

"Let's Ay-Bo-Le"

A Two Step by Bobbie & Ray Culver, San Diego, Calif.

Record : Provocative! Hector H-699A, "Mademoiselle Ay-Bo-Le".
Position: Start CP, M back COH, then you're on your own!
Footwork: Kookiel but opposite.
Tempo : Impossible! Slo-o-o-o-w to 40 RPM. (176 beats/minute)
Ay-Bo-Le: A current dance craze based upon a sequence rhythm of: QQS, QQS, QQQQ, SS;
ie:
Basic : Side Two Step; Side Two Step; Rock,2,3,4; Rock,-,Rock,-; continuing to re-
peat.

INTRODUCTION

IMPORTANT: Set speed control approx. center between 33 and 45 RPM.

- 1 - 4 WAIT. (CP, M back COH)
- 5 - 8 SIDE TWO STEP; SIDE TWO STEP; 1/2 TURN,2,3,4; FWD,-,BACK,-;
Step side QL twd LOD, close QR, side SL and tch R ft; Repeat twd RLOD starting on R ft; In 4 quick cts, cpl spot turn 1/2 LF rocking fwd on QL, rock back on QR, repeat fwd on QL, back QR turning slightly LF on rock steps to end M outside facing COH, CP; Step fwd twd COH on SL, step back on SR and tch L ft.
- 9 -12 SIDE TWO STEP; SIDE TWO STEP; 1/2 TURN,2,3,4; FWD,-,BACK,-; (TO Bfy)
Repeat meas. 5-8 with M outside starting side QL twd RLOD. End M back COH, coming into Bfy. Pos. on last ct.
- 13-16 SIDE,CLOSE,"OPEN",-; CIRCLE,2,3,-; "SWIVEL",2,3,4; FWD,-,FWD,-; (To CP)
Step side QL twd LOD, close QR, side SL pivoting 1/4 LF (W RF) to Open Pos, but overturning slightly back to back; Travel QR, QL, SR in a large 1/2 LF circle (W,RF); Bend knees low and in 4 quick steps swivel QL,QR,QL,QR on balls of feet traveling twd wall to face ptr, counter-rotating shoulders with a "shaking" motion; Step fwd SL twd ptr (W fwd SR), step fwd SR coming into CP.

PART A

- 1 - 4 CROSS-BODY TURN; SIDE TWO STEP (to Waist-Hold); "WHEEL-SKIP",2,3,4;5,6,7,8;
(to CP) M steps QL in place, QR behind L ft, SL side twd LOD pivoting 1/2 LF to face COH while leading W diag twd COH & LOD with a strong R hand lead held low on W's back. W steps diag fwd twd COH & LOD on QR, QL, and pivots 1/2 LF on SR to face wall and ptr (retain CP). W bends knees low and leans back supported by M's R hand as she oversways, crossing over with a "whip" motion; Step side QR twd LOD, close QL, side SR coming into Waist-Hold Pos. (ie: Banjo Pos, M facing COH, retain R arm around W and raise L arm. W place her R arm around M's back and raise L arm.); Wheel 1 & 1/2 RF turns in 8 cts, stepping QL, skip on QL, step QR, skip on QR; (Continue) step QL, skip on QL, step QR, skip on QR. Snap fingers of raised hand on "skip-steps". End M facing wall and change arms to CP.
- 5 - 8 SIDE TWO STEP; SIDE TWO STEP; FULL TURN,2,3,4; FWD,-,BACK,-;
Basic Ay-Bo-Le as described in meas. 5-8 of Intro.; except make 1 full LF spot turn on rock steps; Use SL fwd and SR back of meas 8 to complete turn. End CP, M back COH.
- 9 -12 SIDE TWO STEP (W under); SPOT TURN (W on around); "FLEA HOP",2,3,4;5, 6,7,8;
M raises joined lead hands, stepping side QL, close QR, side SL turning 1/4 LF to face LOD. W two steps under raised arm 1/2 RF to face wall; M steps in place QR, QL, SR while turning 3/4 LF under raised arms to end facing wall and ptr. W continues RF circle on QL,QR,SL to end facing COH and ptr, coming into Bfy Pos; "Flea Hop" in 8 cts stepping QL in place (ct 1), hop on QL while sliding L ft approx 6 inches side twd RLOD (ct 2), step QR in place (ct 3), hop on QR while sliding R ft approx 6 inches side twd LOD (ct 4); Repeat above 4 cts, remain in Bfy Pos.
- 13-16 SISSORS; SISSORS; "SIDE SWIVEL",2,3,4,5,6,tch,-;
Step QL side twd LOD, recover on QR, cross SL over R ft (both XIF); Repeat starting QR side twd RLOD, end keeping wt on ball of crossed ft; In 6 cts "Side-Cross-Swivel" traveling LOD. Step QL side twd LOD while swiveling on ball of crossed R ft by pushing against MR & WL hands (ct 1), cross QR over L ft (both XIF) while swiveling on ball of L ft by pushing against ML & WR hands (ct 2), repeat side QL (swivel) ct 3, cross QR (swivel) ct 4; Continue side QL (swivel) ct 5, cross QR (swivel) ct 6, tch QL to R ft (ct 7), and hold ct 8. Remain in Bfy Pos for Part B.

