Pumping Iron

Composers: Kenji & Nobuko Shibata, 820 Ryan Place #144, Pleasant Hill, CA 94523-5177
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Record: Special Pressing (Flip of "Only Love") available from Palomino or choreographer
Footwork: Opposite, directions for man (lady as noted) Suggested Speed: 43 RPM
Phase: Jive VI
Sequence: **Intro A B A C B(1-16) End** Release: April, 1998

Meas.

INTRO

1-4 **WAIT:: CROSS, PT, CROSS, PT; CONT CHASSE TO R;**

1-2 Wait 2 meas in FCG Pos M fcg WALL no hnd jnd approx 5' apt M's R & W's L pointed sd RLOD;;

QQQQ 3 (Cross Pt Cross Pt) XRIF (W XLIF), snapping fingers pt L sd twd LOD, XLIF (W XRIF), snapping fingers pt R sd twd RLOD;

QaQaQaQ 4 (Cont Chasse to R) Joining lead hnds chasse twd RLOD R/L, R/L, R/L, R end in LOP FCG Pos M fcg ptr & WALL;

PART A

1-8 **LINK & WHIP TRN:: MODIF CHG OF PL R TO L w/ SPIN:: LINK & WHIP SPIN:: SAILOR SHUFFLES w/ FACE LOOPS::**

QQQaQ 1 (Link) LOP FCG Pos M fcg WALL rk apt L, rec R, chasse fwd L/R, L slightly trng RF end in CP M fcg DRW;

QQQaQ 2 (Whip Trn) XRIB comm rotating RF, swiveling RF on R sd L, trng RF chasse twd RLOD R/L, R (W fwd L comm rotating RF, fwd R btwn M's ft cont trng RF, trng RF chasse twd RLOD L/R, L) end in CP M fcg ptr & WALL;

QQQaQ QQQaQ 3-4 (Modif Chg of Pl R to L w/ Spin) Trng LF (W RF) to SCP fcg LOD rk L bk, rec R, chasse fwd L/R, L comm leading W spin RF under lead hnds (W rk R bk, rec L, chasse R/L, R comm spin RF on R); Fwd R, L small steps cont leading W trn RF, chasse diag fwd R/L, R (W cont spin RF under jnd lead hnds L, R, chasse diag bwd L/R, L) end in LOP FCG Pos M fcg ptr & LOD;

QQQaQ 5 (Link) Rk apt L, rec R, chasse fwd L/R, L slightly trng RF end in CP M fcg DLW;

QQQaQ 6 (Whip Spin) XRIB comm rotating RF joining M's R & W's R hnds bhnd W's back, swiveling RF on R sd L pulling R-hnd to lead W trn RF, slightly trng RF chasse in pl R/L, R (W fwd L comm trng RF, fwd R btwn M's ft cont trng RF comm RF trn, chasse in pl L/R, L trng RF one full trn) end in R-HNDSHAKE Pos M fcg ptr & COH;

QaQQaQ 7 (Sailor Shuffles w/ Face Loops) XLIB/sd R, sd L raising R-hnds over M's head & drop to M's L shoulder & release joining L-hnds, XRIB/sd L, sd R raising L-hnds over W's head & drop to W's R shoulder & release joining R-hnds;

QaQQaQ 8 Repeat Meas 7 of PART-A;

9-16 **OVER TUCK & SPIN w/ HEAD LOOP:: MOOCH::::: NEW YORK w/ SIMPLE SPIN;**

QQQaQ QQQaQ 9-10 (Over Tuck & Spin w/ Head Loop) R-HNDSHAKE Pos M fcg ptr & COH rk apt L, rec R leading W fwd, chasse L/R, L trng RF to fc LOD (W rk apt R, rec L, chasse R/L, R trng LF to fc LOD) end in TANDEM Pos M bhnd W holding W's wrist with his R-hnd; Fwd R trng RF leading W spin RF with R-hnd & release joing L-hnds, step L in pl raising jnd L-hnds above W's head, chasse R/L, R in pl dropping L-hnds to M's L shoulder & release (W step L in pl spinning RF, step R in pl cont spinning RF under jnd L-hnds, chasse L/R, L cont trng RF) end in HALF-OP Pos both fcg LOD;

