

SWITCHIN' IN THE KITCHEN

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Record: STAR 172

Rhythm/Phase: Jive, Phase VI [Note: Timing on sd of meas reflects actual wgt chgs]

Sequence: INTRO ABC AB(meas 1-12) ENDING



INTRO

1 - 4 WT;; CIRC 4;;

{**Wt**} In OP Pos LOD w/ L free for bth wt thru the words “*Well, switchin’ in the kitchen gettin’ ready for the party to-*”;;

{**Circ 4**} {1-3-; 1-3-;} Commencing on the syllable “*night*” in the word “*tonight*” bth circ LF twd COH L,-, R,-; L,-,R making full LF circ while xtndng hnds dwn twd floor w/ palms fcg fwd and fingers spread wide while wiggling hnds rapidly to end in OP LOD w/ no hnds jnds,-;

5 - 8 SCOOT L; SCOOT R; SKATE L & R; THRZY TRANS;

{**Scoot L & R**} (123-; 123-;) Sld L fwd DLC, cl R, sld L fwd DLC, swvl ¼RF on L to fc DLW; Sld R fwd DLW, cl L, sld R fwd DLW, swvl ¼LF on R to fc DLC;

{**Skate L & R**} (1-3-) Sld L fwd DLC, swvl ¼RF on L to fc DLW, sld R fwd DLW, swvl ¼LF on R to fc DLC;

{**Thrwz Trans**} (1-3a4) (W-123a4) Fwd LOD L, tch R joining M’s L & W’s R hnds, chasse sd & bk R/L,R (W trpl fwd L,R trng LF to fc M, chasse sd & bk L/R,L) to end in LOP fcg pos LOD;

9 –12 AMER SPN; -,-,DBL WHIP (SCP);;

{**Amer Spn**} (123a4; 1a2) Rk apt L, rec R, sm chasse twd ptr L/R,L bracing M’s L & W’s R arms to ld W to commence RF spn; Trpl in plc R/L,R (W full spn RF in plc L/R,L) to LOP fcg pos LOD,

{**Dbl Whip**} (34; 1a234;123a4) Rk apt L, rec R; Chasse fwd L/R,L trng 1/4 RF to CP Wall, trng 1 full revolution RF ovr next 4 stps XRib of L (W sd L), sd L (W XRif of L); XRib of L (W sd L), sd L (W XRif of L) to CP Wall, sd chasse RLOD R/L,R preparing to blend to SCP LOD;

PART A

1 - 4 (SCP) CHG PLCS R TO L; -,-,RK TO BOOGIE PTS;; -,-,KCK/BALL, CG;

{**Chg Plcs R to L**} (123a4;1a2) In SCP LOD rk bk L, rec R raising jnd ld hnds, chasse fwd sm stp L/R,L (W chasse fwd R/L,R trng RF undr jnd ld hnds to fc M & RLOD); Chasse sd & fwd R/L,R (W chasse sd & bk L/R,L),

{**Rk to Boogie Pts**} (34; -2-4; 12-a4) Rk apt L, rec R blending to low BFLY LOD; Pt L fwd & sd outsd W (W pt R fwd btwn M’s ft) while straightening R leg and xtndng R hip bk & sd, cl L lowering into knees, pt R fwd & sd outsd W (W pt L fwd btwn M’s ft) while straightening L leg and xtndng L hip bk & sd, cl R lowering into knees; Sip L,R, kck L fwd & sd outsd W (W kck R fwd btwn M’s ft)/sip L on ball of ft, sip R;

5 - 8 CHG PLCS L TO R; -,-,RK TO BOOGIE PTS;; -,-,KCK/BALL, CG;

{**Chg Plcs L to R**} (123a4;1a2) Rk bk L, rec R raising jnd ld hnds, chasse sd & fwd sm stp L/R,L trng ¼RF to fc Wall (W rk bk R, rec L, chasse fwd R/L,R trng ¾LF undr jnd ld hnds to fc M & COH); In LOP fcg pos chasse RLOD R/L,R,

{**Boogie Pts**} (34; -2-4; 12-a4) Rk apt L, rec R blending to low BFLY Wall; Rpt meas 3-4 of PART A

9 -12 DBL WHIP W/ INSD TRN;; TO A LUN & HLD; HIP ROLLS;

{**Dbl Whip w/Insd Trn**} (123a4; 1234;) Rk apt L, rec R chasse fwd L/R,L trng 1/4 RF to CP RLOD; Trng 3/4 RF ovr next 3 stps XRib of L (W sd L), sd L (W XRif of L to fc RLOD), XRib of L to fc Wall while raising jnd M's L & W's R hnds between ptrs to prep W for insd trn (W sm fwd L RLOD), sm XLIF of R (W sm fwd R trng LF undr jnd ld hnds to fc COH) to LOP fcg pos Wall;

