

PAINT ME A BIRMINGHAM

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MUSIC: "Paint Me A Birmingham" by: Tracy Lawrence, CD: Strong, Track #4
Available as download from Amazon/iTunes (slow 7%, or as desired)

PREVIEW: https://www.youtube.com/watch?v=ldZJtmg_aXU

RHYTHM: Slow Two Step

RELEASED: August 2022

TIMING: SQQ unless indicated and reflects actual weight changes

PHASE: PH V (Soft)

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: INTRO A B C INTER A B C CMOD ENDING

Dedicated to my Dad, Thomas Deacon, also known as T.D.
My Karaoke Cowboy, you made me love this song.

INTRODUCTION

1-4 WAIT 1 MEAS LOW BFLY (begin w/violin strum) ; SLO SD DRAW TCH ; U/A TRN ; REV U/A TRN ;

1 {wait} low BFLY COH trail feet free wait ;

SS 2 {slo sd draw tch} sd Rt, draw Lt to Rt (Sd Lt, draw Rt to Lt) ;

3 {u/a trn} sd Lt, -, XRIB, rec Lt (Sd Rt, XLIF comm RF trn, rec Rt comp RF trn) ;

4 {rev u/a trn} sd Rt, -, XLIF, rec Rt (Sd Lt, XRIF comm LF trn, rec Lt comp LF trn) BFLY COH ;

5-8 LUNGE BASIC [to] ; TUNNEL EXIT [M FC RLOD] ; O/S ROLL [LOW BFLY WALL] ; SD DRW TCH ;

5 {lunge basic} sd Lt, -, rec Rt, XLIF (Sd Rt, rec Lt, XRIF) ;

6 {tunnel exit} sd Rt chk and shape to W leadng her to lariat around twd wall w/ joint hnds over M's head, -, rec Lt, fwd Rt trng Lt to fc RLOD (fwd Lt around M, fwd Rt, fwd Lt) ; LOP RLOD

7 {outside roll} fwd Lt bringing hnds down & bk, -, fwd Rt bringing hnds up & around leading W to roll RF, fwd Lt (Fwd Rt comm RF trn, sd & bk Lt trng RF und jnd hnds, cont RF trn fwd Rt) ;

SS 8 {sd draw tch} Sd Rt blending to low BFLY, -, draw Lt to Rt (Sd Lt, draw Rt to Lt) ;

BFLY WALL

PART A

1-4 BASIC ; WRAP (W) UP [LOD] ; SWEET HEART RUN 6 [WALL] [SHAKE] ; ;

1-2 {basic w/ W wrap} sd Lt, -, XRIB, rec Lt lead W to trn LF under jnd hnds into M's R arm sd Rt, -, XLIB Rt, rec Rt (sd Rt, XLIB, Rec Lt ; comm trn LF sd Lt, cont trn sd & bk Rt, rec Lt end wrapped pos both fcg LOD) ; ;

3-4 {sweethrt run 6} in WRAP pos fwd Lt, -, fwd Rt, fwd Lt ; fwd Rt, -, fwd Lt trn to fc ptr/wall, XRIF (in WRAP pos fwd Rt, fwd Lt, fwd Rt ; fwd Lt, fwd Rt trn to fc ptr/wall, XLIF join Rt hnd) ; ;

HANDSHAKE WALL

5-8 RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP COH] ; ; BASIC END'G ;

5 {rt hnd u/a trn} sd Lt, -, XRIB lead W udr rt hnds, rec Lt (Sd Rt, XLIF comm RF trn, rec Rt comp RF trn under rt hnds) ;

6 {open break} Sd R, -, bk Lt, rec Rt (Sd Lt, bk Rt, rec Lt) ;

7 {chg sds W I/S trn & roll 2} twd W's Rt sd trng RF fwd & sd Lt raising jnd rt hnds, -, sd Rt twd LOD

XLIF (fwd Rt to M's Rt sd spiraling LF under rt hnds to fc WALL, trng LF fwd Lt twd LOD, fwd Rt cont LF trn undr rt hnds) CP COH ;

8 {basic endg} sd Rt blending to CP COH, -, XLIB, rec Rt (sd Lt, XRIB, rec Lt) CP COH ;

9-12 BASIC ; WRAP (W) UP [RLOD] ; SWEET HEART RUN 6 [COH] [SHAKE] ; ;

