

A SPOONFUL OF SUGAR

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Record : "A Spoonful Of Sugar" Special CD-SP 07 Track 6

Rhythm : QS/TS (ph III+1) Speed : As on CD Date: February 2011 Ver.1.2

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - A - C - B - Amod(Ending)



Meas

INTRO

1~ 4 OP-FC/DW Wait 2 meas;; Apt Pt; Pickup Tch(CP/LOD);

- 1- 2 Open facing position fc DW lead foot free for both wait 2 meas;;
SS 3 (Apt Pt) Bk L, -, pt fwd R twd partner, -;
SS 4 (Pickup Tch) Fwd R commence LF trn, -, tch L beside R fc LOD;

Meas

PART A

1~ 8 Quarter Trn & Prog Chasse;;; Whaletail;; Walk & Fc; Sd Cl;

- SSQQS 1- 4 (Quarter trn & Prog Chasse) Fwd L, -, fwd R commence RF trn, -; Cont RF trn sd L,
SSQSS cont RF trn cl R fc RDW, sd & bk L, -; Bk R commence LF trn fc wall, -, sd L,
cl R; Sd & fwd L to contra Bjo fc DW, -, fwd R, -;
QQQQ 5- 6 (Whaletail) XLIB of R, Sd R, fwd L, XRIB of L; Sd L, cl R, XLIB of R, sd R;
QQQQ
SS 7 (Walk & FC) Fwd L, -, fwd R RF trn fc partner and wall, -;
SS 8 Sd L, -, cl R, -;

9~16 Whisk;, Thru Chasse Bjo;; Fwd Fwd Lk Fwd;, Manuv Sd Cl;, Spin Trn(3S);; Box Fin(CP/DC);

- SSS 9-11 (Whisk) Fwd L, -, sd & fwd R, -; XLIB of R SCP/LOD, -,
SQQS (Thru Chasse Bjo) Thru R fc partner, -; Sd L, cl R, sd & fwd L Bjo/DW, -;
SQQS 12- (Fwd Fwd Lk Fwd) Fwd R, -, fwd L, XRIB of L; Fwd L, -,
SQQ (Manuv Sd Cl) Fwd R commence RF trn, -; Cont RF trn sd L, cl R CP/RL0D,
SSS -15 (Spin trn) Bk L pivot 1/2 RF, -, fwd R between woman's feet heel to toe cont RF
trn fc DW, -; Sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, -;
bk L cont RF trn brush R to L, -, sd & fwd R), -,
SQQ 16 (Box Fin) Bk R commence LF trn, -, cont trn fc DC sd L, cl R;

Meas

PART B

1~ 8 2 L Trns(CP/Wall);; Hover to Bjo;, Fwd Fwd Lk Fwd;, Manuv Sd Cl; Pivot 2(Fc LOD); Dip Bk & Rec;

- SQQ 1- 2 (2 L Trn) Fwd L commence LF trn, -, sd R cont LF trn, cl L to R;
SQQ Bk R commence LF trn, -, sd L cont LF trn, cl R to L fc Wall;
SSSS 3- (Hover to Bjo) Fwd L, -, sd R, -; Rec L Bjo/DW, -,
SQQS - 5 (Fwd Fwd Lk Fwd) Fwd R, -; Fwd L, XRIB of L, fwd L, -;
SQQ 6 (Manuv Sd Cl) Fwd R commence RF trn, -, cont RF trn sd L, cl R CP/RL0D;
SS 7 (Pivot 2) Bk L commence RF trn, -, cont RF trn fwd R fc LOD, -;
SS 8 (Dip Bk & Rec) Bk L flex knee, -, Rec R, -;

9~16 Slow Walk 2 Bjo; Slow XIB Sd; Double Lks; Walk & Fc; Sync Twisty Vine;; Slow Twisty Vine 4;;

- SS 9 (Slow Walk 2 Bjo) Fwd L, -, fwd R W's outsd to Bjo, -;
SS 10 (Slow XIB Sd) XLIB of R, -, Sd R, -;
QQQQ 11 (Double Lks) Fwd L, XRIB of L, fwd L, XRIB of L;
SS 12 (Walk & FC) Fwd L, -, fwd R RF trn fc partner and wall, -;
&S- 13 (Sync Twisty Vine) Sd L/XRIB of L(W sd R/XLIF of R), -, -, -;
&S- 14 Sd L/XRIF of L(W sd R/XLIB of R), -, -, -;
SSSS 15-16 (Twisty Vine 4) Sd L, -, XRIB of L(W XLIF of R), -; Sd L, -, XRIF of L(W XLIB of R) Bjo/DW, -;

