

HOLY MOLY GUACAMOLE (REVISED)

Released: June 2022 Revised: July 2022 to correct spelling of music title.
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Music: Holy Moly Guacamole Artist: Jason Allen
Album: Here's To You, Track 7
Available as a single download from Amazon.com
Time/Speed: Time @ MPM: 2:49 as downloaded @ 45 = 30 MPM/120 BPM Play @ 45 for energetic dancers
1:59 as played @ 43.3 = 29 MPM/116 BPM Slowed for comfort
Cut music @ 1:59.5 [Music has stopped, last word said was "fire"] Fade out from 1:55.6 to 1:59.5
Then slow music by 3.3 % from 45 to 43.3 RPM in DanceMaster
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: **Cha Cha Phase 3+1+1 [Triple cha forward] [Chase w/ Full turns]**
Degree of Difficulty: AVG
Sequence: INTRO A B A MOD C B MOD A END

MEAS:

INTRODUCTION

1 NO HNDS JOINED MAN FACING PARTNER & WALL LEAD FEET FREE WAIT PICKUP NOTES & 1 MEASURE OF WORDS "HOLY MOLY GUACAMOLE" ON "MOLY" START CHASE w/ FULL TURNS

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1 Wait ; [1 PU notes & 1 measure of words – Start dance on "mole" of word "Guacamole"]

PART A

1-4 CHASE w/ FULL TURNS ; TO BFLY ; 1/2 BASIC ; UNDERARM TURN :

1 {CHS w/ FULL TRNS} Fwd L trng 1/2 RF, rec fwd R trng 1/2 RF to fc Lady, bk L/cl R, bk L end fcg WALL
(W Bk R, rec L, fwd R/cl L, fwd R) ; [Only M trns during 1st meas – Only Lady trns during 2nd meas]
2 Bk R, rec L, fwd R/cl L, fwd R to BFLY WALL (W Fwd L trng 1/2 RF, rec fwd R trng 1/2 RF to fc M, bk L/cl
R, bk L join lead hands to BFLY COH) BFLY WALL ;
3 {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) BFLY WALL ;
4 {UNDRM TRN} Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd
R (W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF undr jnd lead hnds, rec R trng 1/4 RF to fc ptr, sd
L/cl, sd L) BFLY WALL ;

5-8 SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN TO BFLY ;

5 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L (W Bk R to BFLY SCAR, rec L to fc,
sd R/cl L, sd R) BFLY WALL ;
6 {START CRB WLK INTO} XRif of L, sd L, XRif of L/sd L, XRif of L (W XLif of R, sd R, XLif of R/sd R, XLif
of R) BFLY WALL ;
7 {SD WLK} Sd L, cl R, sd L/cl R, sd L (W Sd R, cl L, sd R/cl L, sd R) BFLY WALL ;
8 {SPT TRN BFLY} Swvlg 1/4 LF on ball of L foot stp fwd R trng 1/2 LF on R, rec L trng 1/4 LF to fc ptr, sd
R/cl L, sd R to BFLY WALL (W Swvlg 1/4 RF on ball of R foot stp fwd L trng 1/2 RF on L, rec R trng 1/4 RF
to fc ptr, sd L/cl R, sd L to BFLY COH) BFLY WALL ;

PART B

1-4 CHASE w/ UNDERARM PASS TO COH ; INTO TRIPLE CHA TO LOD ; SHOULDER-SHOULDER IN 4 ;

1 {CHS w/ UNDRM PASS TO COH} Keeping lead hnds jnd fwd L trng 1/2 RF, rec fwd R, fwd L/XRib, fwd L
(W Keeping lead hnds jnd bk R, rec L, fwd R/XLib, fwd R twd M's L sd) TANDEM COH ;
2 {INTO TRPL CHA LOD} Bk R begin raising jnd lead hnds, rec L leading W to pass M & trn LF undr jnd
lead hnds, sd R/cl L, sd R touching trail hnds BFLY COH (W Fwd L, fwd R past M trng 1/2 LF undr jnd lead
hnds to fc ptr, sd L/cl R, sd L touching trail hnds BFLY WALL) BFLY COH ; [NOTE - Last cha of Chs w/
undrm pass in meas B 2 becomes 1st cha of Trpl cha fwd]

