

Composers: Richard and Jo Anne Lawson, 237 Mamie Lane, Birmingham, AL 35215  
 Record: Special Pressing (flip of I Just Need Your Lovin') (205)853-4616  
 Sequence: Intro-A-B-B(1-12)-Ending SPEED FOR COMFORT Rhythm: Foxtrot  
 Roundalab Phase V + 2 (Cont Hover Cross and Running Spin & Weave)

## INTRO

- 1 - 4 WAIT; THRU TO REV & CHASSE; CHAIR & REC,SD; THRU TO LOD & CHASSE;  
 1-2 In Bfly/Wall with lead feet free wait 1 meas; (count SQ/&Q)  
 SQ/&Q Step thru in Bfly on L twd RLOD,-,sd R/cl L,sd R;  
 SQQ 3-4 Chair thru in Bfly on L twd RLOD,-,rec on R,sd L twd LOD; Step  
 SQ/&Q thru in Bfly on R twd LOD,-,sd L/cl R,sd L;  
 5 - 9 LILT TO CHAIR,REC TO BK WHISK,STEP FWD; PROM SWAY,CHANGE SWAY,RISE;  
BK CHASSE PICKUP; SYNC ZIG ZAGS;;  
 Q/&Q Q/&Q/& 5-6 Step thru in Bfly on R twd LOD/cl L on toes,chair thru on R,  
 rec on L/bk R,cross LIB/step fwd on R(W thru L/cl R,chair thru  
 on L,rec on R/bk L,cross RIB/step fwd on L)to SCP/LOD; Sd &  
 SQQ & body stretch,rise on lead foot to CP/Wall; (think 1,2,3,4/&);  
 (Prom Sway on 1, hold 2,chg sway on 3,rise on 2 Q notes)  
 7-9 Step bk twd COH on R,sd L/cl R,sd L,step thru on R picking up W  
 QQ/&QQ to CP/LOD; Fwd L trng LF,sd R,step beh on L to Bjo-DRC/sd R  
 QQQ/&Q L trng RF,fwd L(W bk R trng LF,sd L,step in front on R to Bjo/sd  
 QQQ/&Q L trng RF,bk R)to CP/LOD; Fwd R trng RF,sd L,step beh on R to  
 SCar-DRW/sd L trng LF,fwd R(W bk L trng RF,sd R,step in front  
 on L to SCar/sd R trng LF,bk L)to CP/DW;

## PART A

- 1 - 4 REVERSE TURN;; THREE STEP; START CONTINUOUS HOVER CROSS;  
 1-2 Fwd L start LF trn,-,sd R cont trn,bk L LOD(W bk R start LF  
 SQQ heel trn,-,cl L to R cont trn,fwd R)to CP/RLOD; Bk R cont LF  
 SQQ trn,-,sd & fwd L,fwd R(W fwd L cont trn,-,sd R,bk L)to Bjo/DW;  
 SQQ 3-4 Fwd L,-,fwd R,fwd L; Fwd R DW start RF trn,-,cont trn sd L,with  
 strong RF trn on L small sd step on R to fc DC(W bk L start RF  
 SQQ heel trn,-,cont trn & chg wgt to R,sd L);  
 5 - 8 FINISH CONT HOVER CROSS; ,,CHECK TO OUTSIDE SWIVEL; PROM WEAVE;;  
 5-6 Fwd L across R to SCar,cl R to L,bk L in Bjo,bk R(W bk R to  
 QQQQ SCar,sd L to CP,fwd R to Bjo,fwd L)to CP; Sd & fwd L with L sd  
 QQS lead,fwd R(W sd & bk R,bk L)to Bjo/DC(ck action here-this is  
 the end of the Cont Hover Cross),step bk on L(W step fwd R  
 outside M swivel RF on ball of R ft)to SCP/DC,-;  
 7-8 Fwd R,-,fwd L trng LF to CP,sd & bk R(W fwd L,-,sd & bk R to  
 SQQ CP,cont trn sd & fwd L); Bk L,bk R trng LF to CP,sd & fwd L,fwd  
 QQQQ R(W fwd R,fwd L trng LF,sd & bk R,bk L)to Bjo/DW;  
 9 - 12 REV WAVE;; BACK TIPPLE CHASSE PIVOT; HESITATION CHANGE;  
 9-10 Fwd L start LF trn,-,sd R,bk L(W bk R start LF heel trn,-,cont  
 SQQ trn cl L to R,fwd R)to CP/DRC; Bk R,-,bk L,bk R curving LF(W  
 SQQ fwd L,-,fwd R,fwd L curving LF)to CP/RLOD;  
 11-12 Bk L start RF trn,-,cont trn sd R/cl L,fwd R with a RF pivoting  
 SQ/&Q action(W fwd R start RF trn,-,cont trn sd L/cl R,bk L pivoting  
 SQQ action)to CP/RLOD; Bk L trn RF,-,sd R,dr L to R to CP/DC;  
 13 - 16 CONTRA CHECK & REC TO CP; REV TURN CHECK & WEAVE;;  
 13-14 Lower & step fwd L with R shoulder lead look at top of W's head  
 SS (W lower & step bk with R shoulder fwd look well to L),-,rec on  
 SQQ R(W rec on L)to CP/DC,-; Fwd L start LF trn,-,sd R cont trn,bk  
 L(W bk R start LF heel trn,-,cont trn on L,fwd R)to CP/RLOD;  
 15-16 Ck bk on R,-,rec fwd L,sd R(W ck fwd L,-,rec bk R,sd L); Bk L  
 SQQ to Bjo,bk R trng LF,cont trn sd & fwd L,fwd R(W fwd R to Bjo,  
 QQQQ fwd L trng LF,cont trn sd & bk R,bk L)to Bjo/DW;

