

COUNT ON ME

Choreographers: Ken and Amy Shotting, 5525 Hunting Horn Dr., Ellicott City, MD 21043,
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Music: "Count on Me" Jefferson Starship (@amazon.com length 3:15)

Speed: As recorded

Rhythm: Slow Two Step Phase IV + 0 + 1 (Tunnel Exit, [Optional Neck Wrap])

Degree of difficulty: Average

Footwork: Opposite except as noted (Woman's instructions in parentheses)

Sequence: **Intro A B A B C A B End**

INTRODUCTION

1 - 6 WAIT...; TWISTY BASIC TWICE TO LOW BFLY...; SWAY LEFT & RIGHT; SIDE DRAW CLOSE CP WALL; BASIC...;

- {Wait} Wait 3 strong beats ld ft free BFLY WALL...;
- 1-2. {Twisty bas 2x} Sd L, -, XRib of L (W XLif of R), rec L; Sd R, -, XLib of R (W XRif of L), rec R low BFLY WALL;
- 3. {Sway L&R} Sd L sway LOD, -, sd R sway RLOD, -;
- 4. {Sd draw cl} Sd L, -, -, cl R CP WALL;
- 5-6. {Basic} Sd L, -, XRib of L (W XLib of R), rec L; Sd R, -, XLib of R (W XRib of L), rec R CP WALL;

PART A

1 - 4 RIGHT TURN WITH OUTSIDE ROLL; OPEN BREAK; CHANGE SIDE UNDERARM; BASIC ENDING;

- 1. {R trn w/outsd roll} Xif of W sd & bk L fc RLOD, -, bk & sd R trng RF ¼, XLif of R (W fwd R comm RF trn undr jnd ld hnds, -, cont RF trn L, comp trn R) BFLY WALL;
- 2. {Op brk} Sd R, -, rk apt L, rec R LOP-FCG COH;
- 3. {Chg sds undrm} Twd W's R sd fwd & sd L trng ½ RF ldg W undr jnd ld hnds, -, sd & slightly bk R, XLif of R (W twd M's R sd fwd R trng ½ LF undr jnd ld hnds, -, sd & slightly bk L, XRif of L) BFLY WALL;
- 4. {Bas endg} Sd R, -, XLib of R (W XRib of L), rec R BFLY WALL;

5 - 8 LUNGE BASIC TWICE...; UNDERARM TURN [Optional NECK WRAP*]; REV UNDERARM TURN [UNWRAP**];

- 5-6. {Lun bas 2x} Sd L w/lun action, -, rec R, XLif of R (W XRif of L); Sd R w/lun action, -, rec L, XRif L (W XLif of R) BFLY WALL;
- 7. {Undrm trn} Sd L ldg W RF undr jnd ld hnds, -, XRib of L, rec L (W sd R comm RF trn undr jnd ld hnds, -, XLif of R to LOD cont RF trn, rec R comp trn) BFLY WALL;
- 8. {Rev undrm trn} Sd R ldg W LF undr jnd ld hnds, -, XLif of R, rec R (W sd L comm LF trn undr jnd ld hnds, -, fwd R to RLOD cont LF trn, rec L comp trn) BFLY WALL;

* 7. {Neck wrp} Sd L raisg ld hds to W's neck level ldg to trn RF, -, XRib of L, rec L (W sd R comm ¾ RF trn to neck wrp, -, XLif of R to LOD cont RF trn, rec R comp trn to fc RLOD);

** 8. {& Unwrp} Sd R ldg W to unwrp LF, -, XLif of R, rec R (W fwd L comm LF unwrp, -, XRif of L to RLOD cont LF trn, rec L comp trn) BFLY WALL;

9-12 SIDE BASIC; OPEN BASIC; SWITCHES TWICE...;

