

White Sandy Beach

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CD: Facing The Future, Track 8 (White Sandy Beach of Hawai'i) Artist: Israel Kamakawiwo'ole

Availability: Downloadable from iTunes, Amazon, Emusic.com & other Download Sites

Rhythm: Slow Two Step RAL Phase IV + 1 + 2 [Triple Traveler] [Passing X Chasse, Lft Trn]

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Slow Two Step unless noted. Time @ 45 RPM: 2:37

Sequence: Intro-A -B-Int-B-End Released: Jan 1, 2013

Meas

INTRODUCTION

1 - - 4 BFLY FCNG COH WAIT 2;; LUNGE BASICS 2X;;

1 - 2 In BFLY fcng COH wait 2 meas;;

3 - 4 [Lunge Basic 2X] Sd L with slight lunge action, -, rec R, XLIF; Sd R with slight lunge action, -, rec L, XRIF;

5 - - 8 TRIPLE TRAVELER;;; BASIC END FC WALL;

5 - 7 [Triple Traveler] Fwd L commence LF upper body trn to lead W to M's lft sd raising lead hnds to start W into lft trn, -, fwd R, fwd L; fwd R spiral LF under joined hnds, -, fwd L, fwd R; fwd L bring joined hnds down and bk in a continuous circular motion to lead W into a RF trn, -, fwd & sd R to fc ptr, XLIF (Crossing in front of M sd & bk R trn ¼ lft, -, continue trn sd & fwd L trng ½ under joined lead hnds, sd & fwd R continue trn to face Line of Progression; fwd L, -, R, L; fwd R commence RF trn, -, sd L continue RF trn under lead hnds, fwd R to fc ptr);

8 [Basic Ending] Sd R, -, XLIB of R, rec on R BFLY/WALL;

PART A

1 - - 4 DBL UNDERARM TRN; BASIC END (PU); LEFT TRN; BASIC END TO HNDSHK;

1 - 2 [Dbl Underarm Trn] Sd L commence to trn LF under joined lead hnds, -, X R over L continue trn LF ½, rec fwd on L complete trn to fc ptr; (Sd R commence to trn RF under joined lead hnds, -, X L over R continue trn RF ½, rec fwd on R complete trn to fc ptr); [Basic Ending] Sd R, -, XLIB of R, rec on R commence to PU W (sd L, -, XRIB of L, rec L commence to PU to fc RLOD);

3 - 4 [Lft Trn] Fwd L commence 1/4 LF trn, -, sd R, XLIF of R to fc ptr (Bk R commence 1/4 LF trn, -, sd L, XRIF of L to fc ptr); [Basic Ending to Hndshk] Sd R, -, XLIB of R, rec on R to join rt/rt hnds fcng COH;;

5 - - 8 OP BASIC M'S HEADLOOP TO ½ LOP/RLOD; W ROLL X; M ROLL X; BASIC END;

5 - 6 [Op Basic M's Headloop] Stp sd L & open body raising joined Rt hnds over M's head to ½ LOP Position, -, X R beh L allowing W's rt arm to slide down M's lft arm, rec fwd L; [W Roll X] Fwd R, -, fwd L, fwd R; (Cross in front of M sd L to ½ open pos, -, fwd R, fwd L);

7 - 8 [M Roll X] Cross in front of W sd L to ½ open pos, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R); [Basic Ending] Sd R, -, XLIB of R, rec on R fcng COH;

9 - - 12 DBL UNDERARM TRN; BASIC END; LEFT TRN; BASIC END TO HNDSHK;

9 - 10 Repeat Meas 1 & 2, Part A;;

11 - 12 Repeat Meas 3 & 4, Part A to Fc WALL;;

13 - 16 OP BASIC M'S HEADLOOP TO ½ LOP/LOD; W ROLL X; M ROLL X; BASIC END PU LOW BFLY;

13 - 14 Repeat Meas 5 & 6, Part A;;

15 - 16 Repeat Meas 7, Part A; [Basic End PU Low BFLY] Sd R, -, XLIB of R, rec R trng slightly LF to fc LOD (sd L, -, XRIB of L, rec fwd L trng LF to fc ptr & RLOD); in low BFLY/LOD;

