

The Way You Do



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Music: Available from choreographers on Mini-Disc (same Mini-Disc as "La Mer")

Speed: 25 BPM as on Mini-Disc

Footwork: Opposite, directions for man (lady as noted)

[Note: Timing indicates weight changes only]

Rhythm & Phase: West Coast Swing VI

Sequence: **Intro A A B Modif-A End**

Version 1.01

Meas

INTRO

1-4	<u>CHASSE FWD 2; SWIVEL WALK 4; TUCK TRN; SD BREAK & FREEZE (W SIT & HIP ROLL);</u>
....	Wait pickup notes in SCP fcg LOD
1a23a4	1 {Chasse Fwd 2} Chasse fwd L/R, L, R/L, R in SCP fcg LOD;
1234	2 {Swivel Walk 4} Swiveling RF on R fwd L, swiveling LF on L fwd R, swiveling RF on R fwd L, swiveling LF on L fwd R;
-23a4	3 {Tuck Trn} Swiveling RF on R tch L to R leading W trn LF, slightly trng LF to fc LOD step L in pl raising jnd lead hnds to lead W trn RF under jnd lead hnds, anchor stp R/L, R (W swiveling LF on L to fc M tch R, fwd R comm trng RF under jnd lead hnds, cont trn RF L/R, L to fc M) end LOP Fcg Pos M fcg LOD;
a1---	4 {Sd Break & Freeze (W Sit & Hip Roll)} Sd L/sd R, freeze, -, - (W bk R/cl L bending both knees, roll hips CW, -, -) end LOP Fcg Pos M fcg LOD;

PART A

1-8	<u>UNDERARM TRN to R-HND STAR - WIGWAG - 4 SD TCHES - WIGWAG -</u>
	<u>R SD PASS w/ TUCK & SPIN;,,,,; L CIRCLE PASS;:</u>
123a45a6	1-6 {Underarm Trn to R-hnd Star} LOP Fcg Pos M fcg LOD bk L, rec R trng RF to fc WALL leading W pass under jnd lead hnds, sd L/cl R, sd L joining R-R hnds; Anchor stp R/L, R (W fwd R, fwd L comm trng LF 3/4 passing under jnd lead hnds, sd R/XLIB, sd R cont trng LF under jnd lead hnds to fc COH; Anchor stp L/R, L) end in R-hnd STAR Pos M fcg WALL (W fcg COH) R-hnds jnd,
1234	{Wigwag} Traveling twd LOD swivel LF on heels, swivel RF on balls; Swivel LF on heels, swivel RF on balls shifting wgt to R (W swivel RF on heels, swivel LF on balls; Swivel RF on heels, swivel LF on balls shifting wgt to L),
a-a-a-a-	{4 Sd Tches} Sd L/tch R, sd R/tch L; Sd L/tch R, sd R/tch L,
1234	{Wigwag} Repeat the above end R-hnd STAR Pos M fcg WALL (W fcg COH) leading ft free;,,,
12-45a6	{R Sd Pass w/ Tuck & Spin} Sd L, rec R leading fwd twd LOD; Tch L to R leading W swivel LF, sd L trng LF 1/4 to fc LOD leading W spin RF & release hnds, anchor R/L, R (W sd R trng RF to fc LOD, fwd L; Swiveling LF on L to fc M tch R, sd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg LOD;
123a4567a8	7-8 {L Circle Pass} Bk L slightly across body joining trailing hnds, sd & fwd R leading W fwd to M's L sd, raising jnd lead hnds over M's head sd L/cl R, sd small steps twd COH passing under jnd lead hnds (W fwd R, fwd L twd M's L sd, trng LF 1/2 to fc LOD sd R bhnd M/XLIB, sd & fwd R) end in M's WRAPPED Pos both fcg LOD W slightly bhnd & to his R sd lead hnds across M's body trailing hnds at M's L-hip; Releasing trailing hnds bk R leading W fwd, rec L raising jnd lead hnds to lead W trn LF, keep leading W trn LF under jnd lead hnds anchor R/L, R (W fwd L comm trng LF 1-1/2, small step bk R cont trng LF, step almost in pl L/R, L cont trng LF under jnd lead hnds to fc M) end in LOP Fcg Pos M fcg LOD;

