

ON THREE WORDS

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MUSIC: "Three Words" by Levi Kreis. Track 1 of the Album "Bad Habit". Available on Amazon, iTunes and others.

INTERNET MUSIC SOURCE: <https://www.youtube.com/watch?v=l5KlgDhRy-Q>

RHYTHM/PHASE: West Coast Swing, Phase VI.

RELEASED: July 2024

FOOTWORK: Described for M, W opposite or as noted

TIME/SPEED: 2:59 when slowed to 25.5mpm (approx. -17% = 37.5 RPM)*. As downloaded: 2:31 @ 30.5mpm.

SEQUENCE: Intro, A, B, A, Bmod, C, Interlude, A, B(1-4), D, D(1-7), Ending

*Note: in Audacity good quality can be achieved by using the "Change Speed" method w/ "Best Quality" settings. I also reduced Bass throughout the music, and reduced volume after the first B(1-4) and esp. during Part C. Those with proof of purchase of the original music can contact the Choreographer for an edited version.

INTRO

1-4 WAIT., SLOW DOWN UP SWIVEL TO FC; SLOW SWIVEL TOGETHER BK TO BK w/ ARMS; SLOW SWIVEL APART TO FC; 4-CT UNDERARM TRN SHAKE HANDS;

Bk to Bk Pos M fc LOD w/ ld hands jnd beh and ld feet free and ptd bk to ptr wait 2 beats thru drum roll,,

- 1 **{Dwn Up Swivel to FC}** Soften knees & over entire meas swvl ½ LF (*W: RF*) on R as you rise, -, -, -;
- 1 --- 2 **{Swivel Bk to Bk w/ Arms}** Softening both knees fwd L, over rest of meas swvl ½ RF (*W: LF*) as you straighten L leg & raise tr arm straight up to end bk-to bk "V" Pos, -, -;
- 1 --- 3 **{Swivel to FC}** Soften knees fwd R, over rest of meas swvl ½ LF (*W: RF*) on R to fc ptrn as you rise, -, -;
- 1234 4 **{4-Ct Underarm Trn Shake Hands}** Bk L, rec R across L comm RF trn leading W under, cont RF trn sd & fwd L, cl R to L jng R hands (*W: Fwd R, L comm LF trn under jnd ld hands, cont LF trn sd & bk R, cl L to R*) end feet together HS POS M fc LOD;

PART A

1-4 BEHIND THE BACK WHIP w/ OUTSIDE TRN;; 2 SAILOR SHUFFLES; SUGAR LADY TRN RT TO TANDEM & PT;

- 123&4 1 **{Beh The Bk Whip w/ Outside Trn}** Bk L, rec R across L trng ¼ LF leading W to trn RF, releasing R hands & keeping L arm down at your side to WALL small bk L/bk R, bk L [across slot] connecting ld arms (*W: Fwd R, fwd L trng RF, bk R/cl L to R, fwd R*) end M outside slot fcng COH & W fcng LOD;
- 123&4 2 Lift W's R arm with L arm trng ¼ RF XRIB of L, fwd & sd L into slot connecting ld hands, anchor R/L, R (*W: Fwd L trng RF under ld arms, fwd R to LOD compl 1½ RF twirl to fc M ld hands jnd, anchor L/R, L*) end LOP "V" M fcng LOD;
- 1&2 3 **{2 Sailor Shuffles}** Ronde L CCW XLIB of R/sd R, sd L, ronde R CW XRIB of L/sd L, sd R;
- 3&4 12 -- 4 **{Sugar Lady to Tandem & Pt}** Bk L, almost cl R to L leading W to comm RF swivel and releasing ld hands, pt L to sd, - (*W: Fwd R, fwd L swivel ½ RF, pt R to sd, -*) end Tandem LOD W ifo M no hands jnd;

5-8 PEEKABOO CHEERLEADERS;.. & TOGETHER CLOSE TO FACE JOIN R HANDS.; SHADOW TUCK & LADY ROLL 2;;

- 1a - a3 5-6 **{Peekaboo Cheerleaders}** XLIF of R/sd R, tap L heel sd & fwd to COH (*W: tap R heel to WALL look over R shoulder at ptrn*)/sd L, XRIF of L/sd L, tap R heel sd & fwd to WALL (*W: tap L heel to COH look over L shoulder at ptrn*)/sd R; XLIF of R/sd R, tap L heel sd & fwd to COH (*W: tap R heel to WALL look over R shoulder at ptrn*),
- a - a 1
- a -
- 34 **{& Together Cl to FC Jn R Hands}** Jng R hands sd L, cl R to L (*W: sd & fwd R trng RF to fc ptrn & RLOD, cl L to R*) end HS POS M fc LOD and slightly to W's R;
- 12-4 7 **{Shadow Tuck & Lady Roll 2}** Bk L, rec R comm RF trn, leading W to trn LF cont RF trn pt L sd to LOD to momentary SHDW pos fcng WALL R hands joined at about shoulder level & L hand on W's L shoulder, fwd L across slot trng RF (*W: Fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R to RLOD*) to momentary Tandem Pos RLOD M beh W and slightly to her L w/ R hands jnd and extended sd;
- 123&4 8 Fwd R leading W RF trn w jnd R hands, fwd L moving bk into slot, bk to anchor R/L, R jng ld hands (*W: Fwd L spiral 7/8 RF, fwd R RLOD cont RF trn to FC LOD, anchor L/R, L*) end LOP "V" M fcng RLOD;