{**Lun & hld**} (1---) In LOP fcg pos Wall lun sd RLOD R lowering jnd ld hnds and placing M's R hnd on M's R hip and W's L hnd on W's L hip, hold pos for remaining 3 bts, -,-;

{**Hip Rolls**} (----) Roll hips CW (W CCW) making 2 full circs ovr 4 bts;

13-16 SHE GO/HE GO; -,-,RK TO BOOGIE PTS;; -,-, KCK/BALL CG;

{**She Go/He Go**} (123a4; 1a2) Rk apt L, rec R comm RF trn, cont RF trn chasse L/R,L while raising ld hnds to trn W undr but on last stp M comm LF trn (W rk apt R, rec L comm LF trn, cont LF trn chasse R/L, R undr ld hnds to fc COH); Cont LF trn undr ld hnds chasse sd & bk R/L,R making 1/2LF trn (W cont LF trn chasse sd & bk L/R, L) to end LOP Fcg pos COH,

{**Boogie Pts**} (34; -2-4; 12-a4) Rk apt L, rec R blending to low BFLY COH; Rpt meas 3-4 of PART A commencing fcg COH;;

PART B

1 - 4 CHG PLCS L TO R; -,-, ROLLING OFF THE ARM W/ 4 CT WHL (FC WALL):::

{**Chg Plcs L to R**} (123a4; 1a2) Rk apt L, rec R raising jnd ld hnds, chasse sd & fwd sm stp L/R,L trng 1/4RF to fc LOD (W rk apt R, rec L, chasse fwd R/L,R trng 3/4LF undr jnd ld hnds to fc M); In LOP fcg pos LOD chasse fwd & sd (W bk & sd) R/L,R,

{**Rolling Off the Arm**} (34; 1a234; 123a4) Joining R hnds rk apt L, rec R; Chasse fwd L/R, L trng 1/4RF to fc Wall (W chasse fwd acrs frnt of M R/L,R trng 1/4LF to fc Wall in crook of M's R arm), whl RF making 1 full RF revolution ovr next 4 bts stepping fwd (W backing up) R,L; Cont RF whl R,L, trpl in pl R/L,R (W keeping R hnds jnd roll out of M's arm trng 1/4RF L/R,L) to end fcg ptr & Wall joining M's L & W's R hnds;

5-10 CHG HND S BEH BK; -,-,CURLY WHIP W/M'S INSD TRN;; -,-,RK APT TO; TRPL WHL W/ MIAMI SPECIAL ENDING::

{**Chg Hnds Beh Bk**} (123a4; 1a2) Rk apt L, rec R, trpl slgtly fwd L/R,L trng 1/4LF chg W's R hnd to M's R hnd on this trpl bhd his bk (W fwd R/L,R trng 1/4RF to fc M's bk); Stp slightly sd & bk R/cl L, sd R cont LF trn to fc COH chg to W's R hnd in M's L (W sd L/cl R, sd & bk L trng 1/4RF) to LOP fcg pos COH,

{**Curly Whip w/M's Insd Trn**} (34; 1a234; 1a2) Rk apt L, rec R; Raising jnd M's L & W's R ld W to trn LF chasse sd & fwd L/R,L trng 1/4RF (W chasse fwd R/L,R trng 1/4LF undr jnd ld hnds) to loose CP Wall, cont to trn LF as a cpl XRib of L to CP RLOD, stp sd & fwd Wall L commencing LF trn undr jnd ld hnds (W stp sd L trng RF arnd M, XRif of L cont RF trn to fc Wall); Cont LF trn chasse sd & bk R/L,R (W chasse sd & bk L/R,L) to end LOP fcg pos COH,

{**Trpl Whl w/ Miami Special Ending**} (34; 1a23a4; 1a23a4) Rk apt L, rec R joining R hnds; W/ R hnds trn RF twd ptr tch W's bk w/ L hnd chasse sd L/cl R, sd L (W trn LF awy from ptr chasse sd R/cl L, sd R), trn LF awy from ptr chasse sd R/cl L, sd R to end bth fcg DLC w/ M IF of W (W trn RF twd ptr tch M's bk w/ L hnd chasse sd L/cl R, sd L); Trn 3/4RF during this trpl chasse in plc L/R,L while raising jnd R hnds ovr W's head and then ovr M's head to rest bhd M's neck (W trn LF trpl R/L,R making 1 full RF trn undr jnd R hnds) to end w/ bth fcg COH and diagonally in twd ptr w/ jnd R hnds bhd M's neck and M's L hnd bhd W and W's L hnd out to sd, chasse sd & apt R/L,R releasing hnds and sliding W's R hnd dwn M's L arm to end bth fcg COH and diag in twd ptr w/ M's L & W's R hnds jnd;

