

Composers: Jeff & Barb Grossman, P.O. Box 951, Tualatin OR 97062 (503) 692-9453
 Record: Roper 272-B My Cup Runneth Over (flip of Moon River) Speed: 43
 Footwork: Opposite throughout. Woman's special instructions in parentheses.
 Level: INT Waltz Ph IV+1 (change of sway)
 Sequence: INTRO A B A B A B ENDING

INTRO

- 1 - 4 WAIT;; STEP TOG TOUCH; BK SD CL;
 1-2 wait lpf dw;;
 3-4 tog L blndg to cp, tch R, -; bk R trng lf to fc dc, sd L, cl R;
 5 - 8 OPEN TELEMARK; MANVR SD CL; OPEN IMPETUS; PICKUP SD CL;
 1-2 fwd L, fwd R trng lf to cp drw (W cl L w/heel trn), sd & fwd L dw blndg to scp; thru R blndg to cp drw, sd L, cl R blndg to fc rld;
 3-4 bk L lod, cl R w/heel trn to fc dw, sd & fwd L dc blndg to scp; thru R blndg to cp dw, sd L dc, cl R blndg to fc lod;

PART A

- 1 - 4 FWD WALTZ; MANVR SD CL; BK BK/LK BK; OUTSIDE CHG TO SCP;
 1-2 fwd L, fwd R, cl L; fwd R trng rf to fc drw, sd & bk L dw, cl R blndg to fc rld;
 3-4 bk L blndg to bjo drc, bk R/lk L lf R, bk R; bk L; bk R trng lf to cp drw, sd & fwd L dw blndg to scp;
 5 - 8 THRU SD/CL SD; THRU SD PROM SWAY; CHANGE SWAY; RECOVER BRUSH & FWD;
 5-6 thru R, sd L/cl R, sd L blndg to scp lod; thru R, sd L & fwd to prom sway, -;
 7-8 relax L knee & stretch L side & look to rld; rcvr R, rise & brush w/L, fwd L to scp lod;
 9 - 12 THRU SD CL; HOVER TELEMARK; OPEN NATURAL; BK BK/LK BK;
 9-10 thru R, sd L, cl R to fc dw; fwd L, fwd R w/rise, fwd L to scp dw (W bk R, bk L w/rise, fwd R);
 11-12 thru R to bjo rld, bk L, bk R endg bjo drc; bk L, bk R/lk L, bk R;
 13 - 14 OPEN IMPETUS; SLOW SIDE LOCK;
 13-14 rpt meas 3 of INTRO; thru R blndg to cp dw, sd L dc, R xib L (W xif) trng to fc dc;

PART B

- 1 - 4 LF WALTZ TURNS;;; (Note: Viennese turns may be substituted)
 1-2 fwd L & beg lf trn, sd & bk R cont trn, cl R; bk R cont lf trn, sd & fwd L cont lf trn, cl R endg dc;
 3-4 rpt meas 1-2 of PART B;;
 5 - 8 OPEN TELEMARK; MANVR SD CL; OPEN IMPETUS; PICKUP SD CL;
 5-8 rpt meas 5-8 of INTRO;;;

ENDING

- 1 - 4 DIAMOND TURN;;;;
 1-2 fwd L trng lf to bjo dc, sd R, bk L; bk R trng to bjo drc, sd L, fwd R;
 3-4 fwd L trng lf to bjo drw, sd R, bk L; bk R trng to bjo dw, sd L, fwd R;
 5 - 8 FWD WALTZ; MANVR SD CL; SPIN TURN; BK SD CL;
 5-6 fwd L, fwd R, cl L; rpt meas 2 of INTRO;
 7-8 bk L, bk R trng ½ to fc lod, bk L; rpt meas 4 of INTRO;
 9 - 11 OPEN TELEMARK; THRU SD/CL SD; CHAIR;
 9-10 rpt meas 5 of INTRO; rpt meas 5 of PART A;
 11 thru R w/ checking action, very slight rise, hold;