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PART B

1-4 ROCK WHIP;; w/ 4-CT DBL INSIDE TURN; w/ DBL ANCHOR & TOGETHER CLOSE UP FOR;

- 123&4 1 **{Rock Whip}** Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/ R hand cont RF trn sd & fwd L/rec R, sd & fwd L swivel ¼ RF (*W: Fwd R, fwd L comm trng ½ RF, compl RF trn bk R/cl L to R, fwd R swivel ¼ RF*) to momentary CP M fcng WALL;
- 1234 2 Trng RF fwd R to RLOD betw W's feet, cont RF trn to rec bk L to WALL, cont RF trn fwd R to LOD betw W's feet, releasing frame cont RF trn rec bk L to fc WALL changing ld hands to palm-to-palm preparing to bring them betw ptrns (*W: Trng RF bk L to RLOD, fwd R to LOD trng RF, cont RF trn bk L to LOD, fwd R to RLOD*) end momentary "L" POS M fc WALL W fc LOD;
- 1234 3 **{w/ 4-Ct Dbl Inside Trn}** Releasing tr arm from W trng RF XRIB of L, cont RF trn sd & slightly bk L leading W LF trn under jnd ld hands, fwd R RLOD keeping ld hands high, fwd & sd L back into slot leading W to trn under again (*W: To RLOD fwd L, fwd R spiral 7/8 LF under jnd ld hands, fwd L, fwd R trng LF to fc LOD*) end LOFP M fcng RLOD;
- 1&2&3 4 **{Dbl Anchor & Together Close Up}** Bk to dbl anchor R/L, R/L, R, fwd L slightly to L (*W: fwd R*)
4 blending to CP;

5-8 SURPRISE WHIP ENDING; PUSH BREAK;., LEFT SD PASS w/ TUCK & TWIRL SHAKE HANDS;.,

- 123&4 5 **{Surprise Whip Ending}** Leading W to trn RF fwd R flexing knee w/ chk action looking bk at W, rec L leading W RF trn under jnd ld hands, anchor R/L, R (*W: Trng ½ RF on R bk L LOD flexing knee, rec R comm RF trn under jnd ld hands, cont RF trn anchor L/R, L*) end LOP "V" M fcng RLOD;
- 123&4 6-8 **{Push Brk}** Bk L, small bk R bring ptrn to low BFLY, small bk L/cl R to L, fwd L; Bk to anchor R/L, R (*W: Fwd R, fwd L, sm fwd R/cl L to R, bk R; Bk to anchor L/R, L*) end LOP "V" M fcng RLOD,
5&6
- 12-4 **{Left Sd Pass w/ Tuck & Twirl Shake Hands}** bk L trng ¼ LF, bk R to COH; Tch L to R tucking W, fwd L trng ¼ LF and leading W RF trn under jnd ld hands, bk to anchor R/L, R jng R hands (*W: fwd R, fwd L; Tch R to L shaping to ptrn, fwd R to LOD trng ½ RF under jnd ld hands, anchor L/R, L*) end HS POS M fcng LOD;
5&6

Repeat PART A

PART Bmod

1-5 ROCK WHIP;; w/ 4-CT DBL INSIDE TURN; w/ DBL ANCHOR & TOGETHER CLOSE UP FOR; SURPRISE WHIP ENDING;

1-5 Repeat meas 1-5 of Part B;.,.,.,.