PART B

1 - - 4 TRAVELING X CHASSES 3X;;; PASSING X CHASSE;

1 - 2 [Traveling Cross Chasses] Step sd & fwd L trng lft DLC [DLW] blend to rt shldr lead with both hands joined going down & in to hip level, -, sd & fwd R DLW [DLC], XLIF of R (Bk & sd R blend to lft shldr lead with both hands joined going down & in to hip level, -, bk & sd L diag line of DLW [DLC], XRIF of L); Step sd & fwd R trng rt DLW [DLC] blend to lft shldr lead, -, sd L DLC [DLW], XRIF of L (Bk & sd L blend to rt shldr lead, -, bk & sd R DLC [DLW], XLIF of R);

3 - 4 [Traveling Cross Chasse] Step sd & fwd L trng lft DLC [DLW] blend to rt shldr lead with both hands joined going down & in to hip level, -, sd & fwd R DLW [DLC], XLIF of R (Bk & sd R blend to lft shldr lead with both hands joined going down & in to hip level, -, bk & sd L DLW [DLC], XRIF of L); [Passing Cross Chase] Fwd R trng RF ½, -, with lft sd leading bk L, XRIF; (W bk L trng RF ½, -, with rt sd leading sd R, XLIF;) to low BFLY/RLOD [BFLY/LOD];

5 - - 8 BK TRAVELING X CHASSES 2X FC WALL [COH];; SD BASIC; WRAP FC LOD [RLOD];

- 5 – 6 [Bk Traveling Cross Chasses] Bk L trng RF, -, with Rt sd leading sd & bk R, XLIF; bk R trng LF, -, with lft sd leading sd & bk L, XRIF (W fwd R trng RF, -, with lft sd leading sd & fwd L, XRIF; fwd L trng LF, -, with rt side leading sd R, XLIF;) to BFLY/Wall [2nd X COH];
- 7 – 8 [Side Basic] Sd L, -, XRIB of L, rec L; [Wrap] Sd R, -, XLIF bringing lead hnds thru leading woman to trn LF, rec R (Sd L, -, commence LF turn fwd R, cont LF turn rec fwd L to fc LOD) ending in wrapped pos fcng LOD [2nd X RLOD];

9 - - 11 SWEETHEART RUNS 2X;; FC & CL BFLY WALL [BFLY COH];

- 9 – 10 [Sweetheart Runs] In wrapped position fcng LOD fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;
- 11 [Fc & Cl] Releasing joined rt hnds Fwd L trn RF to fc ptr & wall, -, cl R to L to BFLY/WALL, - [2nd X COH];

INTERLUDE**1 - - 4 TWISTY BASIC L & R;; LUNGE BASICS 2X;;**

- 1 – 2 [Twisty Basic] Sd L, -, XRIB of L, rec L (Sd R, -, XLIF of R, rec R) ; sd R, -, XLIB of R, rec R (sd L, -, XRIF of L, rec L);
- 3 – 4 Repeat Meas 3 & 4, Intro;;

5 - - 8 TRIPLE TRAVELER;;; BASIC END PU LOW BFLY;

- 5 – 7 Repeat Meas 5 – 7, Intro;;;
- 8 Repeat Meas 16, Part A;

REPEAT PART B Progressing RLOD**END****1 - - 4 BASIC (PU);; LEFT TRN; OP BASIC;**

- 1 – 2 [Basic] Sd L, -, XRIB of L, rec L; Sd R, -, XLIB of R, rec R;
- 3 – 4 Repeat Meas 3, Part A to fc COH; [Open Basic] Stp sd R & open body ½ lft ½ Open Position, -, XLIB of R, rec fwd R;

5 - - 8 SWITCHES 2X;; SD BASIC; OP BASIC (PU);

- 5 – 6 [Switches] Cross in front of W sd L to ½ open pos, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R); fwd R, -, fwd L, fwd R (cross in front of M sd L to ½ open pos, -, fwd R, fwd L);
- 7 – 8 Repeat Meas 7, Part B; [Open Basic] Stp sd R & open body ½ lft ½ Open Position, -, XLIB of R, rec fwd R commence to PU W to fc LOD (sd L & open body to ½ lft Open Pos, -, XRIB of L, rec fwd L trng LF to fc ptr & RLOD);