9-10 {basic w/ W wrap} sd Lt, -, XRIB, Rec Lt ; lead W to trn LF under jnd hnds into M's R arm sd Rt, -, XLIB Rt, rec Rt (sd Rt, XLIB, Rec Lt ; comm trn LF sd Lt, cont trn sd & bk Rt, rec Lt end wrapped pos both fcg RLOD) ;
 11-12 {sweethrt run 6} in WRAP pos fwd Lt, -, fwd Rt, fwd Lt ; fwd Rt, -, fwd Lt trn to fc ptr/coh, XRIF (in WRAP pos fwd Rt, fwd Lt, fwd Rt ; fwd Lt, fwd Rt trn to fc ptr/coh, XLIF join Rt hnd) ; ;
 HANDSHAKE WALL

**13-16 RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP WALL] ; ;~
 BASIC ENG'G & P/UP [LOW BFLY] ;**

13 {rt hnd u/a trn} sd Lt, -, XRIB lead W udr rt hnds, rec Lt (Sd Rt, XLIF comm RF trn, rec Rt comp RF trn under rt hnds) ;
 14 {open break} Sd R, -, bk Lt, rec Rt (Sd Lt, bk Rt, rec Lt) ;
 15 {chg sds W I/S trn & roll 2} twd W's Rt sd trng RF fwd & sd Lt raising jnd rt hnds, -, sd Rt twd LOD XLIF (fwd Rt to M's Rt sd spiraling LF under rt hnds to fc COH, trng LF fwd Lt twd RLOD, fwd Rt cont LF trn undr rt hnds) CP WALL ;
 16 {basic endg} sd Rt blending to BFLY, -, XLIB lead W to p/u, rec Rt twd LOD (sd Lt, XRIB, rec Lt p/u low BFLY) LOW BFLY LOD ;

PART B

1-4 TRAVEL'G X CHASSES 4 X [WALL] ; ; ; ;

1-2 {trav X chasse x 4} sd & fwd Lt trng LF twd DLC w/Rt shldr ld bth hnds jnd going down & in to hip level, -, sd Rt twd DLW, XLIF ; sd & fwd Rt trng RF twd DLW w/Lt shldr ld, -, sd L twd DLC, XRIF ; (sd & bk Rt trng LF blending to left shldr lead with both hnds joined going down and in at hip level, sd Lt twd DLW, XRIF ; sd & bk Lt trng RF blending to right shldr lead, sd Rt twd DLC, XLIF) ; ;
 3-4 repeat Part B Meas 1-2 to BFLY WALL ; ;

5-8 OP BASICS ; ; SWITCHES & P/UP [to a] ; ;

5-6 {op basic x 2} blending to fc ptr sd Lt trng Rt to ½ OP fcg RLOD, -, XRIB, rec fwd Lt trng to fc ptr (sd Rt trng Lt to ½ OP fcg RLOD, XLIB, rec fwd Rt trng to fc ptr) ; sd Rt trng Lt to ½ OP fcg LOD, -, XLIB, rec fwd Rt (sd Lt trng Rt to ½ OP fcg LOD, XRIB, rec fwd Lt) ending ½ OP LOD ; ;
 7-8 {switches w p/u} fwd & sd Lt crossing in front of W & trng to Rt ½ OP LOD, -, fwd Rt, fwd Lt toe slightly in shaping twd ptr (fwd Rt between M's feet, fwd Lt, fwd Rt toe slightly in shaping twd ptr) ; fwd Rt between W's feet, -, fwd Lt, fwd Rt leading W in front (fwd & sd Lt crossing in front of M & trng Rt to ½ OP LOD, fwd Rt, fwd Lt trng 1/4 Lt) ; ; CP LOD

PART C

1-4 TRIPLE TRAVELER ; ; ; [to a] TUNNEL EXIT [M FC RLOD] ;

1-3 {trip travel} raising lead hnd fwd Lt trng Lt to fc COH, -, sd Rt, XLIF (bk Rt trng Lt ¼ , sd & fwd Lt trng Lt undr jnd lead hnds, fwd & sd Rt cont trng Lt to end LOP both fcg LOD) ; fwd Rt spiral Lt under joined hnds, -, fwd Lt, -, fwd Rt keep jnd hnds high (fwd Lt, fwd Rt, fwd Lt) ; lower lead hnds in front of ptrs at shoulder level fwd Lt, begin to bring jnd hnds down, -, fwd & sd Rt, bring join hnds up over W's head, fwd Lt to end OP LOD (fwd Rt trng Rt, sd Lt cont trn Rt, fwd Rt twd LOD) ; OP LOD
 4 {tunnel exit fc RLOD} sd Rt chk and shape to W leading her to lariat around twd wall w/ joined hnds over M's head, -, rec Lt, fwd Rt trng Lt to fc RLOD (fwd Lt around M, fwd Rt, fwd Lt) ; LOP RLOD

