

ALMOST A YEAR

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MUSIC : "11 Months & 29 Days" – Download – I-Tunes & Other Sites
ARTIST: Johnny Paycheck FOOTWORK: Opposite throughout
RHYTHM: WEST COAST SWING RELEASED: JUNE 2012
PHASE: Phase VI + 2 UNPH SPEED: 45 RPM LENGTH OF MUSIC: 3:42
(Passing Tuck to Hammerlock, Underarm Exit) SEQUENCE: INTRO-A-B-C-B-A(Mod)-END

INTRODUCTION

1 MAN FCG RLOD & PTR LD FT FREE RT TO RT LF TO FT [LF OVER TOP] WAIT " A 1,2,3,4" ;

1] Man fcg RLOD & ptr ld ft free hld both hnds L to L over top of R to R ;

2-4 TRAVELING SIDE PASS , , ; RT SIDE PASS , , ;

2-4] **{Trav Sd Pass}** Bk L comm LF trn, sd & bk R comp ¼ LF trn, XLIB/sd R, sd L lowering jnd L hnds to lead w to swirl LF ; XRIF/sd L, cl R, (Fwd R, fwd L comm LF trn, twrl LF 1 & ½ under jnd hnds sm sd R/sip L, sm fwd R end slightly bhnd to man's L sd ; XLIB/sd R, XLIF,) **{Rt Sd Pass}** Sd & fwd L[LOD], rec bk R ; point L fwd, fwd L, in plc R/L, sm bk R (Fwd R, fwd L ; fwd R trng ¼ LF/ XLIF trn ¼ LF, bk R , in pl L/R, sm bk L) ;

5 KICK BALL CHANGE 2 X ;

5] Kick L fwd/take weight on ball of L beside R, replace weight on R, kick fwd L/ball L, replace R ;

PART A

1-3 PASSING TUCK TO A HAMMERLOCK , , ; UNDERARM EXIT , , ;

1-3] **{Passing Tuck to Hammerlock}** Bk L, trng ¼ LF bk R bring L shldr bk to tight BFLY, tch L, trn ¼ LF fwd L raise jnd ld hnds ovr W's head & jnd trlg hnds low beh W's bk ; Sip R/L, R bring jnd lead hnds down to chest level fc RLOD, (W fwd R, fwd L swvl ¼ LF to fc ptr, tch R to L, swvl ¼ RF fwd R ; Trng ½ RF sip L/R, L,) **{Undrarm Exit}** Bk L, fwd R trn RF raise jnd lead hnds ; Sd & fwd L trng RF/rec R trng RF, fwd L to fc ptr, sip R/L, sm bk R fc LOD (Fwd R, fwd L stg LF trn undr ld hnds; Sd R trn LF ¼ /XLif trng 1/8 LF, bk R trng 1/8 LF, sip L/R, sm bk L) ;

4-8 SAILOR SHUFFLE 2 X ; WRAPPED WHIP ; ; WHIP INSIDE TURN ; ;

4] XLIB/sd R, sd L, XRIB/sd L, sd R ;

5-6] Bk L to dbl hnd hld, rec fwd R trng ¼ RF, bring m's L (W's R) hnds in & over w's head sd L cont RF trn/cl R, sd & fwd L in wrapped pos ; XRIB trng RF release M's R (W's L) hnds, sd L trng RF to fc LOD,

7-8] Bk L, fwd R twd W's R sd to loose CP, swvl ¼ RF sd L/rec R trng ¼ RF, fwd L raising ld hnds; Leading W's LF underarm trn XRIB trng ½ RF, fwd L, sm bk R/rec L, sm bk R fc LOD (Fwd R, fwd L trng RF ½, bk R/cl L, fwd R; Fwd L comm LF trn, fwd R trng ½ LF, sm bk L/rec R, sm bk L) ;

9-12 *ROCK WHIP ; ; ; *CHICKEN WALKS 4 QK ;

9-11] Bk L, fwd R twd W's R sd to loose CP, sd L trng ¼ RF/rec R trng ¼ RF, fwd L ; Strong RF body trn fwd R between W's feet, sd L completing ½ RF trn, cont RF trn rec R between W's feet, sd L comp ½ RF trn ; Cont RF trn rec R between W's feet, comp ½ RF trn fwd L releasing CP & ld W bk to LOFP, sm bk R/rec L, sm bk R fc LOD (Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R pvt ½ RF ; bk L, rec R pvt ½ RF, bk L, rec R pvt ½ RF ; Bk L, bk R, sm bk L/rec R, sm bk L) ;