- 9. {Sd bas} Sd L, -, XRib of L (W XLib of R), rec L;
- 10. {Op bas} Sd R to ½ OP, -, XLib of R (W XRib of L), rec R to ½ OP;
- 11-12. {Swch 2x} Trng ¾ RF Xif of W sd L, -, sd R twd LOD in a V-shaped L ½ OP, XLif of R (W fwd R, -, sd L twd LOD in a V-shaped L ½ OP, XRif of L); Fwd R, -, sd L twd LOD in a V-shaped ½ OP, XRif of L (W trng RF Xif of M sd L, -, sd R twd LOD in a V-shaped ½ OP, XLif of R) ½ OP LOD;

PART B**1 - 4 THE SQUARE TO LOW BFLY LOD;;;:**

- 1-4. {The Square w/pu low BFLY LOD} Trng 3/8 RF Xif of W sd L, -, sd R twd COH in a V-shaped L ½ OP, XLif of R (W fwd R, -, sd L twd COH in a V-shaped L ½ OP, XRif of L comm RF trn to Xif of M); Fwd R, -, sd L twd RLOD in a V-shaped ½ OP, XRif of L comm RF trn to Xif of W (W trng 3/8 RF Xif of M sd L, -, sd R twd RLOD in a V-shaped ½ OP, XLif of R); Trng 3/8 RF Xif of W sd L, -, sd R twd WALL in a V-shaped L ½ OP, XLif R (W fwd R, -, sd L twd WALL in a V-shaped L ½ OP, XRif L comm RF trn to Xif of M); Fwd R, -, sd L twd LOD in a V-shaped ½ OP, fwd R (W trng 3/8 RF Xif of M sd L, -, sd R twd LOD in a V-shaped ½ OP, XLif R) w/PU low BFLY LOD;

5 - 8 4 TRAVELING CROSS CHASSES BFLY WALL;;;:

- 5-8. {Trav X chasse 4x} Fwd L w/R shldr ldg, -, sd & fwd R to fc DLC, XLif of R (W XRif of L); Fwd R twd LOD w/L shldr ldg, -, sd & fwd L to fc DLW, XRif of L (W XLif of R); Fwd L w/R shldr ldg, -, sd & fwd R to fc DLC, XLif of R (W XRif of L); Fwd R twd LOD w/L shldr ldg, -, sd & fwd L to fc WALL, XRif of L (W XLif of R) BFLY WALL;

9-10 [BLENDING to CP 1st time only] BASIC;;

- {Basic} Sd L bldg to CP*, -, XRif of L (W XLib of R), rec L; Sd R, -, XLib of R (W XRif of L), rec R CP WALL; [*1st time only – 2nd & 3rd time stay in BFLY]

PART C**1-4 LOW BFLY SWAY L & R TWICE;; OPEN BASIC; BASIC ENDING WITH PU [CP LOD];**

- 1-2. {Sway L&R 2x} Bldg to low BFLY repeat Intro meas 3 twice;;
3. {Op bas} Sd L to L ½ OP, -, XRif of L (W XLib of R), rec L CP WALL;
4. {Bas endg} Sd R, -, XLib of R (W XRif of L), rec R w/PU CP LOD;

5-8 LEFT TURN INSIDE ROLL; BASIC ENDING; UNDERARM TURN WITH TUNNEL EXIT BOTH FACE RLOD;;

5. {L trn w/insd roll} Fwd L trng LF ldg W undr ld hnds, -, sd R fc COH, XLif of R (bk R comm trng LF undr jnd ld hnds, -, fwd L cont LF trn, bk & sd R comp LF trn) BFLY COH;
6. Repeat Part A meas 4;
7-8. {Undrm trn w/tunnel exit} Sd L ldg W RF undr jnd ld hnds, -, XRif of L, rec L (W sd R comm ¾ RF trn undr jnd ld hnds, -, XLif of R to LOD cont RF trn, rec R comp trn to fc LOD) end L-SHAPED M fcg COH; Cir CCW undr jnd ld hnds and ldg W to cir arnd M CW fwd R, -, fwd L, fwd R (W fwd L comm CW cir arnd M, -, fwd R, fwd L) to LOP RLOD;

9-12 OUTSIDE ROLL; FRONT TWISTY BASIC; LUNGE BASIC; BASIC ENDING CP WALL;

