

TALL AND TAN

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Music : Peter Grant CD - New Vintage trk #7

https://www.amazon.com/music/player/albums/B073LHTDWR?marketplaceId=ATVPDKIKX0DER&musicTerritory=US&trackAsin=B073LQWQRP&ref=sr_1_1&s=dmusic&keywords=Peter+Grant+the+girl+from+ipanema&crid=1KXUKBG3TKIND&srefix=peter+grant+the+girl+from+ipanem%2Cdigital-music%2C212&qid=1667774499&sr=1-1

Rhythm : Rumba

Speed: 40.5 rpm (-10% in DM)

Phase : 4 + 1 Open Hip Twist average difficulty

Footwork : Opposite Except where noted

release : Nov 2022

Seq - Intro , A B , A (1-6) , C D , B , Br , A (1-12) , End

Intro - Lop Fcg / wall / trail foot free -

1-4 **Wait 1 ; ** Diagonal Cucaracha w/ Arms 3 times lead hands** ; ; ;**

Wait 1 meas ;

qqS 3x {Diagonal Cucaracha w/ Arms 3 times} Sd and bk R w/ Arm Sweep, rec L, cl R join lead hands, ;
Sd and bk L w/ Arm Sweep, rec R, cl L, ; Sd and bk R w/ Arm Sweep, rec L, cl R lead hands, ;

A - Lop Fcg / wall -

1-4 **Open Hip Twist ; Fan ; Alemana ; ;**

qqS {Open Hip Twist} (Lop Fcg / wall) Fwd L, rec R, cl L, -

(W bk R, rec L, fwd R twd man w/ tension in Rt arm, causing W's hip swivel 1/4 RF on Rt foot) ;

qqS {Fan} Bk R slight LF trng, rec L trng W LF, sd R, -

(W fwd L, fwd R trng LF 1/2, bk L to fan pos, -) ;

qqS {Alemana} (Fan position) Fwd L, rec R, cl L bring lead hands up lead W to fc man, -

(W cl R, fwd L, fwd sharp swivel RF fc man, -) ;

qqS Bk R lead W under lead hands, rec L, small sd R, -

(W fwd L twds LC trng RF under lead hands, fwd R twd RW trng RF, fwd L to mans Rt side, -) ;

5-8 **into Lariat ; ; New Yorker 4qk ; Spot Turn 2 slows fc LOD ;**

qqS qqS {into Lariat} (Mod Lop Fcg / wall) Sd L, rec R, cl L, - ; Sd R, rec L, cl R, -

(W circle RF around man keeping lead hands joined fwd R, L, R, - ; Fwd L, R fc man, sd L, -) ;

qqqq {New Yorker 4qk} (Lop Fcg / wall) Trng RF fc RLOD chk fwd L, rec R trng LF fc wall,
sd L to BFLY, cl R ;

SS {Spot Turn 2 slows Op / LOD} (Lop Fcg / wall) comm RF rotation XLIFR, trn RF (LF) 3/4 fc LOD,
rec fwd R Op / LOD, - ;

9-12 **Rumba Walk 6 to face ; ; Cucaracha Cross Twice ; ;**

qqS qqS {Rumba Walk 6} (Op / LOD) Fwd L, R, L, - ; Fwd R, L, R trng to fc ptnr, - ;

qqS qqS {Cucaracha Cross Twice} (Op Fcg / wall) Sd L, rec R, XLIFR, - ; Sd R, rec L, XRIFL, - Op Fcg / w ;

13-16 **one Side Walk ; Facing Fan ; Hockey Stick overturn to face shake hands ; ;**

qqS {one Side Walk} (Op Fcg / wall) Sd L, cl R, sd L, - BFLY ;

qqS {Facing Fan} (BFLY) Bk R, rec L trng LF to fc lady, sd R, - (Fwd L, trng LF 1/4 bk R, bk L, -) ;

qqS {Hockey Stick overturn to fc} (Lop Fcg / LOD) Fwd L, rec R trng RF 1/4, cl L raise jnd lead
hands in front of W's head, - (W cl R to L, fwd L, fwd R, -) ;

qqS Bk R lead W to RLOD under lead hands, rec L trng W under lead hand to man, sd R, -

(W fwd L trng toe out, fwd R twd RW trng LF under lead hands fc man, sd L, -) shake hands ;

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B - Handshake / wall -

1-5 Trade Places Twice ; ; Open Break Vars ; Wheel 6 fc wall ; ;

qqS {Trade Places Twice} (handshake/wall) Apt L, rec R passing R shldr trng RF release R hands, cont RF trn sd & bk L, join Lft hands

(W apt R, rec L passing R shldr trng LF, cont LF trn sd & bk R, join Lft hands) ;

qqS Apt R, rec L passing L shldr trng LF release L hands, cont LF trn sd & bk R join R hands

(W apt bk L, rec R passing L shldr trng RF release hands, cont trn sd & bk L, join R hands) ;

qqS {Open Brake Vars} (hand shake / wall) Bk L, rec R, cl L, - join Lft hands to Varsouvienne / wall