17~20 2 Turning Two Steps;; Twirl Vine 2; Walk & Pickup;

- QQS 17-18 (2 Trn Two Steps) Sd L, cl R, sd and fwd L 1/2 RF trn fc coh(W sd R, cl L
 QQS sd and fwd R between M's foot 1/2 RF trn),-; Sd R, cl L sd and fwd R between
 W's foot 1/2 RF trn fc Wall(sd L, cl R, sd and fwd L 1/2 RF trn),-;
 SS 19 (Twirl Vine 2) Sd and fwd L lead W RF twirl,-, XRIB of L,-(W sd and fwd R commence
 RF trn under lead hand,-, cont RF trn sd L,-);
 SS 20 (Walk & Pickup) Fwd L,-, fwd R lead W pickup CP/LOD

Meas PART C

**1~ 8 Walk 2; Two Step; Walk 2; Two Step; Prog Sciss;; Fishtail;
 Walk & Fc(CP/Wall);**

- SS 1 (Walk 2) CP/LOD Fwd L,-, fwd R,-;
 QQS 2 (Fwd Two Step) Fwd L, cl R to L, fwd L,-;
 SS 3 (Walk 2) Fwd R,-, fwd L,-;
 QQS 4 (Fwd Two Step) Fwd R, cl L to R, fwd R,-;
 QQS 5- 6 (Prog Sciss) Sd L, cl R, XLIF of R W's outsd(W sd R, cl L, XRIB of L) Scar
 QQS fc DW,-; Sd R, cl L, XRIF of L W's outsd(W sd L, cl R, XLIB of R) Bjo fc DC,-;
 QQQQ 7 (Fishtail) XLIB of R, Sd R, fwd L, XRIB of L fc LOD;
 SS 8 (Walk & Fc) Fwd L,-, fwd R 1/4 RF trn CP/Wall,-;

9~16 Traveling Box;;; Sync Twisty Vine;; Slow Twisty Vine 4;;

- QQSSS 9-12 (Traveling Box) Sd L, cl R, fwd L,-; RSCP/RLOD fwd R,-, fwd L,-;
 QQSSS Fc partner and Wall sd R, cl L, bk R,-; SCP/LOD fwd L,-, fwd R,-;
 &S- 13 (Sync Twisty Vine) Sd L/XRIB of L(W sd R/XLIF of R),-,-,-;
 &S- 14 Sd L/XRIF of L(W sd R/XLIB of R),-,-,-;
 SSSS 15-16 (Twisty Vine 4) Sd L,-, XRIB of L(W XLIF of R),-; Sd L,-, XRIF of L(W XLIB of
 R) Bjo/DW,-;

17~20 2 Turning Two Steps;; Twirl Vine 2; Walk & Pickup;

- QQS 17-18 (2 Trn Two Steps) Sd L, cl R, sd and fwd L 1/2 RF trn fc coh(W sd R, cl L
 QQS sd and fwd R between M's foot 1/2 RF trn),-; Sd R, cl L sd and fwd R between
 W's foot 1/2 RF trn fc Wall(sd L, cl R, sd and fwd L 1/2 RF trn),-;
 SS 19 (Twirl Vine 2) Sd and fwd L lead W RF twirl,-, XRIB of L,-(W sd and fwd R commence
 RF trn under lead hand,-, cont RF trn sd L,-);
 SS 20 (Walk & Pickup) Fwd L,-, fwd R lead W pickup CP/LOD

Meas A mod(Ending)

1~ 8 Quarter Trn & Prog Chasse;;; Whaletail;; Walk & Fc; Sd Cl;

**9~16 Whisk;,, Thru Chasse Bjo;; Fwd Fwd Lk Fwd;,,
 Manuv Sd Cl;,, Pivot 3 to 1/2 OP;; Fwd & Heel Tap;**

- 1-13½ Repeat meas 1-13½ of Part A ;;;;;;;,
 SS 13½-15 (Pivot 3 1/2 OP) CP/RLOD bk L commence RF trn,-; cont RF trn fwd R fc LOD,-,
 fwd L 1/2 OP fc LOD,-;
 16 (Fwd & Heel Tap) Fwd R,-, left foot heel tap,-;