

"AMERICAN BANDSTAND"

Choreographer: Irv & Betty Easterday, 18723 Dover Drive, Hagerstown MD
21742 phone: 301-733-0960 / email: Roundarama@aol.com
Music: *S*T*A*R #106A (Flip: "MORE THAN EVER")
Rhythm/Phase: Two Step Phase: II +2 (Rk the Boat, Point Steps)
Footwork: Opposite 45 rpm July 2002
Sequence: INTRO A B A(1-8) C A(1-8) END



MEAS

INTRO

1 - 4

OP FAC LOD WAIT;; CIRCLE 4;;

1 - 4 OP fac LOD no hds jnd wait 2;; Circle 3/4 LF (W RF) shimmy hands held high L,-,R,-; L,-,R end BFLY M fac WALL,-;

PART A

1 - 8

FC - FC; BK - BK; SD 2 STEP KNEE L & R;; HTCH APT; SCIS THRU; VINE 8;;

1 - 4 BFLY WALL release lead hds sd L, cl R, sd L trn 1/2 LF,-; sd R., cl L, sd R trn 1/2 RF to BFLY,-; sd L, cl R, sd L, bend R knee IF of L; sd R, cl L, sd R, bend L knee IF of R;
5 - 8 BFLY bk L, cl R, fwd L (W bk R, cl L, fwd R),-; sd R, cl L, XRIF (W XLIF); sd L, XRIB, sd L, XRIF;
REPEAT MEAS 3;

9 - 16

REPEAT MEAS 1 - 8 PART A ;;;;;;

PART B

1 - 8

CIRC BOX;; SLO RK THE BOAT TWICE;; 2 TRNG 2 STEPS;; WALK (W TWIRL) 2; WALK 2;

1 - 4 LOP WALL sd L, cl R, fwd L,-; sd R, cl L, bk R (W RF trn under jnd lead hds fwd R,L,R,-; L,R,L) to SCP LOD,-; Fwd L straight knee lean fwd, -, relax knee cl R straighten body; REPEAT MEAS 3;
5 - 8 Blend CP sd L, cl R, sd L pivot 1/2 RF,-; sd R, cl L, sd R pivot RF end SCP LOD,-; walk L, -, R (W RF twl R,-,L under jnd lead hds) end SCP,-; walk fwd L, -, R fc WALL,-;

9 - 16

REPEAT MEAS 1 - 8 PART B ;;;;;;

PART A (1-8)

1 - 8

FC - FC; BK - BK; SD 2 STEP KNEE L & R; HTCH APT; SCIS THRU; VINE 8;;

1 - 8 REPEAT MEAS 1 - 8 PART A ;;;;;;

PART C

1 - 8

PT STEPS 4;; VINE APT & TOG;; SCIS THRU TWICE;; SLO SD CLOSE TWICE;;

1 - 4 SCP LOD pt fwd L, step fwd L, pt fwd R, step fwd R; REPEAT MEAS 1; release SCP vine apt sd L, XRIB (XLIB) sd L, clap hds; sd R twd ptr, XLIB (W XRIB), sd R trn 1/4 RF to LOP WALL,-;
5 - 8 LOP sd L, cl R, XLIF (W XRIF),-; sd R, cl L, XRIF (W XLIF) end BFLY WALL,-; sd L,-, cl R,-; REPEAT MEAS 3;

9 - 16

REPEAT MEAS 1 - 8 PART C ;;;;;;

PART A (1 - 8)

1 - 8

FC - FC; BK - BK; SD 2 STEP KNEE L & R; HTCH SCIS;; VINE 8;;

1 - 8 REPEAT MEAS 1 - 8 PART A ;;;;;;

ENDING

1 +

[5 SLO BEATS] WALK (W TWIRL) 2; WALK 2; APT PT;

1+ SCP LOD walk L, -, R (W RF twl R,-,L under jnd lead hds), -; bl end OP LOD walk fwd L, -, R,-; lunge apt L/ pt R twd ptr free hds high,