PART A (cont'd)**9-16 CRAZY WHIP;;; R SD PASS w/ TUCK & SPIN - CHEEK TO CHEEK;;;****BHND THE BK WHIP w/ SPIN ENDING;;**

- 123a4 9-11 **{Crazy Whip}** LOP Fcg M fcg LOD bk L, rec R trng RF, sd L twd LOD/rec R comm trng RF, 1a-3a-5a-7a8 sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end CP M fcg RLOD; Trng RF 1/4 on L dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD, dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD; Dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD, XRIB/ sd L, XRIF joining R-hnds (W trng RF 1/4 on R dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD, dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD; Dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD, anchor L/R, L trng RF 1/4 to fc RLOD) end L-Shape Pos M fcg COH (W fcg RLOD) R-hnds jnd;
- 12-45a6 12-14 **{R Sd Pass w/ Tuck & Spin}** Sd L, rec R leading fwd twd LOD; Tch L to R leading W swivel LF, sd L trng LF 1/4 to fc RLOD leading W spin RF & release hnds, anchor R/L, R (W sd R trng RF to fc LOD, fwd L; Swiveling LF on L to fc M tch R, sd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg RLOD;
- 12-45a6 **{Cheek to Cheek}** Bk L, rec R (W fwd R, fwd L); Swivel RF 1/2 on R lifting L-knee and bumping hips, fwd L twd RLOD, swiveling LF 1/2 on L to fc LOD anchor R/L, R end LOP Fcg Pos M fcg RLOD;
- 123a4567a8 15-16 **{Bhnd The Bk Whip w/ Spin Ending}** Bk L, rec R raising R-hnd straight up leading W twd his R-sd jnd lead hnds at M's R-waist, XLIF joining R-hnds/sd R, XLIF joining L-hnds (W fwd R, fwd L twd M's R-sd, run R/L, R circling CW bhnd to M's L-sd) end momentary M's SKATERS Pos both fcg RLOD; Releasing R-hnds bk R, rec L leading W spin RF w/ jnd L-hnds, anchor R/L, R joining lead hnds (W fwd L, fwd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg RLOD;

17-24 WRAPPED WHIP HALF; WHEEL 2 & UNWRAP; LUNGE APT & W ROLL IN; W X RONDE & X; CIRCULAR KICK SWIVELS 3 TIMES M TRANS & PUSH AWAY;;;

- 123a4 17 **{Wrapped Whip Half}** LOP Fcg Pos M fcg RLOD bk L joining trailing hnds, rec R trng RF raising jnd lead hnds, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc LOD lowering jnd hnds (W fwd R, fwd L, fwd R passing under jnd lead hnds/cl L, bk R) end WRAPPED Pos both fcg LOD;
- 123a4 18 **{Wheel 2 & Unwrap}** Fwd R comm wheel RF, fwd L cont wheel RF to fc RLOD, step in pl R/L, R releasing L-hnd to lead W roll out RF (W bk L comm wheel RF, bk R cont wheel RF to fc RLOD, roll out twd COH L/R, L) end OP Pos both fcg RLOD;
- 1234 19 **{Lunge Apt & W Roll In}** Sd L flexing knee, rec R leading W roll LF, releasing trailing hnds swivel RF 1/2 to fc LOD sd L, rec R joining both hnds at waist level (W sd R flexing knee, rec L comm roll LF one full trn, cont rolling LF sd R, cont rolling LF to M sd L) end BFLY Pos M fcg LOD;
- 1--- (W 1--4) 20 **{W X Ronde & X}** Shift wgt to L, hold, - - (W XRIF, comm rond L CW, cont ronde L CW, XLIF); (now same footwork)
- 2-4 -2-4 21-24 **{Circular Kick Swivels 3 Times M Trans Push Away}** BFLY Pos M fcg LOD kick R fwd across body, swiveling RF on L sd R, swiveling LF on R tap L-heel sd & fwd, swiveling RF on R XLIF; Swiveling LF on L kick R fwd across body, swiveling RF on L sd R, swiveling LF on R tap L-heel sd & fwd, tch L fwd (W swiveling RF on R XLIF) end BFLY Pos M fcg LOD; Step in pl L/R, fwd L pushing W away twd LOD, anchor R/L, R (W step in pl R/L, bk R, Anchor L/R, L) end LOP Fcg Pos M fcg LOD; (now opposite footwork)
- 1a23a4 **[Note: While doing Circular Kick Swivel 3 times, rotate one full trn CCW gradually.]**

