

WRAP ME UP

Choreo : Randy Lewis / Debbie Olson (503) 318-8831 rcl831@frontier.com
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Music : Wrap Me Up / Album - Wrap Me Up - Track 1
Artist : Meghan Trainor & Jimmy Fallon
You Tube - [Wrap Me Up](#) Download - Amazon - [Wrap Me Up](#)
Rhythm : Two Step Speed: 42.3 rpm (-6% in DM)
Phase : 2 + 1 / Strolling Vine average difficulty
Footwork : Opposite Except where noted release : Dec 2023

Seq - Intro , A B C D , A B C , End

Intro - Op Fcg / W -

1-4 Wait 2 ; ; Apart Point ; Together Touch BFLY ;

Wait 2 measures ; ;

S - - {Apart Point} (Lop Fcg / W) Apart L, -, point R, - ;

S - - {Together Touch} (BFLY) Together R, -, touch L, - BFLY ;

5-8 Slow Twist Vine 4 ; ; Basketball Turn SCP ; ;

SS SS {Slow Twist Vine 4} (BFLY) Sd L, -, XRIBL ([XLIFR](#)) - ; Sd L, -, XRIFL ([XLIBR](#)), - BFLY ;

SS {Basketball Turn} (BFLY) Sd L, -, rec R trng 1/4 RF, - ;

SS Thru L trng RF, -, sd & fwd R trn RF to fc ptrn blending to SCP ;

A - SCP -

1-4 2 Fwd Twos ; ; Hitch 6 Op / L ; ;

qqS 2x {2 Forward Twos} (SCP) Fwd L, cl R, fwd L, - ; Fwd R, cl L, fwd R, - SCP ;

qqS 2x {Hitch 6} (SCP) Fwd L, cl R, bk L, - ; Bk R, cl L, fwd R, - release to Op / L ;

5-8 Vine Apart 3 and Together BFLY ; ; Open Vine 4 BFLY ; ;

qqS {Vine Apart 3 and Together BFLY} (Op / L) Sd L, XRIBL, sd L, touch R ;

qqS Sd R, XLIBR, sd L trng RF, touch L BFLY ;

SS {Open Vine 4} (BFLY) Sd L, -, XRIBL releasing trail hands trng 1/4 RF ([LF](#)), - Lop / RL ;

SS Bk and sd L trng 1/4 LF ([RF](#)), -, thru R to BFLY, - ;

B - BFLY -

1-4 Vine 3 Touch ; Wrap ; Unwrap ; Change Sides BFLY ;

qqS {Vine 3 Touch} (BFLY) Sd L, XRIBL, sd L, touch R BFLY ;

qqS {Wrap} (BFLY) Sd R comm lead lady in LF wrap, cl L, sd R trng RF, -
([sd L comm LF wrap, fwd R trng LF, cl L](#)) wrapped Pos / L ;

qqS {Unwrap} (wrapped Pos / LOD) Sml sd L, cl R, sml sd L, -
([sd R comm RF trn, fwd L trng RF, sd R, -](#)) Op / Fcg L ;

qqS {Change Sides BFLY} (Op / Fcg L) Sd & fwd R comm circle RF arnd lady, fwd L cont RF circle,
fwd R cont RF circle to fc ptrn ([sml sd & fwd L comm LF circle inside man, fwd R cont LF circle,](#)
[fwd L cont LF circle to fc ptrn](#)) end BFLY / COH -

5-8 Vine 3 Touch ; Wrap ; Unwrap ; Change Sides lead hands ;

Repeat pt B meas 1-4 / begin fcg COH end fcg Wall lead hands joined

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9-12 Lace Up BFLY ; ; ; ;

qqS {Lace Up} (Lop / Fcg L) Under jnd lead hands lead lady to chng sds fwd L, cl R, fwd L, - ;
qqS Fwd R, cl L, fwd R, - ;
qqS Under jnd trail hands lead lady to chng sds fwd L, cl R, fwd L, - ;
qqS Fwd R, cl L, fwd R face ptr, - BFLY ;

13-16 Vine 3 Touch ; Wrap the lady Back ; 2 Fwd Twos face BFLY ; ;

qqS {Vine 3 Touch} (BFLY) Sd L, XRIBL, sd L, touch BFLY ;
qqS {Wrap the Lady Back} (BFLY) Sd R comm lead lady in LF wrap, cl L, sd R trng RF, -
(sd L comm LF wrap, fwd R trng LF, cl L) wrapped Pos / L ;
qqS 2x {2 Fwd Twos} (wrapped Pos / L) Fwd L, cl R, fwd L, - ; Fwd R, cl L, fwd R, - face Lop Fcg / W ;

C - Lop Fcg / W -

1-4 Scissor Thru Twice CP / W ; ; 2 Turning Twos ; ;

qqS {Scissor Thru Twice CP / W} (Lop Fcg / W) Sd L, cl R slight RF rotation release trail hands,
XLIFR face ptr, - join trail hands ;
qqS Sd R, cl L slight LF rotation release lead hands, XRIFL, - face ptr CP / W ;
qqS 2x {2 Turning Twos} (CP / W) Sd L, cl R, sd L trng 1/2 RF, - ; Sd R, cl L, sd R trng 1/2 RF, - CP / W ;

5-8 Strolling Vine BFLY ; ; ; ;