(W bk R, rec L, fwd R trng LF join lft hands to Vars, -) ;

qqS {Wheel 6 fc wall} (Vars wall) trng RF fwd L, fwd R, Fwd L, - (W trng RF bk R, bk L, bk R, -) ;

qqS Trng RF fwd, fwd L, fwd R, - (W trng RF bk L, bk R, bk L, -) ;

6-8 Hockey Stick Ending out to wall lead hands ; Chase w/ Under Arm Pass BFLY / COH ; ;

qqS {Hockey Stick Ending} (Vars wall) Bk R, rec L, fwd R, - (W fwd R, fwd L trng LF 1/2 , bk R, -) ;

qqS {Chase w/ Under Arm Pass} (Lop Fcg / wall) Fwd L trn LF 1/2 , fwd R, fwd L, -

(W Bk R, fwd L, fwd R to mans Lft sd, -) ;

qqS Fwd R raising L hand lead W into LF under arm turn, rec L, sd R, -

(W Fwd L, fwd R trng LF 1/2 under jnd lead hands, sd R, -) BFLY / COH ;

9-12 Thru Serpiente ; ; Aida ; Switch Rock BFLY / SCAR ;

qqS {Thru Serpiente} (BFLY / COH) Thru L, sd R, XLIBR, ronde R CW (CCW) ;

qqS XRIBL, sd L, XRIFL, ronde R CW (CCW) ;

qqS {Aida} (BFLY) Thru L, sd R trng LF, bk L into Vee bk to bk pos ext trailing arms out and bk, - ;

qqS {Switch Rock BFLY / SCAR} (Aida Line) trng RF bk & sd R, rec L, sd R BFLY / SCAR, - ;

13-16 Check Forward / Lady Develope ; Back Side Close ; Shoulder to Shoulder Twice ; ;

q - - - {Check Forward / Lady Develope} (BFLY / SCAR / RW) Fwd L Checking, - , - , -

(W Bk R checking w/body rise, bring L foot up R leg to inside of R knee, extend L ft fwd, then lowering L leg) ;

qqS {Back Side Close} (BFLY / SCAR / RW) Bk R, sd L, cl R, - ;

qqS {Shoulder to Shoulder Twice} (BFLY) Fwd L to RW, rec R to face, sd L, - ;

qqS Fwd R to BFLY / BJO / LW, rec L to face, sd R release trail hands, - ;

A (1-6) - Lop / COH - repeat A 1-6 to Lop fcg / COH

C - Lop Fcg / COH -

1-4 Aida ; Hip Rock 3 release hands ; Back to Back Fence Line Twice ; ;

qqS {Aida} (Lop Fcg / COH) Thru L, sd R trng LF, bk R into Vee bk to bk pos ext trailing arms out & bk, - ;

qqS {Hip Rock 3 release hands} (Vee bk to bk) Fwd R, rec L, fwd R release hands, - ;

qqS qqS {Back to Back Fence Line Twice} (Bk to Bk pos) XLIFR, rec R, sd L - ; XRIFL, rec L, sd R, - ;

5-8 Crab Walk Twice ; ; Circle Away and Together ; ;

qqS qqS {Crab Walk Twice} (Bk to Bk pos) XLIFR, sd R, XLIFR - ; Sd R, XLIFR, sd R, - ;

qqS {Circle Away and Together} (Bk to Bk pos) Curving LF (RF) fwd L, fwd R, fwd L - ;

qqS Curving LF fwd R, fwd L, fwd R CP / COH, - ;

9-10 Cross Body release trail hands ; ;

qqS {Cross Body} (CP / COH) Fwd L, rec R trng 1/4 LF, sd L, - (W Bk R, fwd L, fwd R, -) to “L” shape ;

qqS Bk R, fwd L trng LF 1/4, sd R rel trail hnds, - (W Fwd L, fwd R trng LF 1/2, sd L, -) Lop Fcg / COH, - ;

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D - Lop Fcg / wall -

- 1-4 **Alemana ; ; Shoulder to Shoulder Twice 2nd one Man point ; ;**
qqS {Alemana}(Lop Fcg / wall) Fwd L, rec R, cl L raise ld hnd, - (W bk R, rec L, fwd R twd mans L side, -)
qqS Bk R lead W fwd under lead hands, rec sd & fwd L, cl R, -
(W fwd L twd LC trng RF under lead hands, fwd R twd wall trng RF, sd L, -) BFLY ;
qqS {Shoulder to Shoulder Twice 2nd one man pt} (BFLY) Fwd L to RW outside ptnr, rec R to face, sd L, - ;
qqS Fwd R to LW outside ptnr, rec L to face, point R, - BFLY / BJO ;
- 5-6 **Right Foot Circular Serpiente release hands ; ;**
qqS {Right Foot Circular Serpiente} (BFLY / BJO / LW) using same footwork as a couple rotating RF
XRIFL, sd L, XRIBL, ronde L CCW ;
qqS using same footwork as a couple rotating LF XLIBR, sd R, XLIFR, ronde R CCW release hands ;
- 7-8 **Opposition Fence Line Twice 2nd one Man touch shake hands ; ;**
qqS {Opposition Fence Line Twice} (Op / Fcg / wall / no hands) using same ftwrk XRIFL, rec L, sd R, - ;
qqS XLIFR, rec R, touch R, - (W XRIFL, rec L, sd R, -) shake Rt hands ;

