

Be My Guest

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Music: „Be My Guest“ by Fats Domino, Album: The Golden Age Of Rock'n'Roll 1960 – or download from Amazon.org - 2:16 min.

Rhythm & Phase: JV, Phase III (STEP Level B-18)

Footwork: opposite unless noted (Woman's footwork in parentheses)

Sequence: Intro – A(3-8) – A – B – A – C – B – A – C(1-15) - End

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INTRODUCTION

1-4 WAIT 2 MEAS ; ;

1-2 {Wait 2} In SCP LOD wait pickup notes & 2 meas ; ; Then start dancing with meas 3 of Part A

PART A

1-4 DOUBLE ROCK TO FACE ; CHASSE LEFT & RIGHT ; FALLAWAY ROCK – START DOUBLE ROCK ; ;

1 {Dbl Rk} In SCP LOD rk bk L, rec R, rk bk L, rec R to CP WALL ;

2 {Chasse L & R} In CP WALL sd L/cl R, sd L, to RLOD sd R/cl L, sd R ;

3-4 {Falwy Rk} Rk bk L to SCP, rec R to CP WALL, sd L/cl R, sd L ; To RLOD sd R/cl L, sd R,

{Start Dbl Rk} Blendg to SCP rk bk L, rec R ;

5-8 FINISH DOUBLE ROCK – 2 FORWARD TRIPLES TO FACE – CHASSE LEFT & RIGHT – FALLAWAY ROCK ; ; ; ;

5-8 {Fin Dbl Rk} In SCP rk bk L, rec R,

{2 Fwd Triples to Fc} In SCP LOD stp fwd L/R, L ; Fwd R/L, fwd R to fc ptr & WALL,

{Chasse L & R} Repeat meas 2 of part A ; , ,

{Falwy Rk} Repeat figure 3 of Part A ; ;

PART B

1-4 PROGRESSIVE ROCK 4 ; CHASSE LEFT & RIGHT ; PROGRESSIVE ROCK 4 ; CHASSE LEFT & RIGHT ;

1 {Prog Rk 4} Blendg to BFLY & progressg down LOD rk apt L, XRif, rk apt L, XRif to CP WALL ;

2 {Chasse L & R} Repeat meas 2 of Part A ;

3 {Prog Rk 4} Repeat meas 1 of Part B ;

4 {Chasse L & R} Repeat meas 2 of Part A ;

5-8 DOUBLE ROCK ; 2 FORWARD TRIPLES TO FACE ; PROGRESSIVE ROCK 4 ; CHASSE LEFT & RIGHT ;

5 {Dbl Rk} Rk bk L to SCP, rec R, rk bk L, rec R staying in SCP LOD ;

6 {2 Fwd Triples to Fc} In SCP LOD stp fwd L/R, L, fwd R/L, fwd R to BFLY ;

7 {Prog Rk 4} In BFLY repeat meas 1 of Part B ;

8 {Chasse L & R} Repeat meas 2 of Part A ;

PART C

1-4 PROGRESSIVE ROCK 4 ; CHASSE LEFT & RIGHT ; FALLAWAY ROCK – START FALLAWAY ROCK ; ;

1 {Prog Rk 4} Repeat meas 1 of Part B ;

2 {Chasse L & R} Repeat meas 2 of Part A ;

3 {Falwy Rk} Repeat fig 3 of Part A ; , ,

4 {Start Falwy Rk} Rk bk L to SCP, rec R to CP WALL ;

5-8 FINISH FALLAWAY ROCK ; DOUBLE ROCK ; 2 FORWARD TRIPLES ; SLOW ROCK THE BOAT ;

5 {Fin Falwy Rk} In CP WALL sd L/cl R, sd L, to RLOD sd R/cl L, sd R ;

6 {Dbl Rk} Repeat meas 5 of Part B ;

7 {2 Fwd Triples} Repeat meas 6 of Part B but end SCP LOD ;

8 {Slow Rk The Boat} In SCP LOD stp fwd L w/straight knee leang fwd, -,
with rockg motion & relaxed knees cl R to L leang bwd, - ;

9-12 DOUBLE ROCK TO FACE ; CHASSE LEFT & RIGHT ; FALLAWAY ROCK – START FALLAWAY ROCK ;:

9 {Dbl Rk} Rk bk L to SCP, rec R, rk bk L, rec R to fc ptr & WALL ;

10-12 Repeat meas 2-4 of Part C ; ; ;

13-16 FINISH FALLAWAY ROCK ; DOUBLE ROCK ; 2 FORWARD TRIPLES ; SLOW ROCK THE BOAT ;

13-16 Repeat meas 5-8 of Part C but end in BFLY ; ; ;

ENDING

1 POINT FORWARD & HOLD ;

1 {Pt Fwd} In SCP LOD pt fwd L twd LOD lookg at ptr, hold pos, -, - ;

Suggested Cues:

Intro Wait pickup notes & 2 meas;;

A3-8 Falwy Rk;;,
Dbl Rk; 2 Fwd Triples to Fc; Chasse L & R; Falwy Rk;;,

A Dbl Rk to Fc; Chasse L & R; Falwy Rk;;,
Dbl Rk; 2 Fwd Triples to Fc; Chasse L & R; Falwy Rk to BFLY;;,

B Prog Rk 4; Chasse L & R; Prog Rk 4; Chasse L & R;
Dbl Rk; 2 Fwd Triples to Fc; Prog Rk 4; Chasse L & R;

A
C Prog Rk 4; Chasse L & R; Falwy Rk – 2x;;;
Dbl Rk; 2 Fwd Triples; Slow Rk The Boat;
Dbl Rk to Fc; Chasse L & R; Falwy Rk – 2x;;;
Dbl Rk; 2 Fwd Triples;*** Slow Rk The Boat; (BFLY)

B

A

C1-15***

End Pt Fwd & Hold;