1&2 3&4 3 On ball of R swvl awy from ptr to "V" pos fwd L to LOD/XRib, fwd L trng to fc ptr tch trail hnds, sd R/cl L, sd
R BFLY COH (W On ball of L swvl awy from ptr to "V" pos fwd R to LOD/XLib, fwd R trng to fc ptr tch trail
hnds, sd L/cl R, sd L BFLY WALL) BFLY COH ;
4 {SHLDR-SHLDR IN 4} Fwd L to BFLY SCAR, rec R to fc, sd L, cl R (W Bk R to BFLY SCAR, rec L to fc, sd
R, cl L) BFLY COH ;

5-8 OPEN BREAK CHANGE SIDES TO WRAPPED LOD ; WHEEL 2 & CHA TO RLOD ; TWIRL 2 & CHA TO BFLY COH ; FENCE LINE ;

5 {OP BRK CHG SDS TO WRPD LOD} Rk apt L, rec fwd & acrs R begin RF upper bdy trn joining trail hnds
low & raise lead hnds between ptrs, curving RF to fc LOD wrap W LF fwd L/cl R, fwd L to WRPD LOD (W
Rk apt R, rec L trng undr jnd lead hnds to WRPD LOD, fwd R/L, R) WRPD LOD ;

- 6 {**WHL 2 & CHA TO RLOD**} In WRPD POS wheel 1/2 RF fwd R, fwd L to RLOD, fwd R/XLib, fwd R (*W In WRPD POS wheel 1/2 RF small bk L, bk R to fc RLOD, fwd L/XRib, fwd L*) WRPD RLOD ;
- 7 {**TRWL 2 & CHA TO BFLY COH**} Fwd L raise jnd lead hnds begin to unwrap W, fwd R trng RF to fc ptr & COH leading W to complete unwrap, sd L/cl R, sd L BFLY COH (*W Fwd R begin trng RF undr jnd hnds, sd & bk L cont RF trn to fc ptr, sd R/cl L, sd R BFLY WALL*) BFLY COH ;
- 8 {**FNC LINE**} X lun thru R w/ bent knee looking to RLOD, rec L to fc ptr, sd R/cl L, sd R to BFLY COH (*W X lun thru L w/ bent knee looking to RLOD, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL*) BFLY COH ;

A MOD [Same as A except facing directions are reversed]**1-4 CHASE w/ FULL TURNS ; BFLY ; 1/2 BASIC ; UNDERARM TURN ;**

- 1 {**CHS w/ FULL TRNS**} Fwd L trng 1/2 RF, rec fwd R trng 1/2 RF to fc Lady, bk L/cl R, bk L end fcg COH (*W Bk R, rec L, fwd R/cl L, fwd R*) No HANDS COH ;
- 2 Bk R, rec L, fwd R/cl L, fwd R to BFLY COH (*W Fwd L trng 1/2 RF, rec fwd R trng 1/2 RF to fc M, bk L/cl R, bk L join lead hands to BFLY WALL*) BFLY COH ;
- 3 {**1/2 BAS**} Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L, sd R/cl L, sd R*) BFLY COH ;
- 4 {**UNDRM TRN**} Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R (*W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF undr jnd lead hnds, rec R trng 1/4 RF to fc ptr, sd L/cl, sd L*) BFLY COH ;

5-8 SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN TO BFLY ;

- 5 {**SHLDR-SHLDR**} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L (*W Bk R to BFLY SCAR, rec L to fc, sd R/cl L, sd R*) BFLY COH ;
- 6 {**START CRB WLK INTO**} XRif of L, sd L, XRif of L/ sd L, XRif of L (*W XLif of R, sd R, XLif of R/sd R, XLif of R*) BFLY COH ;
- 7 {**SD WLK**} Sd L, cl R, sd L/cl R, sd L (*W Sd R, cl L, sd R/cl L, sd R*) BFLY COH ;
- 8 {**SPT TRN BFLY**} Swvlg 1/4 LF on ball of L foot stp fwd R trng 1/2 LF on R, rec L trng 1/4 LF to fc ptr, sd R/cl L, sd R to BFLY COH (*W Swvlg 1/4 RF on ball of R foot stp fwd L trng 1/2 RF on L, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L to BFLY WALL*) BFLY COH ;