11-12 HIP POP & HLD,-,-REPLACE; HIP POP & HLD,-,-REPLACE;

{**Hip Pops**} (---a4; ---a4) Keeping wgt on R (W on L) lock R knee (W L knee) while xtndng R hip twd LOD (W L hip twd RLOD) leaving insd ft xtnded twd ptr w/ heel on floor and ft pointed upward,-,-/on & ct of

previous bt commence a ball/chg action rising slightly on R leg to pull L twd R then sm rk LIB of R (W rk RIB of L), replace wt to R ft; Rpt;

13-16 KCK TO THE SHLDR SHOVE; -,-DBL WHIP THRWY;;;

{**Kck to the Shldr Shove**} (-a23a4; 1a2) Kck L twd ptr/sip L on ball of ft, sip R, chasse sd & fwd twd ptr L/R,L tching M's L & W's R shldr; Chasse sd & apt from ptr R/L,R to end bth still fcg COH and diagonally in twd ptr,

{**Dbl Whip Thrwy**} (34; 1a234; 123a4) Rk apt crossing LIB of R (W RIB of L), rec R; Chasse sd L/R,L trng 1/4 RF (W chasse fwd R/L,R trng 1/2RF folding into M) to CP DLC, trng 1 full revolution RF ovr next 4 stps XRib of L (W sd L), sd L (W XRif of L); XRib of L (W sd L), sd L (W XRif of L) to CP DLC, chasse sd & fwd LOD R/L,R (W sd & bk LOD L/R,L) cont RF tm to fc LOD while pushing W awy to LOP fcg pos LOD;

PART C

1 - 4 CHUGGING ARND;;; W UNDRM SPN TO 1/2OP. RK. REC;

{**Chugging Arnd**} (123a4; 1a23a4; 1a23a4) Rk apt L, rec R blending to BFLY, trng 3/8 LF ovr next two trpls sip L/R,L ld W to tm LF by xtndng R arm (W sm fwd chasse R/L,R tm LF to fc Wall in frnt of M & slightly to his R); Cont LF tm R/L,R to fc DRC ld W to tm RF by xtndng L arm (W sm fwd chasse L/R,L tm RF fc DRW in frnt of M & slightly to his L), trng 3/8 LF ovr next two trpls sip L/R,L ld W to tm LF by xtndng R arm (W sm fwd chasse R/L,R tm LF fc DLC in frnt of M & slightly to his R); In plc R/L,R cont LF fc Wall ld W to tm RF by xtndng L arm (W sm fwd chasse L/R,L tm RF fc DLW in frnt of M & slightly to his L), cont LF tm 1/8 sip L/R,L ld W to tm LF by xtndng R arm (W sm fwd chasse R/L,R tm LF to fc DRC then commence 1 3/8 RF spn undr jnd ld hnds on last stp of trpl);

{**W Undrm Spn to 1/2OP, Rk, Rec**} (1a234) Sip R/L,R trng 1/8 LF to fc LOD (W fin RF spn undr jnd ld hnds L/R,L) blending to 1/2OP LOD, rk bk L, rec R;

5 - 8 BOOGIE KICKS;;; THRWY;

{**Boogie Kicks**} (-23-; 12-4; 1-34;) Staying in 1/2OP LOD for next 3 meas kick L fwd rising slightly on R leg, sm rk bk L lowering strongly on L leg, push off L leg to stp slightly fwd R, rpt Boogie Kick three more times;;; [Note: Each Boogie Kick takes 3 even bts, for a total of 12 bts. This figure progresses slightly twd LOD]

{**Thrwy**} (1a23a4) Chasse fwd L/R,L (W chasse fwd R/L,R trng LF to fc ptr & RLOD), chasse sd & bk R/L,R (W chasse sd & bk L/R,L) to end in LOP fcg pos LOD;

9 - 11 AMER SPN TO HAMMERLOCK; -,-RK TO THE BK PASS;;;

{**Amer Spn to Hammerlock**} (123a4; 1a2) Rk apt L, rec R, blending to low BFLY sm chasse twd ptr L/R,L bracing M's L & W's R arms to ld W to commence RF spn then raising ld hnds to ld undrm spn while keeping M's R & W's L hnds also jnd and hip level; Trpl in plc R/L,R (W full spn RF in plc L/R,L undr jnd ld hnds) to to end w/ M fcg LOD and W fcg RLOD slightly to M's R sd w/ M's L & W's R hnds jnd above heads and M's R & W's L hnds jnd low at W's R hip,

{**Bk Pass**} (34; 1a23a4) Keeping all hnds jnd sm rk apt L, rec R; Passing R shldrs bth trpl fwd L/R,L (bth trpl