SS {Strolling Vine BFLY} (CP / W) Sd L, - , XRIBR, - SCAR / RW ;
qqS Sd L comm trng LF, cl R cont trng LF, sd & fwd L trng LF, -
(sd R comm trng LF, cl L cont trng LF, sd & fwd L trng LF cross in front of man) CP / COH ;
SS Sd R, - XLIBR, - BJO / RC ;
qqS Sd R comm trng RF, cl L cont trng RF, sd & fwd L trng RF cross in front of lady
(sml sd L comm trng RF, cl R cont trng RF, sd & fwd L trng LF) CP / W ;

D - CP / W -

1-4 Traveling Box w/ Twirls CP / W ; ; ; ;

qqS {Traveling Box w/Twirls CP / W} (CP / W) Sd L, cl R, fwd L, - ;
SS Sd & fwd R, - , lead lady in LF twirl under jnd lead shand XLIFR, - (sd & fwd L trng LF
under jnd lead hands, - , sd and bk R trng LF, -) Lop Fcg / W ;
qqS Sd R, cl L, bk R, - ;
SS Sd & fwd L lead lady in RF twirl under jnd lead hands, - , XRIFL, - (sd & fwd R trng RF
under jnd lead hands, - , sd and bk L trng RF, -) CP / W ;

5-8 2 Turning Twos ; ; Slow Twist Vine 4 SCP ; ;

qqS {2 Turning Twos} (CP / W) Sd L, cl R, sd L trng 1/2 RF, - (Sd R, cl L, sd & fwd R stepping
between mans feet trn 1/2 RF, -) ;
qqS Sd R, cl L, sd & fwd R stepping between ladies feet trn 1/2 RF, -
(Sd L, cl R, sd L trng 1/2 RF, -) CP / W ;
SS SS {Slow Twist Vine 4} (BFLY) Sd L, - , XRIBL (XLIFR) - ; Sd L, - , XRIFL (XLIBR), - BFLY ;

WRAP ME UP

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[repeat A](#)

[repeat B](#)

[repeat C](#)

End - BFLY -

1-4 Traveling Box w/ Twirls CP / W ; ; / ; ;

qqS {Traveling Box w/Twirls CP / W} (CP / W) Sd L, cl R, fwd L, - ;

SS Sd & fwd R, - , lead lady in LF twirl under jnd leads hand XLIFR, - (sd & fwd L trng LF under jnd lead hands, - , sd and bk R trng LF, -) Lop Fcg / COH ;

qqS Sd R, cl L, bk R, - ;

SS Sd & fwd L lead lady in RF twirl under jnd lead hands, - , XRIFL, - (sd & fwd R trng RF under jnd lead hands, - , sd and bk L trng RF, -) SCP ;

5-6 2 Fwd Twos face BFLY ; ;

qqS {2 Forward Twos BFLY} (SCP) Fwd L, cl R, fwd L, - ; Fwd R, cl L, fwd R, - face BFLY ;

7-8 Vine 3 Touch ; Wrap the lady Back and Point ;

qqS {Vine 3 Touch} (BFLY) Sd L, XRIBL, sd L, - BFLY ;

qqS {Wrap the Lady Back} (BFLY) Sd R comm lead lady in LF wrap, cl L, sd R trng RF, point R LOD - (sd L comm LF wrap, fwd R trng LF, cl L, point L LOD) wrapped Pos / LOD ;

WRAP ME UP

2 + 1 Two Step

Strolling Vine Speed: 42.3 rpm (-6% in DM)

Seq - Intro , A B C D , A B C , End

Intro - Op Fcg / W - ;

Wait 2 ; ; Apart Point ; Together Touch BFLY ;

Slow Twist Vine 4 ; ; Basketball Turn SCP ; ;

A - SCP - 2 Fwd Twos ; ; Hitch 6 Op / L ; ;

Vine Apart 3 ; and Tog BFLY ;

Slow Open Vine 4 BFLY ; ;

B - BFLY - Vine 3 Touch ; Wrap ; Unwrap ; Change Sides BFLY ;

Vine 3 Touch ; Wrap ; Unwrap ; Change Sides join lead hands ;

Lace Up BFLY ; ; ; ;

Vine 3 Touch ; Wrap the lady Back ; 2 Fwd Two Steps face BFLY ; ;

C - BFLY - Scissor Thru Twice CP / W ; ; 2 Turning Twos ; CP / W ;

Strolling Vine BFLY ; ; ; ;

D - BFLY - Traveling Box w/ Twirls CP / W ; ; ; ;

2 Turning Twos ; ; Slow Twist Vine 4 SCP ; ;

A - SCP - 2 Fwd Twos ; ; Hitch 6 Op / L ; ;

Vine Apart 3 ; and Tog BFLY ;

Slow Open Vine 4 BFLY ; ;

B - BFLY - Vine 3 Touch ; Wrap ; Unwrap ; Change Sides BFLY -

Vine 3 Touch ; Wrap ; Unwrap ; Change Sides lead hands ;

Lace Up BFLY ; ; ; ;

Vine 3 Touch ; Wrap the lady Back ; 2 Fwd Two Steps face BFLY ; ;

C - BFLY - Scissor Thru Twice CP / W ; ; 2 Turning Twos ; ;

Strolling Vine BFLY ; ; ; ;

End - BFLY - Traveling Box w/ Twirls SCP ; ; ; ;

2 Fwd Twos face BFLY ; ;

Vine 3 Touch ; Wrap the lady Back and Point ;