## PART B

- 1 - 4 WHISK; RIPPLE CHASSE; THRU RISING LOCK; DOUBLE REVERSE;  
 1-2 Blend to CP fwd L,-,fwd & sd R start rising to ball of ft,XLIB  
 SQQ of R to full rise to SCP/DC; Thru R,-,blend to CP step sd L  
 SQ/&Q trng head to R with R sway/cl R,sd & fwd L(W thru L,-,blend to  
 CP step sd R trng head to L with L sway/cl L,sd & fwd R)  
 straighten sway to SCP/DC;  
 3-4 Thru R,-,sd & fwd L trng LF,lock RIB of L(W step thru L,-,sd  
 SQQ and fwd R trng LF,lock LIF of R)to CP/DC; Fwd L trng LF,-,fwd  
 & sd R around W spinning on ball of R ft,cont LF spin on R  
 SQQ bringing L to R no wgt(W bk on R start LF heel trn,-,cont heel  
 (W SQ/&Q) trn chg wgt to L/fwd & sd R trng LF,lock LIF of R)to CP/LOD;  
 5 - 8 TRN TO RIGHT CHASSE; BK TO HOVER CORTE; ROYAL SPIN; HALF NAT TURN;  
 5-6 Fwd L trng LF and blend CP/COH,-,sd R/cl L,sd R to Contra Bjo/  
 SQ/&Q DRC; Step bk L DW in Bjo,bk R trng LF and blend to CP/RLOD,sd &  
 fwd L with hovering action,rec bk R(W fwd R in Bjo,fwd L trng  
 QQQQ LF,sd & fwd R with hovering action,rec L)to Bjo/DW;  
 7-8 Bk L small step start RF trn,-,fwd R outside ptr cont RF trn,  
 SQQ fwd L(W fwd R outside ptr,-,ronde L CW up,then down with no  
 wgt)to Bjo/LOD fwd R start RF trn,-,sd L DW,bk R LOD(W bk L  
 SQQ start RF heel trn,-,cont heel trn cl R,fwd L)to CP/RLOD;  
 9 - 12 RUNNING SPIN & WEAVE;; FWD TO RIGHT LUNGE,ROLL,REC,SLIP;;  
 9-10 Bk L pivot 1/2 RD,-,fwd R cont trn/sd L,bk R(W fwd R pivot 1/2  
 SQ/&Q RF,-,bk L cont trn/sd R,fwd L)to Bjo/DRW; Bk L,bk R trng LF,sd  
 QQQQ & fwd L,fwd R(W fwd R,fwd L trng LF,sd & bk R,bk L)to Bjo/DW;  
 11-12 Blend to CP & step fwd L,-,flex L knee & step sd & fwd DW on R  
 SS keeping L sd in twd ptr & flexing R knee as wgt is taken(W bk  
 R,-,flex R knee & step sd & bk DW on L keeping R sd in twd ptr  
 & flexing L knee as wgt is taken),-; Hold R Lunge 1 more beat,  
 5  
 QQQQ roll upper body RF,rec on L,trng LF step bk on R(W hold 1 beat,  
 roll upper RF,rec on R,trng LF slip L fwd)to CP/DC;  
 13 - 16 TELEMARK TO BJO; FWD & FWD/LOCK,FWD; NATURAL WEAVE;;  
 13-14 Fwd L start LF trn,-,fwd & sd R around W cont LF trn,sd & fwd  
 SQQ L(W bk R start LF heel trn,-,cont trn & chg wgt to L,bk & sd R)  
 SQ/&Q to Bjo/DW; Fwd R,-,fwd L/lock RIB,fwd L to Bjo/DW;  
 15-16 Fwd R start RF trn,-,cont trn sd L,sd & bk R DC(W bk L start RF  
 SQQ heel trn,-,cont trn cl R,sd & fwd L); Bk L to Bjo,sd & bk R to  
 CP trn LF,sd & fwd L,XRIF(W fwd R to Bjo,fwd L to CP,sd & bk R,  
 QQQQ XLIB)to Bjo/DW;

## ENDING

- 1 - 4 TELEMARK TO SCP,CHAIR; REC,SLIP,DIP BK,REC; 5 COUNT DIAMOND TURN;;  
 1-2 Fwd L start LF trn,sd R cont trn,sd & fwd L,chair thru DW on R  
 QQQQ (W bk R start LF heel trn,cont heel trn chg wgt to L,step sd &  
 fwd R,chair thru DW on L); Rec L,small step bk R to CP,dip bk  
 QQQQ L,rec R(W rec R,swivel LF on R & step fwd L to CP,dip fwd R,  
 rec L)to CP/LOD; (Slight Pause)  
 QQQ/&Q 3-4 Fwd L trng LF,sd R,bk L/cl R,bk L to Bjo/DRC; Bk R trng LF,sd  
 QQQ/&Q L,fwd R/cl L,fwd R to Bjo/DRW;  
 5 - 9 FINISH 5 COUNT DIAMOND TURN;; TELEMARK TO PROMENADE SWAY; CHANGE  
SWAY; CHANGE BACK TO PROMENADE SWAY;  
 QQQ/&Q 5-6 In Bjo/DRW repeat action of meas 3-4 of Ending to end Bjo/DC;;  
 QQQ/&Q (Last diam trn will be slightly retarded.)  
 QQS 7-9 Fwd L start LF trn,sd R cont trn,sd & fwd L to Promenade Sway  
 (W bk R start LF trn,cont heel trn chg wgt to L,step sd & fwd R  
 to Prom Sway),-; Chg sway,-,-,-; On last flurry of notes roll  
 upper body and chg sway back to Promenade Sway and hold;