THE OLD RUGGED CROSS

Choreography:	Monika Gründer, Aktienstr. 18, D - 47057 Duisburg - E-Mail: monikagruender@gmx.de
Music:	„The Old Rugged Cross" - Anne Murray, Album: „What A Wonderful World", Track 11 - or Download from i-tunes <u>4:03 min.</u>
	Adjust speed to about 3:45
Rhythm & Phase:	WZ, Phase IV a + 1 IV b (Bk Whisk) - for a dance IV a you may replace "Bk Whisk" by "Bk Hvr to SCP"
Timing:	1,2,3; throughout, unless noted - reflects actual weight changes
Footwork:	opposite unless noted (Woman's footwork in parentheses)
Sequence:	Intro – A – B – A – B – C – B – End April 2020

INTRODUCTION
1-4   WAIT 1 MEAS ; WHISK ; THRU, CHASSE TO SCP ; PICKUP & TOUCH ;
1   **{Wait}** In CP M fcg DLW wait 1 meas ;
2   **{Whisk}** Stp fwd L, fwd & sd R start rising, XLib of R *(W XRib of L)* risg on ball of ft & trng to SCP DLC ;
3   **{Thru, Chasse SCP (1 2& 3)}** Thru R, trng to fc ptr sd L/cl R, sd & fwd L *(W sd & fwd R)* to SCP DLC ;
4   **{PU, Tch (1 - -)}** Stp thru & fwd R twd DLC, tch L to R to CP DLC, -
           (W thru & fwd L trng LF to fc ptr, tch R to L, -) ;

PART A
1-4   2 LEFT TURNS FACE WALL ; ; WHISK ; WING TO SCAR ;
1-2   **{2 L Trns}** In CP DLC stp fwd L start trng LF, sd & bk R cont trng, cl L to R ;
           Bk R trng LF, sd L to fc WALL, cl R to L to CP WALL ;
3   **{Whisk}** Repeat meas 2 of Intro but from CL WALL to SCP LOD ;
4   **{Wing}** Stp thru & fwd R, draw L to R, tch L to R trng upper body LF to SCAR DLC
           (W fwd L start crossg in front of M & trng slightly LF, fwd R arnd M cont trng, fwd L to SCAR) ;

5-8   TURN LEFT & RIGHT CHASSE ; BACK, BACK/LOCK, BACK ; IMPETUS TO SCP ; PICKUP & TOUCH ;
5   **{Trn L & R Chasse (1 2& 3)}** Blendg to CP stp fwd L to fc COH, sd R/cl L, sd & bk R to BJO RLOD ;
6   **{Bk, Bk/Lk, Bk (1 2& 3)}** In BJO stp bk L, bk R/lk Lif (W lk Rib), bk R ;
7   **{Impetus SCP}** Stp bk L start trng RF, cl R to L trng RF on L heel chg weight to R, fwd L to SCP DLC
           (W stp fwd R between M's feet heel to toe pivoting ½ RF, sd & fwd L cont trng around M,
           fwd R to SCP) ;
8   **{PU, Tch (1 - -)}** Repeat meas 4 of Intro ;

9-12   2 LEFT TURNS FACE WALL; ; HOVER ; MANEUVER ;
9-10   **{2 L Trns}** Repeat meas 1-2 of Part A ; ;
11   **{Hover}** In CP WALL stp fwd L, fwd & sd R rise *(W with a brush)*, sd & fwd L to SCP LOD ;
12   **{Manuv}** Stp thru & fwd R, sd L to fc RLOD, cl R to L to CP RLOD ;

13-16   BACK & CHASSE TO SCAR ; TELEMARK TO SCP ; THRU, CHASSE TO SCP ; PICKUP TO SCAR ;
13   **{Bk, Chasse SCAR (1 2& 3)}** Stp bk L trng RF, blendg to CP COH sd R/cl L, fwd R to SCAR DLC ;
14   **{Tele SCP}** Stp fwd L twd DLC, fwd R crossg LOD in frnt of W and trng ¾ LF to DLW, fwd L to SCP
           (W stp bk R, draw L to R trng on R heel to DLW and changing wgt to L, fwd R to SCP) ;
15   **{Thru, Chasse SCP (1 2& 3)}** In SCP DLW repeat meas 3 of Intro ;
16   **{PU SCAR}** Stp thru & fwd R, sm sd L, cl R to SCAR DLW
           (W thru L to fc DRC, sd R, cl L to SCAR) ;

