

BORN UNDER A BAD SIGN

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CD: 2007 Concord Music Group, CD Title; "The Very Best Of Albert King" (Artist: Albert King) Track 4 "Born Under A Bad Sign" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:46

RHYTHM: West Coast Swing RAL PHASE IV

DEGREE OF DIFFICULTY: EASY

SEQUENCE: INTRO-A-B-B-C-B-ENDING

MEAS:

INTRODUCTION

1-2 LOP-FCG LOD WAIT LEAD IN NOTES + 2 MEAS::

1-2 Wait lead in notes plus 2 meas in LOP-FCG LOD w/ ld ft free;;

PART A

1-5 SUGAR PUSH ~ KICK BALL CHANGE;; LEFT SIDE PASS ~ SUGAR PUSH;;;

1-2 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

3-5 {**Left Side Pass**} LOP-FCG LOD Bk L trn LF, cl R trn LF ld W to M L sd, fwd L/cl R, fwd L; Anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L pass on M L sd, fwd R trn LF/XLif cont LF trn, bk R to fc LOD; Anchor L/R, L), {**Sugar Push**} LOP-FCG RLOD bk L, bk R; Tch L to R, fwd L, anchor R/L, R (W fwd R, fwd L; tch R to L, bk R, anchor L/R, L);

6-8 UNDERARM TURN ~ SUGAR PUSH;;;

6-8 {**Underarm Turn**} LOP-FCG RLOD Bk L trn RF, fwd R trn RF, fwd L/cl R, fwd L; Anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L undr ld hnds, fwd R trn LF/XLif cont LF trn, bk R to fc LOD; Anchor L/R, L), {**Sugar Push**} LOP-FCG LOD bk L, bk R; Tch L to R, fwd L, anchor R/L, R (W fwd R, fwd L; tch R to L, bk R, anchor L/R, L);

PART B

1-4 SUGAR PUSH ~ KICK BALL CHANGE;; WRAPPED WHIP;;

1-2 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

3-4 {**Wrapped Whip**} LOP-FCG LOD Bk L to BFLY, rec R trn 1/4 RF, bring ld hnds in & over W head sd L cont RF trn/cl R, sd & fwd L to WRP RLOD (W fwd R, fwd L, fwd R/cl L, bk R); XRib trn RF release trl hnds, sd L trn RF to fc LOD, anchor R/L, R to LOP-FCG LOD (W bk L, bk R, anchor L/R, L);

5-9 SUGAR PUSH ~ KICK BALL CHANGE;; LEFT SIDE PASS ~ SUGAR PUSH;;;

5-9 Repeat meas 1-5 of part A;;;;

10-12 UNDERARM TURN ~ SUGAR PUSH;;;

10-12 Repeat meas 6-8 of Part A;;;;

PART C

1-4 WRAPPED WHIP;; SUGAR PUSH ~ KICK BALL CHANGE;;

- 1-2 {**Wrapped Whip**} LOP-FCG LOD Bk L to BFLY, rec R trn 1/4 RF, bring ld hnds in & over W head sd L cont RF trn/cl R, sd & fwd L to WRP RLOD (W fwd R, fwd L, fwd R/cl L, bk R); XRib trn RF release trl hnds, sd L trn RF to fc LOD, anchor R/L, R to LOP-FCG LOD (W bk L, bk R, anchor L/R, L);
- 3-4 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

5-10 LEFT SIDE PASS ~ SUGAR PUSH;;; UNDERARM TURN ~ SUGAR PUSH;;;

- 5-7 {**Left Side Pass**} LOP-FCG LOD Bk L trn LF, cl R trn LF ld W to M L sd, fwd L/cl R, fwd L; Anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L pass on M L sd, fwd R trn LF/XLif cont LF trn, bk R to fc LOD; Anchor L/R, L), {**Sugar Push**} LOP-FCG RLOD bk L, bk R; Tch L to R, fwd L, anchor R/L, R (W fwd R, fwd L; tch R to L, bk R, anchor L/R, L);
- 8-10 {**Underarm Turn**} LOP-FCG RLOD Bk L trn RF, fwd R trn RF, fwd L/cl R, fwd L; Anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L undr ld hnds, fwd R trn LF/XLif cont LF trn, bk R to fc LOD; Anchor L/R, L), {**Sugar Push**} LOP-FCG LOD bk L, bk R; Tch L to R, fwd L, anchor R/L, R (W fwd R, fwd L; tch R to L, bk R, anchor L/R, L);

ENDING

1-4 SUGAR PUSH ~ KICK BALL CHANGE;; WRAPPED WHIP;;

- 1-2 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);
- 3-4 {**Wrapped Whip**} LOP-FCG LOD Bk L to BFLY, rec R trn 1/4 RF, bring ld hnds in & over W head sd L cont RF trn/cl R, sd & fwd L to WRP RLOD (W fwd R, fwd L, fwd R/cl L, bk R); XRib trn RF release trl hnds, sd L trn RF to fc LOD, anchor R/L, R to LOP-FCG LOD (W bk L, bk R, anchor L/R, L);

5 ROCK REC ~ KICK BALL CHANGE;

- 5 {**Rock Rec**} LOP-FCG LOD Rk bk L, rec R (W rk bk R, rec L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

ABBC B

WAIT PICKUP NOTES + 2 MEAS -----

A	SUGAR PUSH LEFT SIDE PASS <SUGAR PUSH -----	END KICK BALL CHANGE ---- UNDERARM TURN <SUGAR PUSH
B	SUGAR PUSH WRAPPED WHIP SUGAR PUSH LEFT SIDE PASS <SUGAR PUSH ----	END KICK BALL CHANGE ---- END KICK BALL CHANGE ---- UNDERARM TURN <SUGAR PUSH
C	WRAPPED WHIP SUGAR PUSH LEFT SIDE PASS <SUGAR PUSH ----	---- END KICK BALL CHANGE ---- UNDERARM TURN <SUGAR PUSH
END	SUGAR PUSH WRAPPED WHIP ROCK REC KICK BALL CHANGE	END KICK BALL CHANGE ----

4-1 BORN UNDER A BAD SIGN (ROSS) 6112
(LOP-FCG LOD LEAD FOOT FREE)