## MY HOLEY LIFE

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RHYTHM: Jive/West Coast Swing FOOTWORK: Opposite unless stated (directions for woman given in ( ) - most written at end of figures regardless of \# of meas. needed \& without measure notation)
PHASE: V SEQUENCE: INTRO, A,B, Inter 1, A,B, Inter 2, A,B, End
NOTE: the "coaster step" at the end of figures is danced as follows: man - cross R in back of $\mathrm{L} / \mathrm{sd} \mathrm{L}$, sd R as in a "sailor shuffle" - woman - back L/cl R, fwd L as in a "back hitch 3"

## INTRO

## 1-8 Opn-fcg/wall wait; APT, ACK, TOG, TCH; SD, TCH, SD CHASSE; RT TRNG FALLAWAY 2X; ; RK, REC, KICK/BALL CHANGE; <br> 1-2 In Opn-fcg/wall ld ft free wait 2 meas;; <br> 3-4

## 1-8

1-2
3
complete trn to end LO fcg/LOD; (W chasse sd trng RF on last step, chasse sd \& bk)
4-8 (Am Spin) rk apt L, rec R, chasse sd L/R, L bracing W so she can spin RF on last step of chasse (W chasse sd \& fwd R/L, R spinning RF 1 full trn on last step); chasse sd R/L, R, (stop \& go) rk apt $L$, rec $R$; chasse fwd $L / R, L$, rk fwd $R$, rec $L$ (wrap $W$ in LF as $W$ chasses fwd - man places his R hand on W's L shoulder blade at end of chasse); chasse bk R/L, R to end $\mathrm{LO} \mathrm{fcg} / \mathrm{LOD}$, (W chasse fwd R/L, R trng LF, wrap to M's R sd - rk bk L, rec R - chasse fwd L/R, L trng RF) (link rk) rk apt $L$, rec $R$; chasse tog $L / R, L$, sd $R / L, R$ trng $R F$ to end $C P /$ wall;

## PARTB

## 1-8 RK, REC, THROWOUT - TUCK \& SPIN;; UNDERARM TURN - SUGAR PUSH;;; WRAPPED WHIP;;

1-3 (rk, rec, throwout) trng to SCP/LOD rk bk L, rec R, chasse sd \& fwd $\mathrm{L} / \mathrm{R}$, L to end $\mathrm{LO} \mathrm{fcg} / \mathrm{LOD}$; coaster step (W chasse sd trng LF to face ptr - coaster step) (tuck \& spin) bk L, R; tch L to R, fwd L, coaster step end LO fcg/LOD; (W fwd R, L, tch R to L, bk R spin RF 1 full trn - coaster step)
4-6 (underarm turn) bk $L$ trng RF raise jnd ld hnds to $\operatorname{trn} \mathrm{W}$, fwd R trn RF , fwd $\mathrm{L} / \mathrm{R}$, L; coaster step to end LO fcg/RLOD (W fwd R, L passing on M's R side, under jnd ld hnds fwd R/L R trng LF coaster step) (sugar push) bk L, R; tch L to R, fwd L, coaster step to end LO fcg/RLOD;
7-8 (wrapped whip) bk L trng RF \& taking double hh, fwd R cont trn bring lead hnds over W's head to wrap - now both fcg LOD, sd L/cl R, sd L; XRIB trng $1 / 2 \mathrm{RF}$, sd L drop trail hnds, coaster step end LO fcg/RLOD; (W fwd R, L [now in frt of M in wrapped pos], fwd R/cl L, bk R - bk L, R, coaster step - W does not change facing direction during this figure)

## INTER 1

1-3 TOG $2 \& 2$ RF TURNING TRIPLES - RK, REC, KICK/BALL CHANGE 2X;;
1-3 (tog $2 \& 2$ RF trng triples) tog $L, R$, trng to $C P$ \& trng RF chasse $L / R, L ; R / L, R$ to end CP/wall, (rk, rec, kick/ball change $2 x$ ) trng to SCP rk bk L, rec R; kick L fwd, step in place L/R, kick L fwd, step in place L/R;