6 QK SIDE BREAKS:

- &1&2&3 6 **{Qk Sd Breaks}** Sd L/sd R, together L under L hip/cl R to L, sd L/sd R, together L under L hip/cl R to L;
3&4

PART C

1-4 SUGAR WRAP & HOLD w/ LADY CARESS;., LADY UNWRAP & ANCHOR;., SIDE WHIP; w/ PICKUP PASS TO CLOSED WALL;

- 12 - - 1 **{Sugar Wrap & Hold}** Bk L, almost cl R to L as you lead W to trn RF w/ ld hands now in front of W's center in TANDEM WRAP POS, pt L fwd, - (*W: Fwd R, fwd L trng ½ RF pt R foot fwd, caress L sd of M's face w/ L hand over next 3 beats, -*);
- 23&4 2 **{Lady Unwrap & Anchor}** Hold, rec fwd L unwrap the W to fc, bk to anchor R/L, R (*W: Hold finishing caress, fwd R trn LF to fc M, anchor L/R, L*) end LOP "V" M fcng RLOD;
- 12 - - 3 **{Side Whip}** Bk L, rec R across L w/ slight RF trn, cont slight RF trn pt L sd to RLOD, - (*W: Fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R*);
(123&4)
- 23&4 4 **{w/ Pickup Pass to Closed WALL}** Begin shift wt to L leading W fwd step, trng LF fwd full wt on L bringing lady in front closing up, compl ¼ LF trn to CP WALL sd R to RLOD/cl L to R, sd R (*W: Fwd L to RLOD comm LF trn, fwd & across R folding LF to M, compl LF trn to CP sd L to RLOD/cl R to L, sd L*) end CP WALL;
(123&4)

5-8 SLINGSHOT TO TUCK & BOTH ROLL 2;., SUGAR PUSH w/ EXTRA ROCK TO LADY INSIDE TRN;., BOTH HOOK TRN;.,

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- 12-4 5 **{Slingshot to Tuck & Both Roll 2}** Leading W to trn RF sd lunge L LOD looking at W, rec R, tch L to R tucking W, trng LF fwd L to LOD (*W: Trng ¼ RF bk R in slight sit line, rec L, shaping to ptrn tch R to L, fwd R to LOD*);
- 123&4 6 Staying outside slot fwd R spiral 7/8 LF, fwd L into slot checking, bk to anchor R/L, R jn ld hands (*W: Fwd L spiral 7/8 RF, fwd R trng RF to fc ptrn & RLOD, bk to anchor L/R, L*) end LOP "V" M fcng LOD;
- 12-4 7 **{Sugar Push w/ Extra Rock to}** Bk L, almost cl R to L, pt L fwd tchng tr hands, rk fwd & sd L to get out of slot comm RF trn (*W: Fwd R, fwd L, tap R behind L, rk bk R*);
- 123&4 8 **{Lady Inside Trn Both Hook Trn}** Cont RF trn XRIB of L bringing jnd ld hands palm to palm betw ptrns, cont RF trn sd & slightly bk L to fc RLOD leading W LF trn under jnd ld hands, cont RF trn XRIB of L/contr RF trn in place L, cont RF trn fwd & across R to LOD (*W: Rec L, fwd R trng ½ LF under jnd ld hands, cont LF trn XLIB of R/ cont LF trn in place R, cont LF trn fwd & across L to RLOD*) end almost bk to bk M fcng approx LOD W fcng approx RLOD ld hands jnd behind;

INTERLUDE

Repeat INTRO meas 1-4 (no Wait)

Repeat PART A

Repeat PART B(1-4)

PART D

1-4 SURPRISE WHIP ENDING SHAKE HANDS; LEFT CIRCLE PASS;,, & START A TRIPLE TRAVEL w/ ROLL;,,

- 123&4 1 **{Surprise Whip Ending}** Repeat meas 5 of Part B jng R hands at end;
- 123&4 2 **{Left Circle Pass to}** Bk L behind R, sd & fwd R leading W to L sd raising jnd R hands over head, small sd chasse L/R, L (*W: Fwd R, fwd L, trng ½ LF to fc RLOD sd & fwd R/XLIB of R beh M, sd & fwd R*) end in mod sd by sd pos both fc RLOD M slightly ahead and to L of W R hands jnd ifo W;
Option: for added effect man can dance his triple as in place L/in place R, strong sd L;
- 123&4 3 **{Start Trip Travel w/ Roll}** Bk R, rec L trng 1/8 LF to fc DRW and leading W LF trn, now in RH Star pos to RLOD sd R/cl L to R, sd R trng ¼ RF and releasing hands (*W: Fwd L, fwd & across R trng 5/8 LF to fc DLC, to RLOD sd L/cl R to L, sd L trng ¼ RF*);
- 123&4 4 Sd L trng ½ RF, sd R trng ½ RF to LH Star M fc DRC (*W: DLW*), sd L/cl R to L, sd L trng ¼ LF to RH Star M fcng DRW (*W: DLC*);

5-8 CHK, TAP, & 3 BK TRIPLES;,, ROLL 2 & ANCHOR; SURPRISE WHIP:

