

HELPS WITH RUNAROUND SUE

Underarm lunge/sit line & hold

Remember to keep lead hands joined - the Woman turns under these hands.

With the Women out to face, the Woman will step forward L, forward R turning **left face** to face partner & then a small back triple

Pretzel turn with chopper exit

Timing: 1, 2, 1-2-3, 1,2, 3,4, 5,6 (S,S, Q-Q-S, S,S, S,S, S,S,)

(keeping hands joined)

Man

- rock L, recover R, triple (L-R-L) to face RLOD,
- face COH & rk sd R (to LOD), rec L,
- swivel LF on L to face RLOD (2 beats) (on these 2 beats you raise joined lead hands over woman's head & they end in front of the woman)
- swivel RF as you start to transfer weight on to your R foot to face LOD & on around to face wall (on these 2 beats you raise joined lead hands over man's head so that they end in front of man)

(You will end this figure facing wall, with feet crossed right over left (L foot free), ready to dance a chasse left & right)

Woman

- rock R, recover L, triple (R-L-R) to face RLOD,
- face wall & rk sd L (to LOD), rec R,
- swivel slightly LF on R starting to face LOD (2 beats) as man raises joined lead hands over your head and he faces RLOD the joined lead hands will end in front of the woman
- continue to swivel LF on transferring weight to L foot to face LOD & on around to face COH as man raises joined lead hands over his head and he turns to face LOD and on around to face partner & wall

(You will end this figure facing wall, with feet crossed left over right (R foot free), ready to dance a chasse left & right)

Triple wheel with spins

- Think of a triple wheel 7 that is interrupted with spins.
- The figure will make 2 full right face turns.
- After the "rock, recover" you will dance:
 - 2 triples - spin 2 (Man - RF; Lady - LF)
 - 3 triples - spin 2 (M - LF; Lady - RF)
 - 2 triples to end facing wall
 - finish like a regular triple wheel - so lady does an Am. spin, the man does a triple.

Rock, recover, sit line & hold

The timing here is S,S (for the rock, recover), then S,S,S,S for the sit line & hold. We count: rock, recover, 1,2,3,4

Sandstep wheel

This takes 5 full measures, all even counts. Keep double hand hold the whole time. You start and end facing the wall, making one full turn.

Man

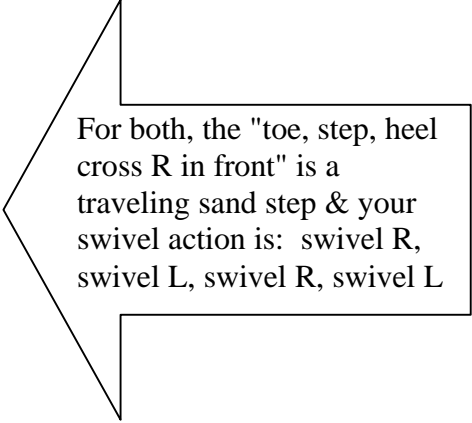
- rock, recover
- toe, step, heel, cross R in front
- toe, step, heel, cross R in front
- toe, step, heel, cross R in front
(you are now about facing the wall)
- toe, heel, cross L in front, toe, heel cross R in front

So the man (after the rock, recover) does 3x a traveling sand step then ends with a regular sand step

Woman

- rock, recover
- toe, heel, cross R in front
- toe, step, heel, cross R in front
- toe, step, heel, cross R in front
- toe, (here you are about facing COH) step, heel, cross R in front
- toe, heel, cross L in front

So the lady (after the rock, recover) does the first half of a sand step then 3x a traveling sand step then ends with the second half of a sand step



For both, the "toe, step, heel cross R in front" is a traveling sand step & your swivel action is: swivel R, swivel L, swivel R, swivel L