PART B

- 1 - 4 SIDE TWO STEP; SIDE, CLOSE, "OPEN",-; ROCK,2,3,4; ROCK,-,ROCK,-; (to face)
Basic side two step twd LOD; Step side QR twd RLOD, close QL, step side SR pivoting 1/4 RF (W LF) to face RLOD in L Open Pos slightly back to back, joined hands fwd; Rock in place fwd QL, back QR, fwd QL, back QR; Rock fwd SL, back SR turning to face ptr, M back COH.

- 5 - 8 CROSS OVER; FWD TWO STEP; FWD,LOCK,FWD,LOCK; FWD,-,BACK,-; (to face)
M steps diag twd wall and LOD on QL,QR,SL raising ML & WR hands for W to cross under raised arms diag twd COH & LOD to end L Open Pos facing LOD; Travel LOD QR,QL,SR swiveling on balls of feet; Bring joined hands fwd to a slight back to back pos and with a rocking motion step fwd QL, lock QR behind Lft, repeat fwd QL, lock QR; Step fwd on SL and step back on SR turning to face ptr, M back to wall, ML & WR hands remain joined.

- 9 -12 CROSS OVER; CIRCLE,2,3,-; "BUZZ",2,3,4; FWD,-,FWD,-;
M step twd COH on QL,QR,SL, raising joined hands for W to cross under twd wall; Release hands and travel QR,QL,SR in a large 1/2 LF circle (W RF) to face wall and ptr, about 3 feet apart; In 4 quick cts do a full LF spot "buzz" turn (W RF) stepping on QL turning L ft sharply twd LOD & COH, take wt back on ball of QR which will remain in place "locked" behind L ft, step QL turning L ft sharply diag twd COH & RLOD, take wt back on ball of "locked" QR; Step SL turning L ft sharply twd wall and ptr, step fwd on SR coming into Bfy Pos.

- 13-16 SIDE,CLOSE,"OPEN",-; CIRCLE,2,3,-; "SWIVEL",2,3,4; FWD,-,FWD,-; (to CP)
Repeat meas. 13-16 of Intro, ending CP, M back COH.

ENDING

- 1 - 4 SIDE TWO STEP; SIDE TWO STEP; SIDE TWO STEP; SIDE (apart) TWO STEP;
Side two step twd LOD; Side two step twd RLOD; Repeat twd LOD; Repeat twd RLOD releasing ptr and drifting slightly apart.

- 5 - 7 TWIST,2,3,4;5,6,7,8;9,10,11,12.....
M steps fwd taking wt on ball of L ft leaving R ft in place and bending both knees low, (W fwd R ft etc.), to start a 12 ct Twist; Slowly transfer wt during the Twist so that on ct 8 wt is transferred back to ball of MR ft (W L); On cts 9 & 10 start wt transfer fwd to ball of L ft and fade out Twist with music.

TWIST TECHNIQUE: "Varied and Wild" - from positions given above both M & W rotate shoulders sharply from the waist -up to the left, then to the right. From the waist-down hips and knees will rotate opposite to shoulder movement.

SEQUENCE: INTRO..AB..AB..AB..AB..ENDING