QQQQQQ QQQaQ QQQQQQ QQQaQ 11-15 (Mooch) Rk L bk, rec R, kick L fwd, cl L to R; kick R fwd, cl R to L, rk L bk, rec R; Trng RF (W LF) to fc ptr & WALL chasse swd twd LOD L/R, L, trng RF (W LF) to L-HALF OP both fcg RLOD rk R bk, rec L; Kick R fwd, cl R to L, kick L fwd, cl L to R; Rk R bk, rec L, trng LF (W RF) to fc ptr & WALL chasse swd twd RLOD R/L, R end in LOP FCG Pos M fcg WALL;

QQQQ 16 (New York w/ Simple Spin) Trng RF to LOP Pos fcg RLOD fwd L, rec R leading W spin RF, trng LF to fc ptr & WALL sd L, cl R to L (W trng LF fwd R, rec L comm spin RF, sd R cont spin RF full trn to fc M, cl L to R) end in LOP FCG Pos M fcg ptr & WALL;

PART B

1-4 **LINK TRANS TO SHADOW: QK COCA ROLA: SLOW COCA ROLA::**

QQQQ (W QQQaQ)	1	(Link Trans to Shadow) LOP FCG Pos M fcg ptr & WALL rk apt L, rec R leading W fwd, sd & fwd L small step, cl R to L (W rk apt R, rec L, trng LF chasse to R sd R/cl L to R, sd R) end in SHADOW Pos both fcg WALL L-hnds joined & extended sd M's R hnd on W's R shoulder blade W's R hnd extended sd; (**now same footwork**)
QQQQ	2	(Qk Coca Rola) Swiveling RF on R XLIF, swiveling LF on L bk R, swiveling RF on R bk L, swiveling LF on L XRIF;
SS SS	3-4	(Slow Coca Rola) Swiveling RF on R XLIF, -, swiveling LF on L bk R, -; Swiveling RF on R bk L, -, swiveling LF on L XRIF, - end in SHADOW Pos fcg WALL;

5-8 **KICK, KICK, XIB/SD, XIF: KICK, KICK, XIB/SD, XIF: CHASSE PT STP TWICE::**

QQQaQ	5	(Kick Kick XIB/Sd XIF) Swiveling RF on R kick L across body, swiveling LF on R kick L sd twd LOD, XLIB/sd R, XLIF;
QQQaQ	6	(Kick Kick XIB/Sd XIF) Swiveling LF on L kick R across body, swiveling RF on L kick R sd twd RLOD, XRIB/sd L, XRIF trng LF 1/4 end in SHADOW Pos fcg LOD;
QaQQQ	7	(Chasse Pt Stp) Chasse fwd L/R, L, swiveling RF on L pt R across body twd LOD leaning body slightly twd RLOD, stp R in pl straightening body to fc LOD;
QaQQQ	8	Repeat Meas 7 of PART-B;

9-13 **THROWAWAY TRANS: LINK TO TANDEM: DISCO LUNGES:: RK REC CHASSE TO FC:**

QaQQaQ (W QQQaQ)	9	(Throwaway Trans) SHADOW Pos fcg LOD chasse fwd L/R, L leading W fwd, joining lead hnds chasse diag fwd R/L, R (W fwd L trng LF, cont trng LF sd & bk R to fc ptr, chasse diag bwd L/R, L) end in LOP FCG Pos M fcg LOD; (**now opposite footwork**)
QQQaQ	10	(Link to Tandem) Rk apt L, rec R comm trng RF, releasing jnd hnds chasse twd LOD L/R, L cont trng RF (W rk apt R, rec L comm trng LF, cont trng LF chasse twd RLOD R/L, R) end in TANDEM Pos M bhnd W both fcg WALL M's hnds on W's waist W's hnds extended sd;
SS	11	(Disco Lunges) Sd R flexing knee holding W's L waist with L-hnd looking at W over shoulder M's R & W's L-hnd on hip W's R-hnd extended sd twd RLOD, -, sd L flexing knee holding W's R waist with R-hnd looking at W over shoulder M's L & W's R-hnd on hip W's L-hnd extended sd twd LOD, -;
SS	12	Repeat Meas 11 of PART-B;
QQQaQ	13	(Rk Rec Chasse to Fc) Rk sd R holding W's L waist with L-hnd looking at W over shoulder M's R & W's L-hnd on hip, rk sd L holding W's R waist with R-hnd looking at W over shoulder M's L & W's R-hnd on hip, leading W trn RF chasse twd RLOD R/L, R (W rk sd L, rk sd R, chasse L/R, L trng RF 1/2 to fc M & COH) end in BFLY Pos M fcg ptr & WALL;