## INTER 2

1-7 UNDERARM TURN WITH A TRIPLE TRAVEL/ROLL - TOG 2 \& LINK;;;;; RK, REC, KICK/BALL CHANGE;

1-6 (underarm turn with a triple travel with roll) bk L trng RF raise jnd ld hnds to trn W , fwd R cont trn, chasse sd \& fwd L/R, L trng to fcg COH in a R hnd star; sd chasse $\mathrm{R} / \mathrm{L}, \mathrm{R}$, push lightly with R hnds roll $11 / 2 \mathrm{RF} \mathrm{L}, \mathrm{R}$ to face wall L hnd star; sd chasse $\mathrm{L} / \mathrm{R}, \mathrm{L}$ trn $1 / 2 \mathrm{LF}$ chg to R hnd star, sd chasse $R / L, R \operatorname{trn} 1 / 2 R F$ chg to $L$ hnd star; sd chasse $L / R, L$, push lightly with $L$ hnds roll 1 1/4 LF R, L join lead hnds; coaster step end LO fcg/LOD (W fwd R, L twd LOD pass on M's R sd, fwd R/L, R trng under jnd hnds 3/4 LF on last step to face wall in R hnd star - follow M's directions ftwk opp, rolls in same direction) (tog 2 \& link) tog L, R; chasse sd L/R, L, and R/L, R trng RF to end CP/wall;
7 (rk, rec, kick/ball change) repeat meas 8 of INTRO;

## END

1-11 TUCK \& SPIN - UNDERARM TURN WITH A TRIPLE TRAVEL/ROLL; ; ; ; LEFT SIDE PASS - WRAPPED WHIP - SUGAR PUSH;;;;

1-6 (tuck \& spin) repeat "tuck \& spin" from "Part B" to end LO fcg/RLOD (underarm turn with a triple travel with roll) repeat "underarm turn with a triple travel with roll" from "Inter 2" to end LO fcg/LOD; ;,;;;

7-11 (left side pass) bk $L$ trng LF raise jnd ld hnds to trn $W$, $\mathrm{cl} R$ to $L$ trng $L F$, fwd $L / c l R$, fwd $L$; coaster step to end LO fcg/RLOD (W fwd R, L passing on M's L side, under jnd ld hnds fwd R/L, R trng 1/2 LF - coaster step) (wrapped whip) repeat "wrapped whip" from "Part B" to end LO fcg/RLOD (sugar push) repeat "sugar push" from "Part B" to end LO fcg/RLOD;;;;

12-20 TOG 2 \& 2 RF TURNING TRIPLES - CHASSE ROLLS 2X - RK, REC, THROWOUT;;;;;;; SUGAR WRAP, PT \& HOLD;

12-18 (tog $2 \& 2 R F$ trng triples) tog $L, R$, trng to $C P$ \& trng RF chasse $L / R, L ; R / L, R$ to end $C P /$ wall (chasse rolls 2x) trng to SCP/LOD rk bk L, rec R; twds LOD no hnds jnd chasse sd L/R, L trng $1 / 2$ RF to bk-to-bk pos, chasse sd R/L, R trng $1 / 2 \mathrm{RF}$ to fc ptr; chasse sd $L / R, L$ trng RF to end $L$ half-open pos/fcg RLOD, both rk bk R, rec L; twds RLOD chasse R/L, R trng 1/2 LF to bk-to-bk pos, chasse sd L/R, L trng 1/2 LF to fc ptr; chasse sd R/L, R to end SCP/LOD (rk, rec, throwout) repeat "rk, rec, throwout" from "Part B" to end LO fcg/LOD;;

19-20 (sugar wrap, pt \& hold) bk $L$, $R$, tch $L$ to $R$, small step fwd $L$ wrapping $W$ in $L F$ to M's $R$ side; bk R/cl L to R, fwd R, pt L twds COH looking at ptr \& hold till music fades, -; (W fwd R, L, tch R to L, small step fwd R trng LF \& wrapping to M's R side - coaster step - pt R twds wall looking at ptr \& hold till music fades)