9. {Outsd roll} Fwd L, -, fwd R, fwd L (W fwd R, -, fwd L comm RF twrl, sd R comp RF twrl) BFLY WALL;
10. {Frnt twisty bas 2x} Sd R, -, XLif of R (W XRif of L), rec R BFLY WALL;
11. Repeat Part A meas 5;
12. Repeat Part A meas 4 CP WALL;

ENDING**1-5 LUNGE BASIC WITH INSIDE ROLL; LUNGE BASIC; TWISTY BASIC TWICE;; SIDE LUNGE TO CUDDLE POS & CARESS;**

1. {Lun bas w/insd roll} Sd L w/lun action, -, rec R, XLif of R (W sd R w/lun action, -, fwd L comm LF twrl, sd R comp LF twrl) BFLY WALL;
2. Repeat Part A meas 6;
3-4. Repeat Intro meas 1-2;;
5. {Sd lun} Sd L w/lun action bldg to CUDDLE POS, -, (W caress bth sds of M's fc), -;

QUICK CUES**INTRO**

1 - 6 WAIT,,, TWISTY BASIC TWICE;; SWAY LEFT & RIGHT; SIDE DRAW CLOSE CP WALL; BASIC;;

PART A

1 - 4 [Think manuv] RIGHT TURN WITH OUTSIDE ROLL; OPEN BREAK; CHANGE SIDE UNDERARM TO BFLY; BASIC ENDING;

5 - 8 LUNGE BASIC TWICE;; UNDERARM TURN [OPTIONAL NECK WRAP]; REV UNDER ARM TURN [or UNWRAP];

9 - 12 OPEN BASIC TWICE;; SWITCHES TWICE; ½ OP LOD;

PART B

1 - 4 THE SQUARE;;;;

5 - 8 PICK UP LOW BFLY LOD 4 TRAVELING CROSS CHASSES;;; to BFLY WALL;

9 - 10 BLENDING TO CP BASIC;;

PART A

1 - 4 [Think manuv] RIGHT TURN WITH OUTSIDE ROLL; OPEN BREAK; CHANGE SIDE UNDERARM TO BFLY; BASIC ENDING;

5 - 8 LUNGE BASIC TWICE;; UNDERARM TURN [OPTIONAL NECK WRAP]; REV UNDER ARM TURN [OR UNWRAP];

9 - 12 OPEN BASIC TWICE;; SWITCHES TWICE; ½ OP LOD;

PART B

1 - 4 THE SQUARE;;;;

5 - 8 PICK UP LOW BFLY LOD 4 TRAVELING CROSS CHASSES;;; to BFLY WALL;

9 - 10 BASIC;;

PART C

1 - 4 LOW BFLY SWAY LEFT & RIGHT TWICE;; OPEN BASIC CP WALL; BASIC ENDING;

5 - 8 [Think pickup] LEFT TURN INSIDE ROLL; BASIC ENDING; UNDERARM TURN; TUNNEL EXIT BOTH FACE REV;

9 - 12 OUTSIDE ROLL BFLY WALL; FRONT TWISTY BASIC; LUNGE BASIC CP WALL; BASIC ENDING;

PART A

1 - 4 [Think manuv] RIGHT TURN WITH OUTSIDE ROLL; OPEN BREAK; CHANGE SIDE UNDERARM TO BFLY; BASIC ENDING;

5 - 8 LUNGE BASIC TWICE;; UNDERARM TURN [OPTIONAL NECK WRAP]; REV UNDER ARM TURN [or UNWRAP];

9 - 12 OPEN BASIC TWICE;; SWITCHES TWICE; ½ OP LOD;

PART B

1 - 4 THE SQUARE;;;;

5 - 8 PICK UP LOW BFLY LOD 4 TRAVELING CROSS CHASSES;;; to BFLY WALL;

9 - 10 BASIC;;

ENDING

1 - 5 LUNGE BASIC WITH INSIDE ROLL; LUNGE BASIC; TWISTY BASIC TWICE;; SIDE LUNGE TO CUDDLE POS & [TWO HAND] CARESS;