5-8 O/S ROLL ; OP BASIC ; (W) ARM [to] ARM [to] ; ;

5 {outsd roll} lower lead hnds in front of ptrs at shoulder level fwd Lt, -, begin to bring jnd hnds down fwd & sd Rt, bring join hnds up over W's head, fwd Lt trng to fc wall (fwd Rt trng Rt, sd Lt cont trn Rt, fwd Rt to fc ptr) ; OP WALL
 6 {open basic} blending to CP sd Rt trng Lt to ½ OP fcg LOD, -, XLIB, rec fwd Rt (sd Lt trng Rt to ½ OP fcg LOD, XRIB, rec fwd Lt) ; ½ OP LOD

7-8 {W arm to arm} fwd Lt lead W across scooping up with Lt arm, -, fwd Rt, fwd Lt end ½ OP “V” pos (fwd & sd Rt diag across changing sides and sharply trng Lt, fwd Lt, fwd Rt to end in OP “V” pos) ; fwd Rt lead W across scooping up with Rt arm, -, fwd Lt, fwd Rt to end ½ OP “V” pos (fwd & sd Lt diag across changing sides and sharply trng Rt, fwd Rt, fwd Lt to end in OP “V” pos) ; ½ OP “V” LOD

9-12 THE SQUARE [WALL] [CUDDLE POS] ; ; ; ;

9-12 {the square} side Lt turng 3/8 Rt crossing in frnt of W, -, side Rt twd COH in a V-shape Lt OP pos, XLIF (fwd Rt, side Lt twd COH in a V-shaped Lt OP pos, XRIF) ; fwd Rt, -, side Lt twd RLOD in a V-shap OP pos, XRIF (side Lt turng 3/8 Rt crossing in frnt of M, side Rt twd RLOD in a V-shape OP pos, XLIF) ; side Lt turng 3/8 Rt crossing in frnt of W, -, side Rt twd WALL in a V-shape Lt OP pos, XLIF (fwd Rt, side Lt twd WALL in a V-shaped Lt OP pos, XRIF) ; fwd Rt, -, side Lt twd LOD in a V-shaped ½ OP pos, XRIF to cuddle pos (side Lt turng 3/8 Rt crossing in frnt of M, side Rt twd LOD in a V-shape OP pos, XLIF) ; CUDDLE POS

13-16 CUDDLE 2 X [LOW BFLY] ; ; SD DRAW TCH LT ; & RT ;

13-14 {cuddle x 2} small side Lt, -, sd Rt, rec Lt (small sd Rt, brk bk Lt trng LF to RLOD, rec Rt to fc ptr) ; close Rt to Lt, -, sd Lt, rec Rt low BFLY (small sd Lt, brk bk Rt trng RF to fc LOD, rec Lt to fc ptr) ; LOW BFLY WALL

SS 15-16 {sd drw tch Lt & Rt} sd Lt, draw Rt to Lt (Sd Rt, draw Lt to Rt) ; sd Rt, draw Lt to Rt (Sd SS Lt, draw Rt to Lt) ; ; BFLY WALL

17-18 LUNGE BASIC w/ ARM SWEEP 2 X ; ;

17-18 {lunge basic w/ arms x 2} lunge sd Lt sweep lead arms up & out twd LOD & look LOD, -, rec Rt, lower arms XLIF (lunge sd Rt sweep lead arms up & out twd LOD & look LOD, rec Lt, lower arms XRIF) ; lunge sd Rt sweep trail arms up & out twd RLOD & look RLOD, rec Lt, lower arms XRIF BFLY (lunge sd Lt sweep trail arms up & out twd RLOD & look RLOD, rec Rt, lower arms XLIF) ; CP WALL (2nd time through join lead hands)

INTERLUDE

1-4 LT TRN w/ I.S. ROLL ; BASIC END’G [CP COH] ; RT TRN w/ O.S. ROLL ; BASIC END’G [BFLY WALL] ;

1 {Lt trn I/S roll} fwd Lt twd LOD trn ¼ Lt, -, sd Rt, XLIF (sd & fwd Rt diag across trn LF under lead hnds, cont LF trn fwd Lt, fwd Rt to fc ptr) ;