14-20 **TOE HEEL SWIVELS::::: CHASSE ROLL TO FC: JIVE CHASSE L & R:**

QQQQ SQQ SQQ	14-16	(Toe Heel Swivels) Rk apt L, rec R, swiveling RF on R tch L to R toe in, swiveling LF on R tap L heel sd & fwd; Swiveling RF on R XLIF, -, swiveling LF on L tch R to L toe in, swiveling RF on L tap R heel sd & fwd; Swiveling LF on L XRIF, -, swiveling RF on R tch L to R toe in, swiveling LF on R tap L heel sd & fwd;
SQQ S - - aQ	17-18	Swiveling RF on R XLIF, -, swiveling LF on L tch R to L toe in, swiveling RF on L tap R heel sd & fwd; Swiveling LF on L XRIF jnd lead hnds extended fwd jnd trailing hnds straight up, -, -, rk L bk/rec R;
QaQQaQ	19	(Chasse Roll to Fc) Releasing trailing hnds chasse twd LOD L/R, L trng RF (W LF) to momentary in BK-TO-BK Pos M fcg COH (W fcg WALL), releasing leading hnds chasse twd LOD R/L, R cont trng RF (W LF) end in BFLY Pos M fcg ptr & WALL;
QaQQaQ	20	(Jive Chasse L & R) Chasse sd twd LOD L/R, L, chasse sd twd RLOD R/L, R;

PART C

1-8 **WHIPKICK TWICE:::: SYNC RK TO TURKEY WALKS:: CHG OF PL L TO R TO SCP:.. RK. REC:**

QQQQ QaQQQ	1-2	(Whipkick) LOP FCG Pos M fcg ptr & WALL rk apt L, rec R, assuming BJO fwd L, R small steps trng RF 1/2 (W rk apt R, rec L, assuming BJO fwd R, L small steps trng RF 1/2) end in SCP fcg RLOD; Kick L sd twd WALL/XLIF, sd & fwd R assuming BJO fcg COH, fwd L, R small steps cont trng RF releasing R-hnd hold (W kick R sd twd COH/XRIB, trng LF sd & fwd L assuming BJO, fwd R, L small steps trng RF) end in LOP both fcg RLOD;
- aQQQ QaQQQ	3-4	Hold/XLIB, rec R, assuming BJO fwd L, R small steps trng RF 1/2 (W hold/XRIB, rec L, assuming BJO fwd R, L small steps trng RF 1/2) end in SCP fcg RLOD; Kick L sd twd WALL/XLIF, sd & fwd R assuming BJO fcg COH, fwd L, R small steps cont trng RF releasing R-hnd hold (W kick R sd twd COH/XRIB, trng LF sd & fwd L assuming BJO, fwd R, L small steps trng RF) end in LOP both fcg RLOD;
- aQQQ QQQQ	5-6	(Sync Rk to Turkey Walks) Hold/XLIB, rec R, sd L, cl R to L momentary in TANDEM Pos both fcg RLOD M bhnd W; Sd L, cl R to L, curving RF (W LF) sd L, cl R to L end in LOP FCG M fcg ptr & COH;
QQQaQ QaQ	7-8	(Chg of Pl L to R to SCP) Rk apt L, rec R, raising lead hnds to lead W trn LF chasse fwd L/R, L trng RF to fc WALL (W rk apt R, rec L comm trng LF, chasse R/L, R cont trng LF under jnd lead hnds); Chasse sd R/L, R twd RLOD assuming CP M fcg ptr & WALL,
QQ		(Rk Rec) Trng LF (W RF) to SCP fcg LOD rk bk L, rec R;

9-16 **LINDY KICK TWICE:::: RF TRNG FALLAWAYS:.. THROWAWAY OVERTRN:;**

QaQQQ QQQQ	9-10	(Lindy Kick) SCP fcg LOD chasse fwd L/R, L slightly leaning fwd, kick R thru, slip L bk lifting R knee; Bk R straightening body, stamp L fwd without wgt, cl L flicking R bk slightly leaning fwd, cl R flicking L fwd slightly leaning bk;
	11-12	Repeat Meas 9-10 of PART-C;;
QaQQaQ QQQaQ QaQ	13-16	(RF Trng Fallaways) Chasse fwd L/R, L trng RF, chasse sd & bk R/L, R cont trng RF end in SCP fcg RLOD; Rk L bk, rec R, chasse fwd L/R, L trng RF; Chasse sd & bk R/L, R cont trng RF end in SCP fcg LOD,
QQQaQ QaQ		(Throwaway Overtrn) Rk L bk, rec R; Chasse fwd L/R, L releasing R-hnd to lead W fwd, chasse fwd R/L, R (W chasse fwd R/L, R & strongly trn LF to fc LOD, chasse fwd L/R, L) end in TANDEM Pos both fcg LOD;