PART B

1-8

WHIP w/ INSIDE UNDERARM TRN into TRIPLE TRAVEL w/ ROLL;;;;
SUGAR TOE HEEL SWIVELS - TUCK & SPIN ENDING;;

- 123a4567a8 1-5 {Whip w/ Inside Underarm Trn into Triple Travel w/ Roll} LOP Fcg Pos M fcg LOD bk L,
 123a45a67a8rec R trng RF, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W
 123a4 fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end momentary CP M fcg RLOD; XRIB trng
 RF raising jnd lead hnds to lead W trn LF under jnd lead hnds, cont trng RF to fc COH sd L
 w/ checking motion, joining R-hnds chasse twd LOD R/L, R swiveling RF to comm roll RF
 1-1/2 (W fwd L comm trng LF 3/4 und lead hnds, sd R cont trng LF to fc WALL, chasse twd
 LOD L/R, L swiveling RF to comm roll RF 1-1/2); Sd L cont roll RF, sd R con roll RF to fc
 WALL, joining L-hnd chasse twd LOD L/R, L swiveling LF 1/2 to fc COH; Joining R-hnds
 chasse twd LOD R/L, R swiveling RF 1/2 to fc WALL, joining L-hnds chasse twd LOD L/R, L
 swiveling LF to comm roll LF 1-1/4; Sd R cont roll LF, sd L cont roll LF to fc LOD, anchor
 R/L, R end LOP Fcg Pos M fcg LOD;
- 12--5--8 6-7 {Sugar Toe Heel Swivels} Bk L, rec R joining trailing hnds (W fwd R, fwd L), swiveling RF
 on R tch L-toe inward, swiveling LF on R tap L-heel sd & fwd; Swiveling RF on R XLIF,
 swiveling LF on L tch R-toe inward, swiveling RF on L tap R-heel sd & fwd, swiveling LF on
 L XRIF;
- 23a4 8 {Tuck & Spin Ending} Swiveling RF on R tch L fwd bracing lead hnds, fwd L leading W
 spin RF & release hnds, anchor R/L, R joining lead hnds (W swiveling LF on L to fc M tch R
 fwd, trng RF on L sd & bk R comm spin RF one full trn, cont spin RF L/R, L to fc M) end
 LOP Fcg Pos M fcg LOD;

9-16

RK WHIP M TRN TRANS to TANDEM;;; TANDEM SUGAR HOP - SWITCH BK -
TANDEM SUGAR HOP;;;; SWITCH BK W TRANS;