9 - - 12 LFT TRN INSIDE ROLL; OP BASIC [MANUV]; RT TRN OUTSIDE ROLL; BASIC END;

- 9 – 10 [Lft Trn with Inside Roll] Fwd L commence 1/4 LF trn, -, sd R, XLIF of R to fc ptr (Bk R commence 1/4 LF trn, -, sd L trng LF under lead hands, continue trng LF sd R to fc ptr); COH; [Open Basic] Stp sd R & open body ½ lft Open Position, -, XLIB of R, rec fwd R commence RF trn in frnt of W (sd L & open body to ½ lft Open pos, -, XRIB of L, rec fwd L);
- 11 – 12 [Rt Trn with Outside Roll] Crossing in front of W sd & bk L end fcng LOD, -, sd & bk R almost crossing in bk trng 1/4 RF leading W under joined lead hnds, XLIF of R to fc ptr & Wall (Fwd R commence RF twirl under lead hands, -, fwd L, fwd & sd R to fc ptr); Repeat Meas 2, End;

13 – 16 VINE 3; THRU, FC, CL; UNDERARM TRN; REV UNDERARM TRN;

- 13 – 14 [Vine 3] Sd L, -, XRIB of L, sd L; [Thru, Fc, Cl] Thru R trng RF to fc ptr, -, sd L, cl R to L;
- 15 – 16 [Underarm Trn] Sd L to join lead hnds palm-to-palm, -, XRIB of L, rec L (Sd R commence to trn RF under joined lead hnds, -, X L over R continue trn RF ½, rec fwd on R complete trn to fc ptr); [Rev Underarm Trn] Sd R to join lead hnds palm-to-palm, -, XLIF of right, rec R (Sd L commence LF trn under joined lead hnds, -, X R over L continue trng LF ½, rec fwd on L complete trn to fc ptr);

17 – 19 BASIC;; LUNGE SD & TWIST;

- 17 – 18 Repeat Meas 1 & 2, End;; [Lunge Sd & Twist] Lunge sd L, -, twist upper body LF w/lft sway, - (lunge sd R, -, twist upper body RF w/rt sway, -;) maintaining CP [Leg Crawl Option];

Quick Cues

White Sandy Beach

(Phase IV + 1 + 1 – STS)

(Triple Traveler, Passing X Chasse

(Weiss)

- Intro** **Bfly Fcng COH Wait 2;; Lunge Basics 2X;;
Triple Traveler;;; Basic End Fc Wall;**
- A** **Dbl Underarm Trn; Basic End; Left Trn; Basic End to Hndshk;
Op Basic M's headloop to ½ LOP Fc LOD; L Roll X; M Roll X; Basic End;
Dbl Underarm Trn; Basic End; Left Trn; Basic End to Hndshk;
Op Basic M's headloop to ½ LOP Fc RLOD; L Roll X; M Roll X;
Basic End PU Low BFLY/LOD;**
- B** **Traveling X Chasse 3X;;; Passing X Chasse;
Bk Traveling X Chasse 2X to Fc Wall;; ½ Basic; Wrap to Fc LOD;
Sweetheart Runs 2X;; Fc & Cl to Bfly Wall;**
- Int** **Twisty Basic L & R to BFLY;; Lunge Basics 2X;;
Triple Traveler;;; Basic End PU Low BFLY RLOD;**
- B** **Traveling X Chasse 3X;;; Passing X Chasse;
Bk Traveling X Chasse 2X to Fc COH;; ½ Basic; Wrap to Fc RLOD;
Sweetheart Runs 2X;; Fc & Cl to Bfly COH;**
- End** **Basic;; Left Trn; Op Basic;
Switches 2X;; ½ Basic; Op Basic;
Lft Trn Inside Roll; Op Basic; Rt Trn Outsd Roll; Basic End;
Vine 3; Thru, Fc, Cl; Underarm Trn; Rev Underarm Trn;
Basic;; Lunge Sd & Twist;**