Repeat B - Handshake / wall -

Br - BFLY / COH -

- 1 **Hip Rock 2 slows ;**
SS {Hip Rock 2 slows} (BFLY /COH) Slow sd L, slow sd R, - ;

Repeat A (1-12) - Lop / W -

End - Lop Fcg / COH -

- 1-3 **Circle Away and Together CP / COH ; ; Start Cross Body ;**
qqS {Circle Away and Together} (Lop Fcg / COH) Curving LF (RF) fwd L, fwd R, fwd L - ;
qqS Curving LF (RF) fwd R, fwd L, fwd R CP / COH, - ;
qqS {Start Cross Body}(CP / COH) Fwd L, rec R trng 1/4 LF, sd L, - (W Bk R, fwd L, fwd R, -) to 'L' pos ;
- 4-5 **Lady Fwd Swivel 2 slows ; Finish Cross Body BFLY ;**
SS {Lady Fwd Swivel 2 slows} ('L' Pos) Rk sd R, - , rk sd L, -
(W Fwd L swivel LF 1/2, fwd R swivel RF 1/2, -) 'L' Pos ;
qqS {Finish Cross Body} ('L' Pos) Bk R, fwd L trng LF 1/4, sd R, -
(W Fwd L, fwd R trng LF 1/2, sd L, -) BFLY / wall ;
- 6-7 **Aida ; Switch Lunge ;**
qqS {Aida} (BFLY) Thru L, sd R trng LF 1/2, bk R into V bk to bk pos ext trailing arms out & bk, - ;
q - - - {Switch Lunge} (Aida Line) trng RF bk and sd R extend lead arms to sd, - , - , - ;

** Choreo Note : the 4 measures of the intro feel, and time out, as if there are 5 beats in each measure - so don't rush the cues or the figures.

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4 + 1 Rumba Open Hip Twist speed 40.5 (-10% in DM)

Seq - Intro , A B , A (1-6) , C D , B , Br , A (1-12) , End

Intro - Lop Fcg / W / trail ft free - ;

Wait 1 ; Diagonal Cucaracha w/ Arms 3 times lead hands low ; ; ;

A - Lop Fcg / W - Open Hip Twist ; Fan ; Alemana ; ; into Lariat ; ;

New Yorker 4q ; Spot Turn 2 slows to Op / LOD ;

Rumba Walk 6 turn to face ; ; Cucaracha Cross Twice ; ;

Side Walk 3 ; Facing Fan ; Hockey Stick overturn to face shake hands ; ;

B - Handshake / W -

Trade Places Twice ; ; Open Break to Varsouvienne ; Wheel 6 fc wall ; ;

Hockey Stick ending out to wall lead hands ; Chase w/ Under Arm Pass BFLY / COH ; ;

Thru Serpiente ; ; Aida ; Switch Rock BFLY / SCAR ;

Check Forward / Lady Develope ; Back Side Close ;

Shoulder to Shoulder Twice lead hands ; ;

A (1-6) - Lop Fcg / COH - Open Hip Twist ; Fan ; Alemana ; ; into Lariat ; ;

C - Lop Fcg / COH - Aida ; Hip Rock 3 release hands ; Back to Back Fence Line Twice ; ;

Crab Walk Twice ; ; Circle Away and Together CP / COH ; ; Cross Body release trail hands ; ;

D - Lop Fcg / W - Alemana BFLY ; ; Shoulder to Shoulder Twice 2nd one Man Point ; ;

Right Foot Circular Serpiente release hands ; ;

Opposition Fence Line Twice ; 2nd one Man Touch shake hands ;

B - Handshake / W -

Trade Places Twice ; ; Start a Flirt to Varsouvienne ; Wheel 6 fc wall ; ;

Hockey Stick ending out to wall lead hands ; Chase w/ Under Arm Pass BFLY / COH ; ;

Thru Serpiente ; ; Aida ; Switch Rock BFLY / SCAR ;

Check Forward / Lady Develope ; Back Side Close ; Shoulder to Shoulder Twice ; ;

Br - BFLY / C - Hip Rock 2 slows ;

A (1-12) - Lop Fcg / C - Open Hip Twist ; Fan ; Alemana ; ; into Lariat ; ;

New Yorker 4q ; Spot Turn 2 slows to Op / RLOD ;

Rumba Walk 6 turn to face ; ; Cucaracha Cross Twice ; ;

End - Op / Fcg / W - Circle Away and Together CP / COH ; ;

Start Cross Body ; Lady Fwd Swivel 2 slows ;

Finish Cross Body BFLY ; Aida ; Switch Lunge ;