PART C**1-4 START CHASE w/ TRIPLE CHA FORWARD TO WALL ; ; MAN PEEK-A-BOO 2X ; ;**

- 1 {**START CHS w/ TRPL CHA FWD TO WALL**} Fwd L trng 1/2 RF to fc WALL, rec fwd R to TANDEM WALL M in front of Lady, fwd L/lk Rib, fwd L (*W Bk R, rec L, fwd R/lk Lib, fwd R*) TANDEM WALL ; **[NOTE - Last cha of Start Chs in meas C 1 becomes 1st cha of Trpl cha fwd]**
- 1&2 3&4 2 Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L TANDEM WALL (*W Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to TANDEM WALL*) TANDEM WALL ;
- 3 {**M Peek-A-Boo 2X**} Sd R look ovr L shldr, rec L, cl R/in plc L, in plc R (W Sd L, rec R, cl L/in plc R, in plc L) TANDEM WALL ;
- 4 Sd L look ovr R shldr, rec R, cl L/in plc R, in plc L (*W Sd R, rec L, cl R/in plc L, in plc R*) TANDEM WALL ;

5-8 BOTH TURN w/ TRIPLE CHA FORWARD TO COH ; ; FINISH THE CHASE TO BFLY COH ; ;

- 5 {**BOTH TRN w/ TRPL CHA FWD TO COH**} Fwd R trng 1/2 LF to COH, rec fwd L to M in bk of W, fwd R/lk Lib, fwd R (*W Fwd L trng 1/2 RF to fc COH, rec fwd R W in front of M, fwd L/lk Rib, fwd L*) TANDEM COH ;
- 1&2 3&4 6 Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R (*W Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L*) TANDEM COH ;
- 7 {**FIN CHS BFLY COH**} Fwd L, rec R, bk L/lk Rib, bk L (*W Fwd R trng 1/2 LF, rec L, fwd R/lk Lib, fwd R*) ;
- 8 Bk R, rec L, fwd R/XLib, fwd R to BFLY COH (*W Fwd L, rec R, bk L/XRib, bk L to BFLY WALL*) ;

B MOD [Same as B - except facing directions are reversed]**1-4 CHASE w/ UNDERARM PASS TO WALL ; ; INTO TRIPLE CHA TO RLOD ; SHOULDER-SHOULDER IN 4 ;**

- 1 {**CHS w/ UNDRM PASS TO WALL**} Keeping lead hnds jnd fwd L trng 1/2 RF, rec fwd R, fwd L/XRib, fwd L (*W Keeping lead hnds jnd bk R, rec L, fwd R/XLib, fwd R twd M's L sd*) TANDEM WALL ;
- 2 {**INTO TRPL CHA RLOD**} Bk R begin raising jnd lead hnds, rec L leading W to pass M & trn LF undr jnd lead hnds, sd R/cl L, sd R touching trail hnds BFLY WALL (*W Fwd L, fwd R past M trng 1/2 LF undr jnd lead hnds to fc ptr, sd L/cl R, sd L touching trail hnds BFLY COH*) BFLY WALL ; **[NOTE - Last cha of Chs w/ undrm pass in meas B mod 2 becomes 1st cha of Trpl cha]**
- 1&2 3&4 3 On ball of R swvl away from ptr to "V" pos fwd L to RLOD/XRib, fwd L trng to fc ptr tch trail hnds, sd R/cl L, sd R BFLY WALL (*W On ball of L swvl away from ptr to "V" pos fwd R to RLOD/XLib, fwd R trng to fc ptr tch trail hnds, sd L/cl R, sd L to BFLY COH*) BFLY WALL ;
- 4 {**SHLDR-SHLDR IN 4**} Fwd L to BFLY SCAR, rec R to fc, sd L, cl R (*W Bk R to BFLY SCAR, rec L to fc, sd R, cl L*) BFLY WALL ;