17-24 **EXTENDED CHICKEN WALKS:::: MODIF ROLLING OFF THE ARM w/SPIN ENDING:.. AM SPIN:;**

aS - - - S - - - SS QQQQ	17-20	(Extended Chicken Walks) TANDEM Pos both fcg LOD M bhnd W lead hnd jnd hold lead W swivel RF/bk L on toe part wgt, -, lower L heel full wgt, - (W swivel RF on L to fc M/draw R to L and swiveling on RF on L extend diag fwd , -, shift wgt to R, -); Bk R on toe part wgt, -, lower R heel full wgt, - (W draw L to R and swiveling LF on R extend diag fwd, -, shift wgt to L, -); Bk L, -, bk R, - (W swiveling RF on L dig fwd R, -, swiveling LF on R dig fwd L, -); Bk L, bk R, bk L, bk R (W swiveling RF on L dig fwd R, swiveling LF on R dig fwd L, swiveling RF on L dig fwd R, swiveling LF on R dig fwd L) joining both hnds end in BFLY Pos M fcg ptr & LOD;
QQQaQ QQQQ QaQ	21-24	(Modif Rolling Off The Arm w/ Spin Ending) Rk apt L, rec R leading W fwd, chasse fwd L/R, L trng RF raising jnd lead hnds (W rk apt R, rec L comm trng LF, chasse fwd trng LF under jnd lead hnds) end in WRAPPED Pos both fcg WALL; Rotating RF fwd R, L, R, L raising jnd lead hnds to lead W spin RF (W rotating RF bk L, R, L, R comm spinning RF under jnd lead hnds) end both fcg LOD; Cont leading W spin RF chasse R/L, R almost in pl trng RF (W cont spin RF 1-3/4 chasse in pl L/R, L to fc ptr) end in LOP FCG M fcg ptr & WALL,
QQQaQ QaQ		(Am Spin) Rk apt L, rec R; Chasse fwd small step L/R, L leaning slightly fwd leading W spin RF, chasse almost in pl R/L, R (W rk apt R, rec L; Chasse fwd small step R/L, R leaning slightly fwd & spin RF 1 full trn on R to fc M, chasse almost in pl L/R, L) end in LOP FCG Pos M fcg ptr & WALL;

END

1-6 **NEW YORK w/ SPRING & ROLL 2; JIVE CHASSE L & R;**
NEW YORK w/ SPRING & ROLL 2; JIVE CHASSE L & R;
NEW YORK w/ SPRING & ROLL 2; JIVE CHASSE L & R;

QaQaQQ	1	(New York w/ Spring & Roll 2) BFLY M fcg ptr & WALL swiveling RF on R fwd L twd LOD/slightly hop on L, rec R/slightly hop on R trng LF (W RF), sd L comm rolling LF (W RF), sd R cont rolling LF end in BFLY Pos M fcg ptr & WALL;
QaQQaQ	2	(Jive Chasse L & R) Chasse sd twd LOD L/R, L, chasse sd twd RLOD R/L, R;
QaQaQQ QaQQaQ	3-4	Repeat Meas 1-2 of END;;
QaQaQQ QaQQaQ	5-6	Repeat Meas 1-2 of END;;

7-11 **CROSS, -, CROSS, -; CROSS, -, CROSS, -; CROSS, -, TOE, HEEL;**
CHECK, -, -, RK/REC; SD, CL, -, SD LUNGE/STORK LINE;

SS SS SQQ S - - aQ	7-10	BFLY M fcg WALL swiveling RF on R XLIF, -, swiveling LF on L XRIF, -; Swiveling RF on R XLIF, -, swiveling LF on L XRIF, -; Swiveling RF on R XLIF, -, swiveling LF on L tch R to L toe in, swiveling RF on L tap R heel sd & fwd; Swiveling LF on L XRIF jnd lead hnds extended fwd jnd trailing hnds straight up, -, -, rk L bk/rec R;
QQ - Q	11	Sd L trng RF (W LF) to ptr & WALL in BFLY Pos, cl R to L, -, trng LF on R to fc LOD sd L twd COH flexing knee free hnd extended sd (W trng RF on L to fc LOD sd R twd WALL liftng L knee for STORK Line free hnd extended high) looking each other;