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fwd) taking jnd ld hnds ovr M's head while leaving other jnd hnds low, sld bk-to-bk stepping sd Wall R/cl L, sd R (W sld twd COH) while lowering jnd ld hnds to end w/ M on outsd fcg LOD and W on insd fcg RLOD w/ ld hnds joined bhd W at her R hip and other hnds jnd bhd M at his R hip;

**12-16 RK BK & UNWIND TO SCP WALL; -,-, CHG PLCS R TO L TWD WALL;;
LINK TO CONTINUOUS CHASSE;;**

{Rk bk & Unwind to SCP Wall} (123a4; 1a2) Sm rk bk L (bth rk bk), rec R, releasing M's R & W's L hnds circ $\frac{3}{4}$ LF L/R,L; R/L,R (W circ $\frac{3}{4}$ RF almost in plc) to end in SCP Wall,

{Chg Plcs R to L} (34; 1a23a4) Rk bk L, rec R; Raising jnd ld hnds chasse fwd sm stp L/R,L, chasse sd & fwd R/L,R (W chasse fwd R/L,R trng RF undr jnd ld hnds to fc M & COH, chasse sd & bk L/R,L) to LOP fcg pos Wall;

{Link to Continuous Chasse} (123a4; 1a2a3a4) Rk apt L, rec R, trpl twd ptr L/R,L blending to CP Wall, chasse sd RLOD R/L,R/L,R/L,R preparing to blend to SCP LOD;

ENDING

1 - 8 KCK TO THE SHLDR SHOVE; -,-, CHG PLCS L TO R TO TRPL TRAVEL W/ROLL (TO STORK LINE);;;; TRN W TO SHADOW TRANS; SD LUN;

{Kck to the Shldr Shove} (-a23a4; 1a2) Kck L twd ptr/sip L on ball of ft, sip R, chasse sd & fwd twd ptr L/R,L tching M's L & W's R shldr; Chasse sd & apt from ptr R/L,R to end bth still fcg COH and diagonally in twd ptr,

{Chg Plcs L to R to Trpl Travel w/Roll} (34; 1a23a4; 123a4; 1a23a4; 123a4) Rk apt crossing LIB of R (W RIB of L), rec R; Trm slightly RF trpl in plc L/R,L raising jnd ld hnds while trng W LF (W chasse fwd R/L,R twd M's R sd trng $\frac{3}{4}$ LF undr jnd ld hnds) to end in a R hnd star w/ M fcg COH (W fcg Wall), chasse sd LOD R/cl L, sd R releasing hnds on last stp and bth trng $\frac{1}{2}$ RF to fc Wall (W fc COH); Sd LOD L bth rolling $\frac{1}{2}$ RF to fc COH (W fc Wall), sd LOD R bth cont to roll $\frac{1}{2}$ RF to fc Wall (W fc COH) joining L hnds in L hnd star, chasse sd LOD L/cl R, sd L releasing hnds on last stp and bth trng $\frac{1}{4}$ LF to fc COH (W fc Wall) joining R hnds in R hnd star; Chasse sd LOD R/cl L, sd R releasing hnds on last stp and bth trng $\frac{1}{2}$ RF to fc Wall (W fc COH) joining L hnds in L hnd star, chasse sd LOD L/cl R, sd L releasing hnds on last stp and bth trng $\frac{1}{4}$ LF to fc COH (W fc Wall); Sd LOD R bth rolling $\frac{1}{4}$ LF to fc Wall (W fc COH), sd LOD L bth cont roll $\frac{3}{8}$ LF to fc DLC (W fc DRW) jng R hnds, chasse fwd & sd R/L,R to end w/ W IF of M w/ R hnds jnd and M fcg DLC (W fcg DRW) [Note: *The bt stops during the Trpl Travel w/Roll but the music continues. The figure should slow very slightly during the last roll and last trpl!*]

{Stork Line} (--) W/ R hnds jnd M keeps wgt on R leg while W raises R leg up sd of L leg w/ toe of R ft pointed dwn, hold approx 1 more bt;

{Trn W To Shadow Trans} (12--)(W 123-) Dancing next three bts rapidly during qk drum bts in music rk sd & bk L, rec R trng RF to fc Wall leaving jnd R hnds low, tch L to R (W fwd R, fwd L trng LF to fc Wall w/ W IF of M, stp sd R RLOD) to end bth fcg Wall w/ W slightly to R of M and jnd R hnds at W's R hip and M's L hnd on W's L hip and W's L hnd dwn at sd, hold approx 1 bt;

{Sd Lun} (1---) On last note lun sd L LOD looking at ptr while leaving M's hnds as in previous meas while W places her L hnd on L sd of M's fc,-,-,-;