- 5-8** **OPEN BREAK CHANGE SIDES TO WRAPPED RLOD ; WHEEL 2 & CHA TO LOD ; TWIRL 2 & CHA TO BFLY WALL ; FENCE LINE ;**
- 5 {OP BRK CHG SDS TO WRPD RLOD} Rk apt L, rec fwd & acrs R begin RF upper bdy trn joining trail hnds low & raise lead hnds between ptrs, curving RF to fc RLOD wrap W LF fwd L/cl R, fwd L to WRPD RLOD (*W Rk apt R, rec L trng undr jnd lead hnds to WRPD RLOD, fwd R/L, R*) WRPD RLOD ;
- 6 {WHL 2 & CHA TO LOD} In WRPD POS wheel 1/2 RF fwd R, fwd L to LOD, fwd R/XLib, fwd R (*W In WRPD POS wheel 1/2 RF small bk L, bk R to fc LOD, fwd L/XRib, fwd L*) WRPD LOD ;
- 7 {TWRL 2 & CHA TO BFLY WALL} Fwd L raise jnd lead hnds begin to unwrap W, fwd R trng RF to fc ptr & WALL leading W to complete unwrap, sd L/cl R, sd L BFLY WALL (*W Fwd R begin trng RF undr jnd hnds, sd & bk L cont RF trn to fc ptr, sd R/cl L, sd R BFLY COH*) BFLY WALL ;
- 8 {FNC LINE} X lun thru R w/ bent knee looking to LOD, rec L to fc ptr, sd R/cl L, sd R to BFLY WALL (*W X lun thru L w/ bent knee looking to LOD, rec R to fc ptr, sd L/cl R, sd L to BFLY COH*) BFLY WALL ;

A

- 1-4** **CHASE w/ FULL TURNS ; TO BFLY ; 1/2 BASIC ; UNDERARM TURN ;**
- 1 {CHS w/ FULL TRNS} Fwd L trng 1/2 RF, rec fwd R trng 1/2 RF to fc Lady, bk L/XRib, bk L end fcg WALL (*W Bk R, rec L, fwd R/XLib, fwd R*) ; **[Only M trns during 1st meas – Only Lady trns during 2nd meas]**
- 2 Bk R, rec L, fwd R/XLib, fwd R to BFLY WALL (*W Fwd L trng 1/2 RF, fwd R trng 1/2 RF to fc M, bk L/XRib, bk L join lead hands to BFLY COH*) BFLY WALL ;
- 3 {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L, sd R/cl L, sd R*) BFLY WALL ;
- 4 {UNDRM TRN} Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R (*W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF undr jnd lead hnds, rec R trng 1/4 RF trn to fc ptr, sd L/cl, sd L*) BFLY WALL ;
- 5-8** **SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN TO BFLY ;**
- 5 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L (*W Bk R to BFLY SCAR, rec L to fc, sd R/cl L, sd R*) BFLY WALL ;
- 6 {START CRB WLK INTO} XRif of L, sd L, XRif of L/ sd L, XRif of L (*W XLif of R, sd R, XLif of R/sd R, XLif of R*) BFLY WALL ;
- 7 {SD WLK} Sd L, cl R, sd L/cl R, sd L (*W Sd R, cl L, sd R/cl L, sd R*) BFLY WALL ;
- 8 {SPT TRN BFLY} Swvlg 1/4 LF on ball of L foot stp fwd R trng 1/2 LF on R, rec L trng 1/4 LF to fc ptr, sd R/cl L, sd R to BFLY WALL (*W Swvlg 1/4 RF on ball of R foot stp fwd L trng 1/2 RF on L, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L to BFLY COH*) BFLY WALL ;