PART B
1-4   CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO SCP ; START WEAVE ;
1   **{X Hvr BJO}** XLIF *(W XRib)*, sd R rising & trng LF, rec fwd L to BJO DLC ;
2   **{X Hvr SCAR}** XRIF *(W XLib)*, sd L rising & trng RF, rec fwd R to SCAR DLW ;
3   **{X Hvr SCP}** XLIF *(W XRib)*, sd R rising, rec fwd L to SCP DLC ;
4   **{Start Weave}** Stp thru & fwd R, fwd L trng LF to CP COH, sd & bk R cont LF trn to Contra BJO RLOD
           (W stp thru & fwd L start trng LF, sd & bk R trng LF arnd ptr to CP COH, sd & fwd L trng LF to
           Contra BJO RLOD) ;

5-8 <u>FINISH WEAVE TO SCP ;   MANEUVER ;   SPIN TURN ;   BACK HALF BOX ;</u>

5   **{Fin Weave to SCP}** In Contra BJO bk L, bk R trng LF to CP, sd & fwd L trng LF to SCP DLW
         (W fwd R, fwd L to CP, sd & fwd R twd DLW to SCP DLW) ;

6   **{Manuv}** Stp thru & fwd R, sd L to fc RLOD, cl R to L to CP RLOD ;

7   **{Spin Trn}** In CP RLOD stp bk L lowering into knee & start trng RF,
         cont trng RF to CP LOD stp sd & fwd R between W's feet and rise, rec bk L to CP DLW
         (W stp fwd R between M's feet start trng RF, sd & bk L and rise w/brush R to L, rec fwd R to CP DLW) ;

8   **{Bk ½ Box}** In CP DLW stp bk R, sd L, cl R to L ;

9-12 <u>HOVER TELEMARK ;   NATURAL HOVER FALLAWAY ;   SLIP PIVOT TO BJO ;</u>
<u>FORWARD, FORWARD/LOCK, FORWARD ;</u>

9   **{Hvr Telemark}** In CP DLW stp fwd L, sd & fwd R rising slightly, fwd L to SCP DLW
         (W bk R, sd & bk Lwhile rising W may brush R to L, fwd R to SCP DLW) ;

10   **{Nat Hvr Falwy}** Stp thru & fwd R start trng RF, fwd L rising cont RF trn to SCP DRW, rec bk R
         (W thru & fwd L start trng RF, fwd R rising cont RF trn to SCP DRW, rec bk L) ;

11   **{Slip Pvt}** Stp bk L twd DLC, bk R start trng LF, sd & fwd L to contra BJO DLW
         (W bk R start trng LF, cont trng LF slip fwd L between M's feet, sd & bk R to contra BJO DLW) ;

12   **{Fwd, Fwd/Lk, Fwd (1 2& 3)}** Staying in BJO DLW stp fwd R, fwd L/lk Rib *(W lk Lif)*, fwd L ;

13-16 <u>MANEUVER ;   SPIN TURN OVERTURNED ;   BOX FINISH ;   CHANGE OF DIRECTION ;</u>

13   **{Manuv}** Stp fwd R start trng RF, sd L cont trng arnd W to CP RLOD, cl R to L ;

14   **{Spin Ovrtrnd}** In CP RLOD stp bk L lowering into knee & start trng RF, cont trng RF
         fwd R between W's feet and rise, cont RF trn stp sd & bk L trng RF to CP DRW
         (W stp fwd R between M's feet start trng RF, bk L and rise w/brush R to L, sd & fwd R to CP DRW) ;

15   **{Box Finish}** Stp bk R start trng LF, sd L to fc DLW, cl R to CP DLW ;

16   **{Chg of Dir (1 2 -)}** Stp fwd L, fwd & sd R trng slightly LF start drawing L to R, draw L to R to CP DLC ;

<u>PART C</u>

1-4 <u>LEFT TURN ;   HOVER CORTÉ ;   BACK WHISK ;   THRU, FACE, CLOSE ;</u>

1   **{L Trn}** Repeat meas 1 of Part A to CP RLOD ;

2   **{Hvr Corté}** Stp bk R start trng LF, sd & fwd L risg, rec R to BJO LOD ;

3   **{Bk Whisk}** In BJO LOD stp bk L, bk R *(W fwd & sd L trng RF)*, XLib of R to SCP LOD ;

4   **{Thru, Fc, Cl}** Stp thru R, sd L to fc ptr, cl R to L to CP WALL ;

      <u>note:</u>   to simplify the dance you may replace meas C3 by "Bk Hvr to SCP" (= C15)

5-8 <u>TWIRL VINE 3 TO SCP ;   IN & OUT RUNS ; ;   FORWARD HOVER TO BJO ;</u>

51   **{Twirl Vine 3 SCP}** Stp sd L leadg W to twirl RF undr jnd ldhnds, XRiB of L, sd L to SCP
         (W undr raised ldhnds stp sd & fwd R start trng RF, sd & bk L cont trng RF to fc ptr, sd R to SCP) ;

