

THE RAMBLE

By Glenn & La Vern Vowell, Ft. Worth, Texas

RECORD: RCA #74-0857 "You Took All The Ramblin Out Of Me" - Jerry Reed

FOOTWORK: Identical

NOTE: This is a solo dance without any body contact and each dancer is on His/Her own. LIVE IT UP AND HAVE FUN.

MEAS

1---2 WAIT; WAIT;

1-2...Wait 2 meas or 8 beats of music with weight on Left foot;;

DANCE

1 HEEL,CLOSE,HEEL,TOUCH;

1.....Step side R with R heel down & toe up, recover R to L with close step, step side L with L heel down & toe up, recover L to R with a touch;

2 SIDE,BEHIND,STEP/STEP,STEP;

2.....Step side L, behind on R, step in place L/R,L;

3 HEEL,CLOSE,HEEL,CLOSE;

3.....Repeat meas 1 EXCEPT on count 4 close L to R;

4 SIDE,BEHIND,STEP/STEP,STEP;

4.....Step side R, behind on L, step in place R/L,R;

5 HEELS OUT,HEELS IN,TOES OUT,TOES IN(Chicken step)(See Note);

5.....Spread heels apart,bring heels together,spread toes apart,bring toes together;

6 POINT SIDE RECOVER TOUCH,POINT SIDE,RECOVER CLOSE;

6.....Trn 1/4 RF on L foot & point R, trn 1/4 LF on L foot & recover R foot with a tch, Trn 1/4 RF on L foot & point R, trn 1/4 LF on L ft & recover R to L with a close;

7 POINT SIDE,RECOVER TOUCH,POINT SIDE,RECOVER TOUCH;

7.....Trn 1/4 LF on R foot & pt L, trn 1/4 RF on R foot & recover L to R with a tch, trn 1/4 LF on R foot & point L, trn 1/4 RF on R foot & recover L to R tch;

8 FWD,TURN,STEP/STEP,STEP;

8.....Step fwd L, fwd R starting a full LF turn,continue turn with a L/RL in place;

DANCE ROUTINE THRU 6 TIMES PLUS FIRST 4 MEAS

ENDING HEELS OUT (just spread heels apart).

NOTE: For Chicken step in meas 5 the following is recommended-- HEELS OUT: The arms should be straight out to sides & bent at the elbows with hands tucked under the arms. Weight on balls of both feet with knees together, arms & shoulders forward. HEELS IN: Weight on balls of feet, arms & shoulders back. TOES OUT: Weight on heels as toes go out, arms & shoulders back. TOES IN: Weight on heels, arms & shoulders forward.

SUGGESTION: To start dance, have all dancers face the caller/teacher.