

ALL THE WHILE

PG 1 OF 1

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MUSIC: STAR 220B available Palomino Records

FOOTWORK: Opposite unless otherwise indicated

RHYTHM: JIVE RAL PHASE III + 2 [shoulder shove, American spin]

SPEED: 45 RPM

SEQUENCE: INTRO A A B A C C B A(1-7) END

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INTRO

1-4 WAIT;; LINK RK SCP—RK REC;;

1-2 Fcg LOD LOP wait;;

3-4 Rk apt L(W R), rec R, sm chasse L/ cl R, sd L; chasse sd R/ cl L trng 1/4 RF to fc ptr/WALL, sd R blend to CP—rk bk L in momentary SCP(W R);

PART A

1-8 CHASSE L & R; CHNG R/L—CHNG L/R;;; CHNG HNDS BHD BK X 2;;; PROG RKS:

1 Fcg ptr WALL sd L/cl R, sd L, sd R/cl L, sd R;

2-4 Rk bk L to SCP, rec R, sd L/cl R, sd L trng 1/4 LF; sd & fwd R/cl L, sd R, rk apt L, rec R; sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R;(W rk bk R to SCP, rec L, sd R/cl L, fwd R trng 3/4 RF undr jnd lead hnds; sd & sl bk L/cl R, sd & bk L, rk apt R, rec L; fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R, sd L cont LF trn to fc ptr;)

5-7 Lead hnds jnd fcg WALL rk apt L, rec R, sl fwd L/cl R changing W's R hnd to M's R hnd, fwd L trng 1/4 LF; sl sd & bk R/cl L changing W's R hnd to M's L hnd, sd R cont trng 1/4 LF to fc ptr COH lead hnds jnd, rk apt L, rec R; sl fwd L/cl R, fwd L trng 1/4 LF, sl sd & bk R/cl L, sd R to fc ptr WALL in BFLY;(W rk apt R, rec L, fwd R/L, fwd R trng 1/4 RF; sd L/cl R, sd & bk L trng 1/4 RF to fc ptr WALL, rk apt R, rec L, fwd R/L, fwd R trng 1/4 RF sd L/cl R, sd & bk L trng 1/4 RF to fc ptr COH in BFLY;)

8 BFLY fcg WALL rk apt L, XRIF, rk apt L, XRIF;

REPEAT PART A

PART B

1-8 THROWAWAY; SHLDR SHOVE—LINK RK;;; R TRNG FALLAWAYS;;; RK REC SD CL;

1 Fcg ptr WALL lead hnds jnd sd L/cl R leading W twd LOD, sd L, sd R/cl L, sd R trng 1/4 LF to fc ptr LOD LOP (W fwd R/L, R picking up twd LOD, sd & bk L/cl R, sd L trng 1/2 RF to fc ptr RLOD LOP);

2-4 Rk apt L, rec R trng 1/4 RF, sd L/cl R, sd L twd ptr bringing M's L & W's R shldr tog; trng LF to fc ptr bk R/cl L, bk R, rk apt L, rec R; sm chasse fwd L/R, L sd R/L, R to CP WALL;

5-7 Rk bk L to SCP LOD, rec R to fc, trn RF 1/4 sd L/cl R, sd L; trng RF 1/4 sd R/cl L, sd R, rk bk L to SCP RLOD, rec R to fc; trng RF 1/4 sd L/cl R, sd L, trng RF 1/4 sd R/cl L, sd R to fc WALL;

8 Rk bk L, rec R to fc ptr WALL, sd L, cl R;

REPEAT PART A

PART C

1-8 PNT STEP PNT STEP; PNT STEP PNT STEP; CHNG R/L; AMERICAN SPIN—CHNG L/R;;;

AMERICAN SPIN—KICK BALL CHNG;;

1-2 SCP LOD pnt L to LOD, in plc L, pnt R to LOD, in pl R; REPEAT MEAS 1 PART C;

3 Sd L/cl R, sd L trng 1/4 LF to fc LOD, sd & fwd R/cl L, sd R (W sd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R, sd L cont LF trn to fc ptr RLOD);

4-6 Lead hnds jnd fcg LOD rk apt L, rec R (W rk apt R, rec L), with tone in L arm to assist W with spin action sd L/cl R to L, sd L(W rk apt R, rec L, sd R/cl L to R, sd R spinning RF one full trn); sd R/cl L to R, sd R, rk apt L, rec R (W sd L/cl R to L, sd L, rk apt R, rec L); sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl r, sd L cont LF trn to fc ptr) end fcg WALL;

7-8 REPEAT MEAS 4 PART C; sd R/cl L to R, sd R, kick L ft fwd/take wt on ball of L ft, step in plc on R ft;

REPEAT PART C & REPEAT PART B

REPEAT PART A (1-7)

TAG

1 RK APT REC PNT LOD;

1 Rk bk L, rec R, pnt L ft to LOD,-;