd R/cl L, fwd R join lead hnds*) ;
- 1a 2a 3a 4 12 **{Cont Chasse}** Sd R/cl L, sd R/cl L, sd R/cl L, sd R to LOP FCG WALL (*W Sd L/cl R, sd L/cl R, sd L/cl R, sd L to LOP FCG COH*) ;

REPEAT PART A**PART D**

- 1-5 BFLY PROGRESSIVE ROCK 4 TO CP ; CHASSE LEFT & RIGHT ; FALLAWAY THROWAWAY TO RLOD ~ CHANGE LEFT TO RIGHT TO COH ; ; ;**
- 1 2 3 4 1 **{BFLY Prog Rk 4}** Blend to BFLY rk apt L, XRif of L, rk apt L, XRif of L to CP COH (*W Blend to BFLY rk apt R, XLif of R, rk apt R, XLif of R to CP WALL*) ;
- 1a 2a 3a 4 2 **{Chasse L & R}** Sd L/cl R, sd L, sd R/cl L, sd R to CP COH (*W Sd R/cl L, sd R, sd L/cl R, sd L to CP WALL*) ;
- 1 2 3a 4 3 **{Falwy Thryw to RLOD}** Rk bk L to SCP, rec R, fwd & sd L/cl R, fwd & sd L lower lead hnds lead W trn 1/4 LF (*W Rk bk R to SCP, rec L swvl LF to fc M, sd R/cl L, sd R trng 1/4 LF to fc LOD*) ;
- 1a 2 3 4 4 Sd & fwd R trng 1/8 LF to fc W/cl L, fwd R to fc RLOD (*W Bk L/cl R, bk L to fc LOD*) **{Chg L to R to COH}** Rk bk L, rec R (*W Rk bk R, rec L*) ;
- 1a 2a 3a 4 5 Sd L/cl R, sd L commence 1/4 RF trn to fc COH, sd R/cl L, sd R to LOP COH (*W Fwd R/cl L, fwd R commence up to 3/4 LF trn undr jnd lead hnds, sd L/cl R, sd L comp LF trn to fc ptr end LOP WALL*) ;
- 6-8 LINK ROCK TO SCP RLOD ~ JIVE WALKS TO FACE ; ; ;**
- 1 2 3a 4 6 **{Link Rk to SCP RLOD}** Rk bk L, rec R, small trpl fwd L/cl R, fwd L to CP COH (*W Rk bk R, rec L, small trpl fwd R/cl L, fwd R to CP WALL*) ;
- 1a 2 3 4 7 Sd R/cl L, sd R to SCP RLOD (W Sd L/cl R, sd L to SCP RLOD), **{JV Wiks to Fc}** R bk L, rec R to SCP RLOD (*W Rk bk R, rec L to SCP RLOD*) ;
- 1a 2a 3a 4 8 Trpl fwd L/R, L, fwd R/L, R trng to fc ptr & COH (*W Trpl fwd R/L, R, fwd L/R, L trng to fc ptr & WALL*) ;
- 9-12 CHANGE HANDS BEHIND BACK TO WALL ~ BACK CLOSE APART TWICE ~ TRIPLE TOGETHER ; ; ; CONTINUOUS CHASSE ;**
- 9-10 **{Chg Hnds Bhd Bk to WALL}** **{Bk Cl Apt}** Same as Part C meas 9 - 10 ; ; ;
- 1 2 3a 4 11 **{Bk Cl Apt}** **{Trpl Tog}** Same as Part C meas 11 ;
- 1a 2a 3a 4 12 **{Cont Chasse}** Same as Part A meas 12 [end in LOP FCG M fcg WALL] ;

PART C MEAS 1-8

- 1-5 DOUBLE ROCK TO SCP ; 2 RIGHT TURNING TRIPLES ; RIGHT TURNING FALLAWAY TO WALL ~ CHANGE RIGHT TO LEFT ; ; ;**
- 1-5 Same as Part C meas 1-5 ; ; ; ;
- 6-8 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT TO COH ; ; ;**
- 6-8 Same as Part C meas 6-8 ; ; ;

