

LOOK AT ME I'M SANDRA DEE

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CD: STAR 513CD (Flip: Five Guys Named Moe) Phase V Viennese Waltz 6/24/04
INTRO, A, A, B, A, C, A, D, ENDING Slow for Comfort gossbc@msn.com

INTRO

1-4 WAIT; SD; BOW/COURTSEY; RECOV TO CP;

- 1-- 1-2 Wait 1 meas fcng ptr & LOD lead hnds held lead ft free; sd L swing trail arms CW (W CCW) in front and out;
1--1-- 3-4 M bow by bending over at waist (W courtesy by bringing L ft behind R and lower in knee and lower head); take CP (W step to CP L);

PART A

1-4 4 REVERSE TRNS;;;:

- 123123 1-2 Fwd L start LF trn, sd R cont L fc trn, XLIF of R (W cl R to L); Bk R cont LF trn, sd L cont LF trn, cl R to L (W XLIF of R) making one rev 1-over two trns;
123123 3-4 Fwd L start LF trn, sd R cont L fc trn, XLIF of R (W cl R to L); Bk R cont LF trn, sd L cont LF trn, cl R to L (W XLIF of R) making one rev over two trns;

5-8 CLOSED CHG; 3 NATURAL TRNS TO FC WALL;;;:

- 123123 5-6 Fwd L, sd & fwd R, cl L to R; Fwd R trn RF, sd L cont RF trn, cl R to L fc RLOD (W bk L trn RF, sd R cont trn, cl L to R);
123123 7-8 Bk L trn RF, sd R cont RF trn, cl L to R fc LOD (W fwd R comm RF trn, sd L cont RF trn, cl R to L); Fwd R trn RF to fc wall, sd L, cl R to BFLY;

9-12 BALANCE LEFT & RIGHT;; CANTER TWIRL;;:

- 123123 9-10 Sd L, XRIB of L, recov L; Sd R, XLIB of R, recov R;
1-31-- 11-12 Sd L, draw R to L, cl R to L (W sd & fwd R, draw L to R as trn RF under lead hnds, cl L to R); sd L, draw R to L in BFLY,;

13-16 REVERSE CANTER TWIRL;; WALTZ AWAY; PICK-UP LADY LK;

- 1-31-- 13-14 Sd R, draw L to R, cl L to R (W sd & fwd L, draw R to L as trn LF under lead hnds, cl R to L); sd R, draw L to R in BFLY,;
123123 15-16 Fwd L trn away from ptr, sd R slight "V" bk to bk, cl L to R; fwd R trn twd LOD lead W in front, fwd L, cl R to L (W fwd L trn twd M, fwd & sd R to pick-up, lk LIF of R to CP);

REPEAT A

PART B

1-4 HESITATION LEFT OTR TRN BOX;;;:

- 1--123 1-2 In CP fc LOD fwd L, tch R to L,; bk R trn ¼ LF, sd L, cl R fc COH;
1--123 3-4 Fwd L, tch R to L,; bk R trn ¼ LF, sd L, cl R fc RLOD;

5-8 HESITATION LEFT OTR TRN BOX;; VINE 3; STEP LIFT;

- 1--123 5-6 Fwd L, tch R to L,; bk R trn ¼ LF, sd L, cl R fc wall;
1231-- 7-8 Sd L, XRIB of L, sd L; trn to fc LOD in ½ OP fwd R, lift L pt toe fwd,;

9-12 TRN 3; BK LIFT; TRN 3; FWD LIFT;

- 1231-- 9-10 Fwd L trn away from ptr, sd R cont trn, bk L fc RLOD in LOP; bk R, lift L pt toe fwd,;
1231-- 11-12 Bk L, bk R trn LF twd ptr, sd & fwd L cont trn to OP; fwd R, lift L pt toe fwd,-;

13-16 RUN 6 LADY CURVE TO PICK-UP;; DIP BK; RECOV LIFT FT BK;

- 123123 13-14 Run fwd 6 L, R, L; R, L, cl R to L check action (W run fwd R, L, R; curving in front L, R, L end CP);
1--1-- 15-16 Dip bk L with slgt body trn LF; recov R, lift L ft bk bent at knee,;