2 {basic endg} sd Rt blending to CP, -, XLIB, rec Rt (sd Lt, XRIB, rec Lt) BFLY WALL ;

3 {rt trn O/S roll} cross in front of W side and bk Lt trn ¼ Rt -, sd Rt, XLIF (fwd Rt comm RF trn under lead hands, fwd Lt cont RF trn, fwd Rt to fc ptr) ;

4 {basic endg} sd Rt blending to CP, -, XLIB, rec Rt (sd Lt, XRIB, rec Lt) BFLY WALL ;

REPEAT PART A

REPEAT PART B

REPEAT PART C

PART C MOD

1-4 [LEAD HANDS] SHAD X HOVER 4 X [WALL] ; ; ; ;

1-2 {shad cross hvr x 4} under lead hands W move in front of M next 4 measures down LOD XLIF lead hand over W's head, -, sd Rt slight LF trng extend trail arms out, rec Lt (XRIF under lead hands, sd Lt slight RF trn extend trail arms out, rec Rt) ; XRIF bring lead hands back over W's head, -, sd Lt slight RF trn extend trail arms up & bk, rec Rt (XLIF under lead hands, sd Rt slight LF trn extend trail arms up & bk, rec Rt) ;

3-4 repeat measures 1-2 to Lt OP WALL ; ;

5-8 OP BASICS ; ; (W) ARM [to] ARM [to] ; ;

5-6 {op basic x 2} blending to fc ptr sd Lt trng Rt to ½ OP fcg RLOD, -, XRIB, rec fwd Lt trng to fc ptr (sd Rt trng Lt to ½ OP fcg RLOD, XLIB, rec fwd Rt trng to fc ptr) ; sd Rt trng Lt to ½ OP fcg LOD, -, XLIB, rec fwd Rt (sd Lt trng Rt to ½ OP fcg LOD, XRIB, rec fwd Lt) ; ending ½ OP LOD

7-8 {W arm to arm} fwd Lt lead W across scooping up with Lt arm, -, fwd Rt, fwd Lt end ½ OP "V" pos (fwd & sd Rt diag across changing sides and sharply trng Lt, fwd Lt, fwd Rt to end in OP "V" pos) ; fwd Rt lead W across scooping up with Rt arm, -, fwd Lt, fwd Rt to end ½ OP "V" pos (fwd & sd Lt diag across changing sides and sharply trng Rt, fwd Rt, fwd Lt to end in OP "V" pos) ; ½ OP "V" LOD

9-12 THE SQUARE [WALL] [CUDDLE POS] ; ; ; ;

9-12 {the square} side Lt turng 3/8 Rt crossing in frnt of W, -, side Rt twd COH in a V-shape Lt OP pos, XLIF (fwd Rt, side Lt twd COH in a V-shaped Lt OP pos, XRIF) ; fwd Rt, -, side Lt twd RLOD in a V-shap OP pos, XRIF (side Lt turng 3/8 Rt crossing in frnt of M, side Rt twd RLOD in a V-shape OP pos, XLIF) ; side Lt turng 3/8 Rt crossing in frnt of W, -, side Rt twd WALL in a V-shape Lt OP pos, XLIF (fwd Rt, side Lt twd WALL in a V-shaped Lt OP pos, XRIF) ; fwd Rt, - . side Lt twd LOD in a V-shaped ½ OP pos, XRIF to cuddle pos (side Lt turng 3/8 Rt crossing in frnt of M, side Rt twd LOD in a V-shape OP pos, XLIF) ; CUDDLE POS

13-16 CUDDLE 2 X [LOW BFLY] ; ; SD DRAW TCH LT ; & RT ;

13-14 {cuddle x 2} small side Lt, -, sd Rt, rec Lt (small sd Rt, brk bk Lt trng LF to RLOD, rec Rt to fc ptr) ; close Rt to Lt, -, sd Lt, rec Rt low BFLY (small sd Lt, brk bk Rt trng RF to fc LOD, rec Lt to fc ptr) ; LOW BFLY WALL

SS 15-16 {sd drw tch Lt & Rt} sd Lt, draw Rt to Lt (Sd Rt, draw Lt to Rt) ; sd Rt, draw Lt to Rt (Sd SS Lt, draw Rt to Lt) ; BFLY WALL

17-18 LUNGE BASIC w/ ARM SWEEP 2 X [BFLY] ; ;