12] Bk L, bk R, bk L, bk R (Swvl RF fwd R, swvl LF fwd L, swvl RF fwd R, swvl LF fwd L) ;

*2nd time thru end Rock Whip in R to R Handshake *2nd time thru end Chicken Walks with L hnd XOR

PART B

1-3 TUCK & SPIN TO HANDSHAKE , , ; FACE LOOP SUGAR PUSH , , ;

1-3] **{Tuck & Spin}** Bk L, bk R w L shldr slightly bk tucking W in, pt L fwd, fwd L raise jnd ld hnds spin W RF; SIP R/L, sm bk R offering W R hnd (Fwd R, fwd L, draw R to L w slight LF trn, trng ½ RF fwd R spinning RF to fc ptr; SIP L/R, sm bk L end in R to R hndshk), **{Fc Loop Sgr Psh}** Bk L, bk R w slight RF trn plc jnd R hnds over M's head to neck & M's L hnd to W's R hip; point L fwd, fwd L, SIP R/L, sm bk R (Fwd R, fwd L w slight RF trn placing jnd R hnds over M's head to neck & place L hand on M's upper R chest; draw R to L, bk R, SIP L/R, sm bk L) ;

4-8 CHICKEN WALK 2 SL ; TUMMY WHIP WITH 2 SWEETHEARTS ; ; ;

4] Bk L, - , bk R, - (Swvl RF fwd R, - , swvl LF fwd L, -) ;

5-8] **{Start Tummy Whip}** Bk L release jnd ld hnds, XR fwd comm RF trn catch W's R hip as she steps past, sd L cont RF trn/cl R comp ½ RF trn, sd & fwd L fc RLOD; **{Sweethearts}** X chk R fwd release hnds, rec L, sd R/cl L, sd R ; X chk L fwd no hnds jnd, rec R, comm RF trn sd L/cl R, sd L comp ¼ RF trn ; **{Finish Tummy Whip}** XRIB of L trn ¼ RF, fwd L to LOFP, SIP R/L, sm bk R (Fwd R, fwd L, fwd R/cl L, bk R; XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L, sd R; Bk L, bk R, SIP L/R sm bk L) ;

- 9-11 SUGAR PUSH HOOK TURN , , ; RT SD PASS WITH TUCK & TWIRL TO HANDSHAKE , , ;**
 9-11] *{Sugar Push Hook Trn}* Bk L, bk R w R shldr slightly bk, point L fwd, fwd L ; Hook R bhnd L trng ½ RF taking jnd hnds over head/Cont trn releasing W's R hnd let it slide down the R arm sd L, cl R to tandem R to R hnds jnd fcg RLDC (Fwd R, fwd L, draw R to L, bk R ; SIP L/R, sm bk L) , *{Rt Sd Pass}* Sd & fwd L, rec R ld W to fc ptr; Point L, fwd L raise R hnd up & out to ld ptr into RF twirl, SIP R/L, sm bk R to fc ptr (Fwd R, Fwd L pass M ; Swvl ¼ LF tch R, Swvl ¼ RF fwd R spin ½ RF, SIP L/R, sm bk L) ;
- 12 KICK BALL CHANGE 2 X CROSS HANDS [L OVER R] ;**
 12] Kick L fwd/take weight on ball of L ft beside R, SIP R, XL hnds over R kick fwd L/ball L, SIP R fcg RLOD ;

PART C

- 1-4 TRAVELING SIDE PASS , , ; RT SIDE PASS , , ; KICK BALL CHANGE 2 X ;**
 1-3] *{Trav Sd Pass}* Bk L comm LF trn, sd & bk R comp ¼ LF trn, XLIB/sd R, sd L lowering jnd L hnds to lead W to twirl LF ; XRIF/sd L, cl R, fcg wall (fwd R, fwd L comm LF trn, twrl LF 1 & ½ under jnd hnds sm sd R/sip L, sm fwd Rend slightly bhnd to man's L sd ; XLIB/sd R, XLIF,)
{Rd Sd Pass} Rk sd & fwd L[LOD], rec bk R ; point L fwd, fwd L, in plc R/L, sm bk R fc LOD (Fwd R, fwd L; fwd R trng ¼ LF/ XLIF trn ¼ LF, bk R , in pl L/R, sm bk L) ; [Repeating meas 2-4 of Intro]
 4] Repeat meas 5 of Intro ;
- 5-8 ½ LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL , , , , ;**
 5-8½] Bk L, trng ¼ LF bk R lead W to M's L sd, cont trn point L fwd, fwd L fc RLOD; Cont LF trn SIP R/L. R end in R hnd star, roll 1 & 1/2 RF L, R to left hnd star; sd L / cl R, sd L trn 1/2 LF to right hnd star, sd R / cl L, sd R trn 1/2 RF to Lf hnd star; sd L / cl R, sd L, roll 1 & 1/8 LF R, L to LOFP ; anchor in pl R/L, sm bk R (Fwd R, fwd L, fwd R trng LF/XLIF, cont trn bk R ; Cont LF trn SIP L/R, L end in R hnd star, roll 1 & 1/2 RF R, L to left hnd star; sd R / cl L, sd R trn 1/2 LF to right hnd star, sd L / cl R, sd L trn 1/2 RF to left hnd star; sd R / cl L, sd R, roll 1 & 1/8 LF L, R to LOFP fc RLOD; anchor in pl L / R, L,) [M fcg RLOD]
- 8½-12 SUGAR PUSH WITH 1 ROCK ; ; CHEEK TO CHEEK , , ;**
 8½-12] *{Sugar Push w/rk}* Bk L, bk R; pnt L, fwd L, rk bk R, fwd L; in pl R/L, sm bk R (W fwd R, fwd L; draw R to L, rk bk R, rk fwd L, bk R; in pl L/R, sm bk L,) *{Cheek to Cheek}* Bk L, fwd R commence RF trn; lift L knee up & tch M's L hip to W's R hip, XLIF trng LF to fc ptr, sip R/L, sm bk R ;
- 13-16½ LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL , , , , ;**
 13-16½] Repeat meas. 5 – 8 ½ , , moving LOD & end fcg LOD ; ; ;
- 16½-20 SUGAR PUSH , , ; SURPRISE WHIP ; ;**
 16½-20] *{Sugar Push}* Bk L, bk R; pnt L, fwd L (W fwd R, fwd L, draw R, bk R), sip R/L, sm bk R (W sip L/R, sm bk L) ; *{Surprise Whip}* Bk L, rec fwd & sd R moving to W's rt side comm RF trn ¼ to CP, sd L cont RF ¼ /rec fwd R, sd & fwd L complete ½ RF trn ; check fwd R CBMP trng upper body strongly to R leading W to turn sharply to the right and stopping woman with M's rt hnd on W's back ending in an L-shaped semi-closed pos looking at ptrn, rec bk L raising jnd Ind hands, anchor R/L, sm bk R ; (W fwd R, fwd L trn RF ½, bk R/cl L, fwd R between M's ft trng sharply RF ½ keeping L leg close to right and under body; ck bk L, rec fwd R trng RF under jnd ld hnds to face ptr, sip L/R sm bk L) [End with M fcg RLOD] ;
- 21-24 PULL IN 2 TO TURNING BASIC , , ; RK TO THROWOUT , , ; SAILOR SHUFFLE 2 X ;**
 21-23] *{Pull in to Trng Basic}* Bk L, fwd R trng ¼ RF twd W's R sd catch W in R arm, trn ½ RF L/R, L (W fwd R, fwd L into M's R arm trn RF, trn ½ RF R/L, R); sd R/cl L, sd R to CP WALL, *{Throwout}* Rk sd & fwd L, rec bk R (W Rk bk R, rec fwd L); Pnt L fwd release hold with R hnd, fwd L, sip R/L, bk R (W comm LF trn sd R/XLIF cont trn, bk R to fc ptr, sip L/R, sm bk L) to LOFP LOD ;
 24] XLIB/sd R, sd L, XRIB/sd L ,sd R;

**REPEAT PART B

**REPEAT PART A – End Rock Whip In Handshake & cross L hand over right by end of Chicken Walks

ENDING

- 1-3 TRAVELING SIDE PASS , , ; RT SIDE PASS , , ;**
 1-3] Repeat meas 2-4 of intro starting with M fcg LOD & end fcg RLOD ; ; ;
- 4-6 UNDERARM TURN , , ; PULL IN 2 TO CP DIP BK & LEG CRAWL [OPT KISS] ;**
 4-6] *{Undrarm Trn}* Bk L, fwd R trng RF raise jnd lead hnds ; Sd & fwd L trng RF/rec R trng RF, fwd L to fc ptr, SIP R/L, sm bk R fc LOD (Fwd R, fwd L stg LF trn undr ld hnds; Sd R trn LF ¼ /XLif trng 1/8 LF, bk R trng 1/8 LF, sip L/R, sm bk L) ; *{Pull In & Leg Crawl}* Bk L, fwd R trng to CP WALL, bk L with slight LF twist leaving R leg extended, - (Fwd R & lift L leg up along man's outer thigh with toe pointed to floor, -) ;