REPEAT A

PART C

- 1-4 REVERSE TRN; BK CLOSED CHG TWICE;; BK FC CLOSE;**
123123 1-2 Fwd L start LF trn, sd R cont L fc trn, XLIF of R (W cl R to L);
bk R start slgt LF body trn to L shoulder lead, sd L, cl R;
123123 3-4 Start slgt RF body trn bk L cont to R shoulder lead, sd R, cl L;
start RF body trn bk R, cont trn to fc wall sd L, cl R;
- 5-8 CANTER TWIRL TO SEMI;; THRU THREE SWIVELS LIFT FT BK;;**
1-31-- 5-6 Sd L, draw R to L, cl R to L (W sd & fwd R, draw L to R as trn
RF under lead hnds, cl L to R); sd L, draw R to L trn to SCP LOD;;
1231-- 7-8 Thru R in SCP, cl L to R as swvl both ft to RLOD, swvl both ft to
LOD; swvl both ft to RLOD, swvl to LOD as lift R ft bk bent at knee;;
- 9-12 STEP KICK FWD; STEP KICK BK; TWINKLE THRU; CANTER FWD;**
1--1-- 9-10 Step fwd R, kick L leg out straight in front no bent knee;; step fwd
L, kick R leg out straight in back no bent knee;;
1231-3 11-12 Fwd R, fwd L trn RF to LOP, cl R to L cont trn to fc RLOD; fwd
L, draw R to L, cl R to L;
- 13-16 TWINKLE THRU; PICK-UP TO PAT-A-CAKE; APT; TOG BFLY
LIFT FT BK;**
123123 13-14 Fwd L, fwd R trn LF to OP, cl L to R cont trn to fc LOD; fwd R,
fwd L, cl R (W curve 3 to pick-up L,R,L) end tch lead palms trail hnds
still joined;
1--1--- 15-16 Push apt L trn bk on ptr in "V" pos sweep lead arms up & out
CCW (W CW); tog to BFLY lean in to just tch at chest trn heads COH,
lift L ft bk knee bent;;

REPEAT A

PART D

- 1-4 2 REVERSE TRNS TO SEMI;; LADY INSIDE UNDERARM TRN; APT;**
123123 1-2 Fwd L start LF trn, sd R cont L fc trn, XLIF of R (W cl R to L);
bk R cont LF trn, sd L leading W to step fwd in SCP, cl R to L (W fwd L,
fwd R, fwd L start LF trn under lead hnds);
1231-- 3-4 Almost in pl fwd L, R, L (W bk R cont LF trn, fwd L under joined
lead hnds, cont to trn LF to fc RLOD bk R); step apt R to "V" bk to bk
pos (W cont to trn LF to step apt L down LOD);
- 5-8 TOG; APT; STOP THE MAN; TOG TO CP;**
1--1-- 5-6 Step tog L to pat-a-cake trail hnds lead hnds still joined; step apt R to
"V" bk to bk pos;
--12- 7-8 Look twd each other but swvl on standing ft no wgt chg keep pelvis
bk (W swvl and look at ptr raise trail hnd like saying stop palm twd M);
Step tog to CP L, R;;
- 9-12 2 REVERSE TRNS;; CLOSED CHG; NATURAL TRN;**
123123 9-10 Fwd L start LF trn, sd R cont L fc trn, XLIF of R (W cl R to L); bk R
cont LF trn, sd L cont LF trn, cl R to L (W XLIF of R) making one rev 1-
over two trns;
123123 11-12 Fwd L, sd & fwd R, cl L to R; Fwd R trn RF, sd L cont RF trn, cl R
to L fc RLOD (W bk L trn RF, sd R cont trn, cl L to R);
- 13-16 4 NATURAL TRNS TO FC WALL;;;**
123123 13-14 Bk L trn RF, sd R cont RF trn, cl L to R fc LOD (W fwd R comm
RF trn, sd L cont RF trn, cl R to L); Fwd R trn RF, sd L cont RF trn, cl R
to L fc RLOD (W bk L trn RF, sd R cont trn, cl L to R);
123123 15-16 Bk L trn RF, sd R cont RF trn, cl L to R fc LOD (W fwd R comm
RF trn, sd L cont RF trn, cl R to L); Fwd R trn RF to fc wall, sd L, cl R to
BFLY;

ENDING

- 1-4 BALANCE LEFT & RIGHT;; CANTER TWIRL;;**
123123 1-2 Sd L, XRIB of L, recov L; Sd R, XLIB of R, recov R;
1-31-- 3-4 Sd L, draw R to L, cl R to L (W sd & fwd R, draw L to R as trn
RF under lead hnds, cl L to R); sd L, draw R to L in BFLY;;
- 5-9 REVERSE CANTER TWIRL;; CANTER; SIDE; BOW COURTESY;**
1-31-- 5-6 Sd R, draw L to R, cl L to R (W sd & fwd L, draw R to L as trn LF
under lead hnds, cl R to L); sd R, draw L to R in BFLY;;
1-31-- 7-89 Sd L, draw R to L, cl R to L (music is slowing); sd L (music very
slow); M bow by bending over at waist (W courtesy by bringing L ft
behind R and lower in knee and lower head);