

Keep Me From Blowing Away

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (480) 830-9251 (602) 295-1672

E-Mail ouiqrnds@dancewithchuckandsandi.com Web www.dancewithchuckandsandi.com

CD: Long List of Heartaches, Track 12 Artist: The Grascals Available from Amazon.com

Direct Link: https://smile.amazon.com/dp/B07VZNYQRR/ref=dm_ws_tlw_trk12

Rhythm: Waltz RAL Phase III + 0 + 1 [Calif Twirl] Difficulty Level - Easy

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Waltz unless noted.

Time @ 45 RPM: 3:20

Sequence: Intro-A- B-C-D-A-B-End

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Meas

INTRODUCTION

1 - - 2 CP FCNG WALL WAIT 2;;

1 - 2 OP Fcng Wall lead ft free wait 2 Meas;;

PART A

1 - - 4 LEFT TRNG BOX;;;;

1 - 4 [Lft Trng Box] Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L; Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L;

5 - - 8 TWIRL VINE 3; PICKUP LOD; 2 LFT TRNS FC WALL;;

5 [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commencing RF trn, fwd & sd L continue RF trn, bk & sd R;) to BFLY;

6 [Pickup] Small fwd R, sd L, cl R to L (fwd L stepping in front of M trng LF to CP, sd R, cl L to R;) fc LOD;

7 - 8 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;

9 - 12 HOVER; MANUV; PIVOT 3 SCP; THRU, FC, CL;

9 [Hover] Fwd L to CP, fwd & sd R rising to ball of ft, rec L to tight SCP (Bk R to CP, bk & sd L rising to ball of ft, rec R to tight SCP);

10 [Manuv] In Sep thru R commence RF upper body trn, continue RF trn to fc ptr sd L, cl R to L CP/RLOD (In SCP thru L sd & fwd R, cl L to R CP/LOD);

11 [Pivot 3 SCP] In CP commence RF upper body trn bk L trng RF [approximately] 3/8 leaving rt leg extended in front, fwd R bet W's feet heel to toe trng RF [approximately] 3/8, sd & fwd L left leading W into SCP (In CP commence RF upper body trn fwd R bet M's feet heel to toe trng RF [approximately] 3/8 leaving lft leg extended beh, bk L trng RF [approximately] 3/8 leaving rt leg extended in front, sd & fwd R into SCP);

12 [Thru, Fc, Cl] Thru R commencing RF trn to fc ptr, sd L, cl R to L to CP;

13 -16 BOX;; DIP BK & HOLD; REC BFLY WALL;

13 - 14 [Box] Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L;

15 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, -, -;

16 [Rec BFLY, Tch] Rec R, tch L, - to BFLY Wall;

PART B

1 - - 4 WALTZ AWAY & TOG;; WALTZ AWAY; THRU TWINKLE;

1 - 2 [Waltz Away & Tog] With inside hnds joined fwd L trng away from ptr, sd & fwd R [to a slight Bk to Bk], cl L to R; sd & fwd R trng to fc ptr, sd & fwd L, cl R to L;

3 [Waltz Away] With inside hnds joined fwd L trng away from ptr, sd & fwd R, fwd L;

4 [Thru Twinkle] Thru R commencing RF trn to fc Ptr, sd L, cl R to L to BFLY;

5 - - 8 THRU TWINKLE; THRU, FC, CL; CANTER 2X;;

5 [Thru Twinkle] Thru L commencing LF trn to fc Ptr, sd R, cl L to R to BFLY;

6 [Thru, Fc, Cl] Thru R commencing RF trn to fc ptr, sd L, cl R to L to CP;

7 - 8 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

9 - 12 LACE UP TO BFLY;;;;