6-7   **{I/O Runs}** Stp thru & fwd R, fwd & sd L trng RF to CP RLOD, bk R to BJO ;
         Stp bk L, trng RF sd & fwd R between W's feet, fwd L to SCP DLC ;
         (W fwd L, fwd R, fwd L ;   Fwd R start trng RF, fwd & sd L trng RF & crossg in frnt of M, fwd R to SCP) ;

8   **{Fwd Hvr BJO}** Stp thru & fwd R, fwd L & rise, rec bk R to BJO DLC
         (W stp fwd L, fwd & sm sd R rise trng ½ LF, rec fwd L to BJO) ;

9-12 <u>BACK, CHASSE TO SCAR ;   CHECK FORWARD, RECOVER, STEP TO SCP ;   THRU, CHASSE TO SCP ;</u>
<u>CHAIR, RECOVER, SLIP ;</u>

9   **{Bk, Chasse SCAR (1 2& 3)}** Stp bk L trng RF, blendg to CP WALL sd R/cl L, fwd R to SCAR DRW ;

10   **{Ck Fwd, Rec, SCP}** In SCAR DRW ck fwd L outsd ptr, rec R to fc ptr, sd & fwd L to SCP LOD ;

11   **{Thru, Chasse SCP (1 2& 3)}** In SCP LOD repeat meas 3 of Intro ;

12   **{Chair, Rec, Slip}** Ck thru R to a fwd lunge, rec bk L, slip R bhnd L trng to CP DLC
         (W ck thru L to a fwd lunge, rec bk R, swvlg LF on R stp fwd L outsd M's R ft) ;

13-16 <u>LEFT TURN ;   HOVER CORTÉ ;   BACK HOVER TO SCP ;   PICKUP TO SCAR ;</u>

13-14   Blendg to CP repeat meas 1-2 of Part C ; ;

15   **{Bk Hvr SCP}** *Stp bk L, bk R & rise**, rec fwd L to SCP LOD*
         (W stp fwd R, fwd & sm sd L rise trng ½ RF, rec fwd R to SCP) ;

16   **{PU SCAR}** Repeat meas 16 of Part A ;

ENDING

1-2   LEFT TURN ;   HOVER CORTÉ ;   BACK HOVER TO SCP ;   MANEUVER ;

1-3   Blendg to CP repeat meas 13-15 of Part C ;

4   **{Manuv}** Repeat meas 6 of Part B ;

5-8   BACK, BACK/LOCK, BACK ;   HESITATION CHANGE & HOLD ;   LEFT TURN ;   STEP BACK & LUNGE SIDE ;

5   **{Bk, Bk/Lk, Bk (1 2& 3)}** In CP RLOD stp bk L, bk R outsd ptr/lk Lif, bk R to BJO RLOD ;

6   **{Hesit Chg (1 2 -)}** Stp bk L start trng RF, sd R twd DLC start drawing L to R, draw L to R ;

7   **{L Trn}** Blendg to CP repeat meas 1 of Part C ;

8   **{Bk, Lunge Sd (1 2 -)}** Stp bk R start trng LF, trng to CP DRW sd L bendg knee leavg R leg extended ;

<u>Suggested Cues:</u>

Intro   CP DLW   Wait 1 meas;   Whisk;   Thru, Chasse SCP;   PU, Tch;

A   2 L Trns Fc WALL;;   Whisk;   Wing;
           Trn L & R Chasse;   Bk, Bk/Lk, Bk;   Impetus SCP;   PU, Tch;
           2 L Trns Fc WALL;;   Hover;   Manuv;
           Bk, Chasse SCAR;   Tele SCP;   Thru, Chasse SCP;   PU SCAR;

B   X Hvr 3x to SCP;;;   Weave;
           … to SCP;   Manuv;   Spin Trn;   Bk Half Box;
           Hvr Telemark;   Nat Hvr Falwy;   Slip Pvt to BJO;   Fwd, Fwd/Lk, Fwd;
           Manuv;   Spin Trn ovrtrnd DRW;   Box Finish;   Chg of Dir;

A

B

C   1 L Trn;   Hover Corté;   Bk Whisk (or: Bk Hvr SCP);   Thru, Fc, Cl;
           Twirl Vine 3 to SCP;   I/O Runs;;   Fwd Hvr to BJO;
           Bk, Chasse to SCAR ;   Ck Fwd, Rec, Stp to SCP;   Thru, Chasse SCP;   Chair, Rec, Slip;
           1 L Trn;   Hover Corté;   Bk Hvr SCP;   PU SCAR;

B

End   1 L Trn;   Hover Corté;   Bk Hover SCP;   Manuv;
           Bk, Bk/Lk, Bk;   Hesit Chg & Hold;   1 L Trn;   Stp Bk (Trng L), Lunge Sd, -