END

- 1-5 CHANGE HANDS BEHIND BACK [WALL] TO BFLY ~ DOUBLE ROCK ~ WRAP IN 2 KEEP LEAD HANDS JOINED ; ; ; LUNGE APART TRAIL ARMS UP ; THEN DOWN ;**
- 1 2 3a 4 1 **{Chg Hnds Bhd Bk to WALL}** Rk apt L, rec R, placing R hnd over W's R hnd lead W to R sd releasing L hnd hold commence LF trn chasse L/R, L (*W Rk apt R, rec L, fwd R/cl L, fwd R trng 1/4 RF*) ;
- 1a 2 3 4 2 Continue trng LF place W's R hnd back into M's L hnd behind his back chasse R/L, R to join all hnds to BFLY WALL (*W Continue RF trn chasse L/cl R, sd L to fc ptr join hnds to BFLY COH*), **{Rk Rec}** Bk L, Rec R (*W Bk R, rec L*) ;
- 1 2 3 4 3 **{Rk Rec}** Bk L, Rec R (*W Bk R, rec L*), **{Wrp In 2}** Keeping both hnds joined stp slightly fwd L raising lead hnds to lead W to trn LF, cl R end in WRPD Pos WALL (*W Fwd R turning LF under lead hnds, comp LF trn cl L to end WRPD Pos WALL*) ;
- 1 - - - 4 **{Lun Apt Trail Arms Up}** Keep lead hnds jnd release trail hnds lun sd L, slowly raising trail arm, -, - (*W Keep lead hnds jnd release trail hnds lun sd R, slowly raising trail arm, -, -*) ;
- - - - 5 **{Then Down}** Slowly lower trail arm, -, -, - (*W Slowly lower trail arm, -, -, -*) ;

QUICK CUES

- INTRO** 4 Feet Apart Man Fcg Ptr & WALL Wait 2 Meas ; ; Rock Recover Chasse L ; Rock Recover Chasse R ;
- A** Link to BFLY ; Vine 5 to RLOD ~ SCP JV Walks ; ; ;
Swivel Walk 4 ; Point Steps 4X ; ; Throwaway ;
Rooster Walks 2 Slow ; 4 Quick ; Start Change Left to Right to ; Continuous Chasse ;
Change Hands Behind Back to BFLY ~ Vine 4 ~ Link Rock to COH to Cuddle Position ; ; ;
Knee Swivels Down ; & Up Lady Shimmy ; BFLY Progressive Rock 4 ; Throwaway to RLOD ;
Chicken Walks 2 Slow ; 4 Quick ; Start Change Left to Right [COH] to ; Continuous Chasse ;
- B** Link Rock to SCP RLOD ~ Rock Recover ; ; Slow Rock The Boat 2X ; ;
Quick Rock The Boat 2X ; Throwaway to RLOD ; Slow Swivel Together ; & Apart ;
Change Right to Left to WALL ~ Back Close Apart 2X ~ Triple Together ; ; ; Continuous Chasse ;
- C** Double Rock to SCP ; 2 Right Turning Triples ; Right Turning Fallaway WALL ~ Change Right to Left ; ; ;
Change Hands Behind Back ~ Change Left to Right to COH ; ; ;
Change Hands Behind Back to WALL ~ Back Close Apart 2X ~ Triple Together ; ; ; Continuous Chasse ;
- A** Link to BFLY ; Vine 5 to RLOD ~ SCP JV Walks ; ; ;
Swivel Walk 4 ; Point Steps 4X ; ; Throwaway ;
Rooster Walks 2 Slow ; 4 Quick ; Start Change Left to Right to ; Continuous Chasse ;
Change Hands Behind Back to BFLY ~ Vine 4 ~ Link Rock to COH to Cuddle Position ; ; ;
Knee Swivels Down ; & Up Lady Shimmy ; BFLY Progressive Rock 4 ; Throwaway ;
Chicken Walks 2 Slow ; 4 Quick ; Start Change Left to Right to ; Continuous Chasse ;
- D** BFLY Progressive Rock 4 to CP ; Chasse L & R ; Fallaway Throwaway to RLOD ~ Change L to R to COH ; ; ;
Link Rock to SCP RLOD ~ Jive Walks to Face ; ; ;
Change Hands Behind Back to WALL ~ Back Close Apart 2X ~ Triple Together ; ; ; Continuous Chasse ;
- C 1-8** Double Rock to SCP ; 2 Right Turning Triples ; Right Turning Fallaway WALL ~ Change Right to Left ; ; ;
Change Hands Behind Back ~ Change Left to Right to COH ; ; ;
- End** Change Hands Behind Back [WALL] BFLY ~ Double Rock ~ Wrap In 2 Keep Lead Hands Joined ; ; ;
Lunge Apart Trail Arms Up ; Then Down ;