- 9 – 10 [Lace Across] Passing beh W with lead hnds joined moving diagonally across LOD fwd L, fwd R, fwd L (Passing in front of M under joined lead hnds moving diagonally across LOD fwd R, fwd L, fwd R);
[Fwd Waltz] Fwd R, fwd L, fwd R;
- 11 – 12 [Lace Bk] Passing beh W with trail hnds joined moving diagonally across LOD fwd L, fwd R, fwd L (Passing in front of M under joined trail hnds moving diagonally across LOD fwd R, fwd L, fwd R);
[Fwd Waltz] Fwd R, fwd L, fwd R to BFLY/WALL;

13 – 16 BAL L & R;; SOLO TRN 6 TO CP;;

- 13 - 14 [Bal L & R] Sd L, with slight rise XRIB, rec L; Sd R with slight rise XLIB, rec R;
- 15 – 16 [Solo Trn] Fwd L commence LF trn away from ptr, continue trn sd R, cl L to complete 3/4 trn; Bk R commence LF trn, continue trn sd L, cl R to CP/Wall; [2nd Time to BFLY]

PART C**1 - - 4 1/2 BOX FWD; BAL R & L;; SD, DR, TCH;**

- 1 [1/2 Box Fwd] Fwd L, sd R, cl L
- 2 - 3 [Bal R & L] Sd R, with slight rise XLIB, rec R; Sd L with slight rise XRIB, rec LR;
- 4 [Sd, Dr, Tch] Sd R, draw L, tch L BFLY/WALL;

5 - - 8 WALTZ AWAY; CALIF TWIRL; BK WALTZ; BK, DR, TCH;

- 5 [Waltz Away] With inside hnds joined fwd L trng away from ptr, sd & fwd R, fwd L;
- 6 [Calif Twirl] with trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to OP/RLOD;
- 7 [Bk Waltz] Bk L, bk R, bk L;
- 8 [Bk, Dr, Tch] Bk R, draw L, tch L RLOD ;

9 - - 12 FWD WALTZ; CALIF TWIRL; BK WALTZ; BK, DR, TCH;

- 9 [Fwd Waltz] Twd RLOD Fwd L, fwd R, fwd L;
- 8 [Calif Twirl] with trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to OP/LOD;
- 9 [Bk Waltz] Bk L, bk R, bk L;
- 10 [Bk, Dr, Tch] Bk R, draw L, tch L fc LOD

13 – 16 CIRCLE CHASE TO CP/WALL;;;;

- 13 – 16 [Circle Chase] Starting from OP facing LOD begin to travel individually in a LF circular pattern fwd L, fwd R, fwd L to Tandem W beh M; cont to curve individually fwd R, fwd L, fwd R to LOP side by side fcng RLOD; cont to curve individually fwd L, fwd R, fwd L to Tandem [M beh W]; completing the circular pattern fwd R, fwd L, fwd R to end in CP/WALL (completing the circular pattern fwd L, fwd R, fwd L trng sharply LF to fc ptr) to CP/WALL;

PART D**1 - - 4 INTERRUPTED BOX TO SCAR;;;;**

- 1 – 4 [Interrupted Box to SCAR] Fwd L, sd R, cl L; bk R with slight RF upper body rotation & raising ld hnds, sd L leading W to begin curving RF under joined ld hnds, cl R; fwd L, sd R, cl L; bk R, sd L, cl R w/slight RF body rotation to SCAR (Bk R, sd L, cl R; fwd L with slight RF upper body rotation, curve fwd R commencing full RF circle under joined ld hnds, curve fwd L; curve fwd R, curve fwd L, curve fwd R completing full RF circle to CP; fwd L, sd R, cl L w/slight RF body rotation to SCAR;);

5 - - 8 TWINKLE BJO; MANUV; 2 RT TRNS FC LOD;;