END

- 1-4** **SHOULDER-SHOULDER 2X ; LADY TO MAN'S RIGHT SIDE ; LARIAT 1/2 MAN FACE COH ; START SIDE WALK ;**
- 1 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L (*W Bk R to BFLY SCAR, rec L to fc, sd R/cl L, sd R*) BFLY WALL ;
- 2 {SHLDR-SHLDR LADY TO M's R SD} Fwd R to BFLY BJO, rec L to fc, sd R/cl L, in plc R leading Lady to M's R sd (*W Bk L to BFLY BJO, rec R to fc, sd L/cl R, sd L to M's R sd*) BFLY WALL ;
- 3 {LRT 1/2 M FC COH} Rk sd L leading W to circ arnd M, rec R, in place L/R, sd L swvlg 1/2 on ball of L to fc ptr & COH (*W Circ arnd M clockwise fwd R, fwd L, fwd R/cl L, fwd R to fc M & WALL*) BFLY COH ;
- 4 {START SD WLK} Sd R, cl L, sd R/cl L, sd R (*W Sd L, cl R, sd L/cl R, sd L BFLY WALL*) BFLY COH ;
- 5-9** **NEW YORKER ; WHIP TO WALL ; NEW YORKER ; FENCE LINE IN 3 POINT LOD ; HOLD ; ;**
- 5 {NY} Swvlg on R bring L foot thru w/ straight leg to a sd by sd position, rec R swvlg to fc ptr, sd L/cl R, sd L (*W Swvlg on L bring R foot thru w/ straight leg to a sd by sd position, rec L swvlg to face partner, sd R/cl L, sd R BFLY WALL*) BFLY COH ;
- 6 {WHP WALL} Bk R trng LF 1/4, fwd L trng 1/4 LF to fc WALL, sd R/cl L, sd R BFLY (*W Fwd L outsd M on his L sd, fwd R trng 1/2 LF to fc COH, sd L/cl R, sd L BFLY COH*) BFLY WALL ;
- 7 {NY} Swvlg on R bring L foot thru w/ straight leg to a sd by sd position, rec R swvlg to fc ptr, sd L/cl R, sd L (*W Swvlg on L bring R foot thru w/ straight leg to a sd by sd position, rec L swvlg to face partner, sd R/cl L, sd R to BFLY COH*) BFLY WALL ;
- 8 {FNC LINE IN 3 PT LOD} X lun thru R w/ bent knee looking LOD, rec L to fc ptr, sd R, pt L to LOD (*W X lun thru L w/ bent knee looking LOD, rec R to fc ptr, sd L, Pt R to LOD end BFLY COH*) BFLY WALL ;
- 9 {HOLD} -, -, -, - ; **[Use hnds to make fanning motions during lyrics "Ooo, It's getting hot in here"]**
- 10 {HOLD} -, -, -, - ; **[Continue using hnds to make fanning motions or wipe sweat off brow]**

QK CUES

- INTRO** No Hands Joined MAN FACING Partner & WALL Lead Feet FREE WAIT PICKUP NOTES & 1 measure of words ; [Note: 1 measure of words “Holy Moly Guacamole” – Start dance on “mole” syllable of “Guacamole”]
- PART A** CHASE w/ FULL TURNS ; TO BFLY ; 1/2 BASIC ; UNDERARM TURN ; SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN BFLY ;
- PART B** CHASE w/ UNDERARM PASS COH ; INTO TRIPLE CHA TO LOD ; ; SHOULDER-SHOULDER IN 4 ; OPEN BREAK CHANGE SIDES TO WRAPPED LOD ; WHEEL 2 & CHA TO RLOD ; TWIRL 2 & CHA TO BFLY COH ; FENCE LINE ;
- PART A Mod** CHASE w/ FULL TURNS ; BFLY ; 1/2 BASIC ; UNDERARM TURN ; SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN BFLY ;
- PART C** START CHASE w/ TRIPLE CHA FORWARD TO WALL ; ; MAN PEEK-A-BOO 2X ; ; BOTH TURN w/ TRIPLE CHA FORWARD TO COH ; ; FINISH CHASE TO BFLY COH ; ;
- PART B Mod** CHASE w/ UNDERARM PASS TO WALL ; INTO TRIPLE CHA TO RLOD ; ; SHOULDER-SHOULDER IN 4 ; OPEN BREAK CHANGE SIDES TO WRAPPED RLOD ; WHEEL 2 & CHA TO LOD ; TWIRL 2 & CHA TO BFLY WALL ; FENCE LINE ;
- PART A** CHASE w/ FULL TURNS ; BFLY ; 1/2 BASIC ; UNDERARM TURN ; SHOULDER-SHOULDER ; START CRAB WALK INTO ; SIDE WALK ; SPOT TURN BFLY ;
- END** SHOULDER-SHOULDER 2X ; LADY TO MAN’S RIGHT SIDE ; LARIAT 1/2 MAN FACE COH ; START SIDE WALK ; NEW YORKER ; WHIP TO WALL ; NEW YORKER ; FENCE LINE IN 3 PT LOD ; HOLD ; ;