

WHILE YOU DANCED, DANCED, DANCED

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RECORD: Roper JH-400-A -slow to 44 rpm

SEQUENCE: Intro-AB-AB(1-13)-Ending

PHASE: V+2 Telespin, Checked Natural

INTRODUCTION

1-4 CP DRW; BK,SD,HINGE; SAME FT LUNGE; REC, DRAW,CL;

1-4 CP fcng DRW wgt on M's L & W's R wait 1 meas; bk R fc wall, sd L twd LOD, relax L knee and lower into hinge line (W fwd L, sd R, XLIBR, relax L knee and lower into hinge line); straighten knee, shift wgt to R, relax R knee & stretch L sd look at ptr (W rec on R fc ptr/sd RLOD L, XRIBL relax R knee & stretch R sd look over L shoulder); rec L, draw R, cl R (W rec L fc ptr/sd R twd LOD, draw L, cl L) CP DW;

PART A

1-4 WHISK; SYNCOPATED WHISK; WEAVE 3 BJO; BK, BK/LK, BK;

1-4 fwd L, fwd & sd R, XLIBR crossing high in thighs & rising to toes; thru R, trng to fc ptr cl L/sd R twd RLOD, XLIBR SCP DC; thru R, fwd L trn LF to CP DC, sd & bk R twd LOD to BJO RLOD; bk L, bk R/LK LIFR, bk R;

5-8 OUTSIDE CHG SCP; CHAIR, REC, SD; SLD CONTRA CK; REC, SD/CL, SD SCP;

5-8 bk L start LF trn, bk R cont trn fc wall, sd & fwd L (W fwd R, L, R) SCP LOD; thru R relax knee, rec L to CP wall, sd R; fwd L relaxing knee & lowering body crossing high in thighs trn upper body LF look at ptr (W bk R relaxing knee & lowering body cross high in thighs), -, -; rec on R, sd L/cl R, sd L SCP DC;

8-12 WEAVE 6 BJO; CHECKED NATURAL, SLIP; START TELESPIN;

8-12 thru R, fwd L trn LF to CP DC, sd & bk R twd LOD to BJO RLOD; bk L, bk trn LF blend to CP, sd & fwd L BJO DLW; fwd R trng RF outside ptr like starting a maneuver, sd L rising to toes, rec bk on R (W bk L, cl R rising to toes & checking trn, fwd R between M's feet) CP DLC; fwd L, fwd R trng LF, sd & BK L (W bk R start LF trn bring L to R no wgt, cont heel trn on R chg wgt to L, fwd R SCP LOD;

13-16 FINISH TELESPIN SCP; NATURAL TWIST TRN, HOVER OUT TO SCP; THRU, SD, /CL, SD SCP;

13-16 spin LF on L, sd R cont Trn, cont trng fwd L DLW (W fwd L/R staying close to M, cont spinning cl L, fwd R) SCP DLW; trng RF fwd R, fwd & sd L fc RLOD, hook RIBL (W fwd L, fwd R between M's feet, fwd L outside M); unwind RF to SCP DLC, hover up on R, fwd L (W fwd R twd wall rising to R toe, cl L trn RF on toes, fwd R) SCP LOD; thru R CP wall, sd L/cl R, sd L SCP DW;

PART B

- 1-4 OPEN NATURAL; OUTSIDE SPIN; R TRNG LK CP RLOD; R TRNG LK SCP DLC;  
1-4 fwd R manuv to fc RLOD,bk L,bk R to contra BJO RLOD; cl L to R toeing in pivot RF,fwd R around ptr cont pivot,bk L (W fwd R outside M on toes trn RF,cont trn on toes cl L,fwd R between M's feet) CP RLOD; bk R/1k LIFR start RF trn,bk R pivot fc LOD,cont pivot sd & fwd L CP RLOD; bk R/1k LIRF start RF trn,bk R pivot fc LOD,cont pivot sd L SCP DLC;
- 5-8 REV FALLAWAY; WHISK,CHG SWAY; AERIAL RONDE BJO; IMPETUS SCP;  
5-8 thru R start LF trn still in SCP,fwd L with hovering action,rec bk R to SCP RLOD; XLIBR, (W XIB also) stretch L side sway twd LOD look at ptr (W look over L shoulder); rec R,draw L to R,-, (W rec L,swivel on L and ronde R ccw to BJO LOD,-); bk L trn RF,cl R to L heel trn,sd & fwd L SCP LOD (W fwd R trn RF,sd & bk L, fwd R SCP LOD)
- 9-12 NAT TRN; OVERTURN SPIN TRN; QUICK LK,SLO LK; BK,LK,BK;  
9-12 man R,sd L,bk R CP RLOD; bk L start RF pivot,fwd R heel to toe cont RF pivot,bk L CP RLOD; blend to contra BJO bk R/1k LIFR,bk R,1k LIFR; bk R,1k LIRF,bk R contra BJO DRW;
- 13-16 OUTSIDE CHG SCP; NAT TRN; CL IMPETUS; BK,SD,CL CP DLW;  
13-16bk L start LF trn,bk R cont LF trn,sd & fwd L (W fwd R,L,R) SCP LOD; man R,sd L,bk R CP RLOD; bk L start RF pivot,cl R cont pivot rise heel to toe,bk L CP DLW; bk R,sd L,cl R CP DLW;

ENDING

- 1-3 FWD,TCH,L LUNGE; ROTATE SWAY;;  
1-2 thru R,tch L,lunge sd L twd DC keep body fcng DW while extending arms out to sd & stretching L sd to R sway (W thru L trn RF fc DW,cl R,lunge sd L twd DC keep body fcng DW using same arm action and sway as M); rotate shoulders LF M shaping to W,-,-;;