- 123a45678 9-11 {Rk Whip M Trn Trans to Tandem} LOP Fcg Pos M fcg LOD bk L, rec R trng RF, sd L twd
 1234 (W 123a4) LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc
 M, bk R/cl L, fwd R) end momentary CP M fcg RLOD; Fwd R comm trng RF, rec L cont trng
 RF, fwd R cont trng RF, rec L cont trng RF to fc RLOD (W bk L comm trng RF, rec R cont
 trng RF, bk L cont trng RF, rec L cont trng RF to fc LOD) end momentary CP M fcg RLOD;
 Fwd R cont trng RF releasing lead hnds, fwd L cont trng RF to fc LOD, step in pl R, L joining
 both hnds (W Bk L cont trng RF, fwd R cot trng RF to fc LOD, anchor L/R, L) end TANDEM
 Pos both fcg LOD both hnds jnd M bhnd W R-ft free for both;
 (now same footwork)
- 12-a45a6 12-15 {Tandem Sugar Hop} Fwd R, fwd L, swing R fwd/slightly hop on L lifting R-knee, bk R; Bk
 L/cl R, fwd L,
 1234 {Switch Bk} Fwd R releasing L-hnds, fwd L; Sd R, cl L joining L-hnds (W fwd R comm
 circle walk CW, fwd L cont circle walk CW; Fwd R cont circle walk CW to M's bk, trng RF
 on R cl L) end TANDEM Pos both fcg LOD both hnds jnd W bhnd M,
- 12-a45a6 {Tandem Sugar Hop} Fwd R, fwd L; Swing R fwd/slightly hop on L lifting R-knee, bk R, bk
 L/cl R, fwd L;
- 123a4 16 {Switch Bk W Trans} Fwd R comm circle walk CW releasing L-hnds, fwd L cont circle walk
 (W 1234) CW, triple step R/L, R cont trng RF to fc LOD joining lead hnds (W fwd R, fwd L, fwd R trng
 RF 1/2 to fc RLOD, cl L) end LOP Fcg Pos M fcg LOD;

MODIFIED PART A

1-8 UNDERARM TRN to R-HND STAR - WIGWAG - 4 SD TCHES - WIGWAG -

R SD PASS w/ TUCK & SPIN::: SURPRISE WHIP::

	1-6	LOP Fcg Pos M fcg LOD repeat Meas 1-6 of Part A end LOP Fcg Pos M fcg LOD:,,,,;
123a4567a8	7-8	{Surprise Whip} LOP Fcg Pos M fcg LOD bk L, rec R trng RF, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end momentary CP M fcg RLOD; Leading W trn RF fwd R flexing knee w/ check motion, rec L raising jnd lead hnds to lead W trn RF, anchor R/L, R (W trng RF 1/2 on R bk L twd LOD flexing knee, rec R passing under jnd lead hnds, trng RF 1/2 to fc M anchor L/R, L) end LOP Fcg Pos M fcg RLOD:

9-16 WRAPPED WHIP HALF; WHEEL 2 & UNWRAP; LUNGE APT & W ROLL IN; W X RONDE & X;
CIRCULAR KICK SWIVELS 3 TIMES M TRANS & PUSH AWAY;;;

9-16 LOP Fcg Pos M fcg RLOD repeat Meas 17-24 of Part A:.....

END

1-10 **WHIP w/ INSIDE UNDERARM TRN into TRIPLE TRAVEL w/ ROLL;;;;;**
SUGAR TOE HEEL SWIVELS - TUCK & SPIN to SHADOW M TRANS;;;

PT STEP 3 TIMES & PT HOLD;:

-234 (W -23a4)	1-7 8	Repeat Meas 1-7 of Part-B end LOP Fcg Pos M fcg LOD;,,,,; {Tuck & Spin to Shadow M Trans} Swiveling RF on R tch L fwd bracing lead hnds, fwd L leading W trn RF & release hnds, step in pl R, L joining L-hnds (W swiveling LF on L to fc M tch R fwd, step R in pl comm spinning RF 1-1/2, cont spin RF to fc LOD L/R, L) end SHADOW Pos both fcg LOD L-hnds jnd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd R-ft free for both; (now same footwork)
-2-4-6--	9-10	{Pt Step 3 Times & Pt Hold} Swiveling RF on L pt R fwd, step R in pl, swiveling LF on R pt L fwd, step L in pl; Swiveling RF on L pt R fwd, step R in pl, swiveling LF on R pt L fwd, hold as music fades out: