MY NAME IS BOND

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Record: CD, Best Of Bond 50 Years - 50 Tracks, James Bond Theme (From "Dr. No") Track 01 or Download Amazon
Rhythm & Phase: Two Step & Jive III
Timing: TS: Q, Q, S JV: 1, 2, 3a, 4; 1a, 2, Speed: adjust for comfort

INTRO

1 - 4  WAIT 2;;  CIRCLE 4;;
1-4  OP LOD ld feet free wait 2 meas;;
Com LF circle (W: RF) Fwd L, -, fwd R, -; Cont LF circle fwd R to fc, -, fwd L to CP WALL, -;

PART A

1 - 4  SCISSORS TO SCAR;  SCISSORS TO BJO;  DOUBLE HITCH;;
1-4  Sd L, cl R, trn ¾ RF fwd L to SCAR RLOD, -; Sd R, cl L, trn ½ LF fwd R to BJO LOD;  Fwd L, cl R, bk L, -;
Bk R, cl L, fwd R trn ¼ RF to fc ptr & WALL;
5 - 8  2 TURNING TWO STEPS;;  2 FORWARD TWO STEPS;;
5-8  Sd L, cl R, sd L trn ½ RF to CP COH, - ; Sd R, cl L, sd R trn 3/8 RF to SCP LOD, -;
Fwd L, cl R, fwd L, -, Fwd R, cl L, fwd R, -;

INTER 1

1 – 4  OPEN VINE 4;;  CIRCLE 4;;
1-4  Sd L trn to LOP RLOD, -, bk R trn to fc ptr, -; Sd L trn to OP LOD, -, fwd R, -; Repeat actions meas 3-4 INTRO;;

PART B

1 - 4  CHASSE LEFT & RIGHT;  CHANGE RIGHT TO LEFT – CHANGE LEFT TO RIGHT;;
1-4  Sd chasse L/R, L, R/L, R;  Rk bk L in SCP LOD, rec R, sm chasse L/R, L; Ld Lady to trn RF undr jnd ld hnds sm chasse R/L, R trn BFLY LOD, sm rk apt L, rec R; Sm RF trn chasse L/R, L to fc WALL ld Lady to trn RF undr jnd ld hnds, sd chasse R/L, R twd RLOD;
5 - 8  CHANGE HANDS BEHIND BACK – BASIC ROCK;;  DOUBLE ROCK;;
5-6  Rk apt L, rec R, chasse fwd L/R, L trng ½ LF chg W’s R hnd to M’s R hnd bdnd M’s bk (W: fwd R/L, R, trng ¾ RF);
Chasse sd & bk R/L, R cont trng LF chg W’s W hnd to M’s L (W sd L/R, sd & bk L trng ¾ RF), rk apt L, rec R;
7-8  Chasse L/R, L, R/L, R blend to CP COH;  Blend to SCP rk bk L, rec R, rk bk L, rec R to fc ptr COH;
9 - 16  CHASSE L & R;  CHG R TO L – CHG L TO R;;  CHG HNDS BHND BK – BASIC RK;;  DBL RK;;
9-16  Repeat actions meas 1-8 PART B starting COH ending SCP LOD;; ;;;
17 - 22  2 FWD TRIPLES;  SWIVEL WALKS;  2 FWD TRIPLES;  SWIVEL WALKS;  4 POINT STEPS;;
17-20  Fwd L/cl R, fwd L, fwd R/cl L, fwd R;  Swvl RF on R step fwd L, swvl LF on L step fwd R, swvl RF on R step fwd L, swvl LF on L step fwd R;  Repeat actions meas 17-18 PART B;;
21-22  Pt fwd L, step on L, pt fwd R, step on R;  Pt fwd L, step on L, pt fwd R, step on R;

INTER 2

1 – 2  CIRCLE 4;;
1-2  Repeat actions meas 3-4 INTRO;;

END

1 - 4  BASKETBALL TURN;;  OPEN VINE 4/HANDS UP;;
1-4  Rk sd L, -, rec R trn RF (W LF) to RLOD, -; Rk fwd L keep trng RF (W LF), -, rec R keep trng to fc ptr & WALL, -;
Repeat actions meas 1-2 INTER 1 on the last step trn to fc ptr and bring both hnds up;;