- 1-3&4 5 **{Chk, Tap & 3 Bk Triples}** Maintaining RH Star chk fwd R to RLOD, tap L beh R, to LOD sd L/cl R to L, sd L trng ¼ RF to LH Star M fc DRC;
- 1&2 6 To LOD sd R/cl L to R, sd R trng ¼ LF to RH Star M fc DRW, to LOD sd L/cl R to L, sd L trng ¼ RF;
- 3&4 7 **{Roll 2 & Anchor}** Sd R trng ½ RF, sd L trng RF to fc ptrn & RLOD jng ld hands, bk to anchor R/L, R end LOP "V" M fcng RLOD;
- 123&4 8 **{Surprise Whip}** Bk L, rec R across L comm RF trn, catching W's L shoulder blade w/ R hand cont RF trn sd & fwd L/rec R, sd & fwd L (*W: Fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R*) to momentary CP M fcng LOD;

Repeat PART D(1-7)

Repeat PART D Meas 1-7 but facing the opposite direction. End LOP "V" M fcng LOD.

ENDING

1 +1 START A WRAPPED WHIP; BOTH BK TO SITLINE & LOOK,

- 123&4 1 **{Start a Wrapped Whip}** Bk L, rec R across L jng tr hands comm RF trn, bring ld hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L checking (*W: Fwd R, fwd L, fwd R/cl L to R, bk R*) end Wrapped Pos fcng RLOD;
- 1 +1 **{Bk to Sitline & Look}** Bk R (*W: Bk L*) to sitline and look at ptrn,

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HEAD CUES

Bk to Bk POS M fc LOD, lead hands jnd beh, ld feet free & ptd bk to ptr, wait thru drums (2 beats),,

INTRO

SLOW DOWN UP SWIVEL TO FC; SLOW SWIVEL TOG BK TO BK w/ ARMS; SLOW SWIVEL APT TO FC; 4-CT UNDERARM TRN SHAKE HANDS;

PART A

BEHIND THE BK WHIP; w/ OUTSIDE TRN; 2 SAILORS SHUFFLES; SUGAR LADY TRN RT TO TANDEM & PT; PEEKABOO CHEERLEADERS; & TOG CL TO FC JOIN R HANDS; SHADOW TUCK & LADY ROLL 2;;

PART B

ROCK WHIP;; [TO RLOD] 4-CT DBL INSIDE TURN; w/ DBL ANCHOR & TOG CLOSE UP FOR; SURPRISE WHIP ENDING; PUSH BREAK;;, LEFT SD PASS w/ TUCK & TWIRL SHAKE HANDS;;,

PART A

BEHIND THE BK WHIP; w/ OUTSIDE TRN; 2 SAILORS SHUFFLES; SUGAR LADY TRN RT TO TANDEM & PT; PEEKABOO CHEERLEADERS; & TOG CL TO FC JOIN R HANDS; SHADOW TUCK & LADY ROLL 2;;

PART Bmod

ROCK WHIP;; [TO RLOD] 4-CT DBL INSIDE TURN; w/ DBL ANCHOR & TOG CLOSE UP FOR; SURPRISE WHIP ENDING; QK SIDE BREAKS;

PART C

SUGAR WRAP & HOLD w/ CARESS; LADY UNWRAP & ANCHOR; SIDE WHIP; w/ PICKUP PASS TO CLOSED WALL; SLINGSHOT w/ TUCK & BOTH ROLL 2;; SUGAR PUSH w/ EXTRA ROCK TO LADY INSIDE TRN;;, BOTH HOOK TRN,;

INTERLUDE

SLOW DOWN UP SWIVEL TO FC; SLOW SWIVEL TOG BK TO BK w/ ARMS; SLOW SWIVEL APT TO FC; 4-CT UNDERARM TRN SHAKE HANDS;

REPEAT PART A

BEHIND THE BK WHIP; w/ OUTSIDE TRN; 2 SAILORS SHUFFLES; SUGAR LADY TRN RT TO TANDEM & PT; PEEKABOO CHEERLEADERS; & TOG CL TO FC JOIN R HANDS; SHADOW TUCK & LADY ROLL 2;;

REPEAT PART B(1-4)

ROCK WHIP;; [TO RLOD] 4-CT DBL INSIDE TURN; w/ DBL ANCHOR & TOG CLOSE UP FOR;

PART D

SURPRISE WHIP ENDING SHAKE HANDS; LEFT CIRCLE PASS;;, & START A TRIPLE TRAVEL w/ ROLL;;, CHK, TAP & 3 BK TRIPLES;;, ROLL 2 & ANCHOR; SURPRISE WHIP;

PART D(1-7)

FC LOD ~ SHAKE HANDS; LEFT CIRCLE PASS;;, & START A TRIPLE TRAVEL w/ ROLL;;, CHK, TAP & 3 BK TRIPLES;;, ROLL 2 & ANCHOR;

ENDING

START A WRAPPED WHIP; BOTH BK TO SITLINE & LOOK,