- 5 [Twinkle BJO] Fwd L commence LF trn, sd R continue trn to BJO, cl L to R;
- 6 [Manuv] In BJO fwd right commence RF upper body trn, continue RF trn to fc ptr sd L, cl R to L CP/RLOD (In BJO bk L commence RF upper body trn, continue RF trn to fc ptr sd R, cl L to R CP/RLOD);
- 7 – 8 [2 Rt Trns Fc LOD] Bk L commence RF trn, continue trn sd R twd LOD trng RF, cl L fc DLC; fwd R continue RF trn, continue trn fwd L trng RF to Fc LOD, Cl R (Fwd R commence RF trn, continue trn sd L diagonally across LOD trng RF, cl R; bk L continue RF trn, continue trn sd R twd LOD trng RF, cl L);

9 - - 12 2 LFT TRNS FC WALL;; TWIRL VINE 3; THRU, FC, CL;

- 9 – 10 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R); CP/Wall;

11 [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commencing RF trn, fwd & sd L continue RF trn, bk & sd R;) to BFLY;

12 [Thru, Fc, Cl] Thru R commencing RF trn to fc ptr, sd L, cl R to L to CP;

13 – 16 INTERRUPTED BOX TO CP;;;;

13 – 16 [Interrupted Box] Fwd L, sd R, cl L to R; bk R with slight RF upper body rotation & raising ld hnds, sd L leading W to begin curving RF under joined ld hnds, cl R to L; Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L (Bk R, sd L, cl R to L; fwd L with slight RF upper body rotation, curve fwd R commencing full RF circle under joined ld hnds, curve fwd L; curve fwd R, curve fwd L, curve fwd R completing full RF circle to ???; fwd L, sd R, cl L to R;) to CP?WALL;

REPEAT A

REPEAT B to BFLY

END

1 - - 4 LACE UP TO BFLY WALL;;;;

1 – 4 [Lace Up] Repeat Meas 9 – 12, Part B;;;;

5 - - 8 BAL L & R;; CANTER; DIP BK, ETC;**

1 – 2 [Bal L & R] Repeat Meas 13 -14, Part B;;

3 [Canter] Sd L, draw R to L, cl R;

4 [Dip Bk, Etc] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor, - , - (optional leg lift & reward) ;

** ETC is defined as a Leg Lift and a kiss and is highly encouraged..

Keep Me From Blowing Away**(Phase II + 2 + 1 – Waltz)****(Pivot 3, Interrupted Box) (Calif Twirl)****(Weiss)****Intro CP Wall Wait 2;;**

- A Lft Trng Box;;;;
Twirl Vine 3; PU LOD; 2 Lft Trns Fc Wall;;
Hover; Manuv; Pivot 3 SCP; Thru, Fc, Cl;
Box;; Dip Bk & Hold; Rec, BFLY;**
- B Waltz Away & Tog;; Waltz Away; Thru Twinkle;
Thru Twinkle BFLY; Thru, Fc, Cl; Canter 2X;;
Lace Up to Fc;;;;
Bal L & R;; Solo Trn 6 to CP;;**
- C ½ Box Fwd; Bal R & L; Sd, Dr, Tch;
Waltz Away; Calif Twirl; Bk Waltz; Bk, Dr, Tch;
Fwd Waltz; Calif Twirl; Bk Waltz; Bk, Dr, Tch;
Circle Chase to CP/Wall;;;;**
- D Interrupted Box to SCAR;;;;
Twinkle BJO; Manuv; 2 Rt Trns FC LOD;;
2 Lft Trns Fc Wall;; Twirl Vine 3; Thru, Fc, Cl;
Interrupted Box to CP;;**
- A Lft Trng Box;;;;
Twirl Vine 3; PU LOD; 2 Lft Trns Fc Wall;;
Hover; Manuv; Pivot 3 SCP; Thru, Fc, Cl;
Box;; Dip Bk & Hold; Rec, BFLY;**
- B Waltz Away & Tog;; Waltz Away; Thru Twinkle;
Thru Twinkle BFLY; Thru, Fc, Cl; Canter 2X;;
Lace Up to Fc;;;;
Bal L & R;; Solo Trn 6 to CP;;**
- End Lace Up to Fc;;;;
Bal L & R;; Canter; Dip Bk, Etc;**