17-18 {lunge basic w/ arms x 2} lunge sd Lt sweep lead arms up & out twd LOD & look LOD, -, rec Rt, lower arms XLIF (lunge sd Rt sweep lead arms up & out twd LOD & look LOD, rec Lt, lower arms XRIF) ; lunge sd Rt sweep trail arms up & out twd RLOD & look RLOD, -, rec Lt, lower arms XRIF BFLY (lunge sd Lt sweep trail arms up & out twd RLOD & look RLOD, rec Rt, lower arms XLIF) ; CP WALL

ENDING

1-4 LT TRN w/ I.S. ROLL ; BASIC END'G [CP COH] ; RT TRN w/ O.S. ROLL ; BASIC END'G [BFLY WALL] ;

1 {Lt trn I/S roll} fwd Lt twd LOD, trn ¼ Lt, -, sd Rt, XLIF (sd & fwd Rt diag across trn LF under lead hnds, cont LF trn fwd Lt, fwd Rt to fc ptr) ;

2 {basic endg} sd Rt blending to CP, -, XLIB, rec Rt (sd Lt, XRIB, rec Lt) BFLY WALL ;

3 {rt trn O/S roll} cross in front of W side and bk Lt trn ¼ Rt -, sd Rt, XLIF (fwd Rt comm RF trn under lead hands, fwd Lt cont RF trn, fwd Rt to fc ptr) ;

4 {basic endg} sd Rt blending to CP, -, XLIB, rec Rt (sd Lt, XRIB, rec Lt) BFLY WALL ;

5-6 SLO LUNGE BASIC WRAP (W) [FC WALL] ; (W) CARESS ;

M SS 5 {slow lunge basic} lunge sd Lt, raising lead hands wrap W LF rec Rt fc WALL, pt Lt twd LOD (W)SSS(lunge sd Rt, rec Lt trn LF under leads hands to wrap pos fc WALL, rec RT pt LT twd LOD) ;

6 {W caress} (W look at ptr & sweep rt arm up to caress M's face) ;

HEAD CUES

INTRO

WAIT [COH] [LOW BFLY] ; SLO SD DRAW TCH ; U/A TRN ; REV U/A TRN ;
LUNGE BASIC [to] ; TUNNEL EXIT [M FC RLOD] ; O/S ROLL [LOW BFLY] ; SD DRW TCH ;

PART A

BASIC ; WRAP (W) UP [LOD] ; SWEET HEART RUN 6 [WALL] [SHAKE] ; ;
RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP] ; ; BASIC END'G ;
BASIC ; WRAP (W) UP [RLOD] ; SWEET HEART RUN 6 [COH] [SHAKE] ; ;
RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP] ; ; BASIC ENG'G & P/UP [LOW
BFLY] ;

PART B

TRAVEL'G X CHASSES 4 X [WALL] ; ; ;
OP BASICS ; ; SWITCHES & P/UP [to a] ; ; ;

PART C

TRIPLE TRAVELER ; ; ; [to a] TUNNEL EXIT [M FC RLOD] ;
O/S ROLL ; OP BASIC ; (W) ARM [to] ARM [to] ; ;
THE SQUARE [WALL] [CUDDLE POS] ; ; ; ;
CUDDLE 2 X [LOW BFLY] ; ; SD DRAW TCH LT ; & RT ;
LUNGE BASIC w/ ARM SWEEP 2 X ; ;

INTERLUDE

LT TRN w/ I.S. ROLL ; BASIC END'G ; RT TRN w/ O.S. ROLL ; BASIC END'G [BFLY WALL] ;

PART A

BASIC ; WRAP (W) UP [LOD] ; SWEET HEART RUN 6 [WALL] [SHAKE] ; ;
RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP] ; ; BASIC END'G ;
BASIC ; WRAP (W) UP [RLOD] ; SWEET HEART RUN 6 [COH] [SHAKE] ; ;
RT HAND U/A TRN ; OP BRK & CHG SIDES (W) I/S TRN & ROLL 2 [CP] ; ; BASIC ENG'G & P/UP [LOW
BFLY] ;

PART B

TRAVEL'G X CHASSES 4 X [WALL] ; ; ;
OP BASICS ; ; SWITCHES & P/UP [to a] ; ; ;

PART C

TRIPLE TRAVELER ; ; ; [to a] TUNNEL EXIT [M FC RLOD] ;
O/S ROLL ; OP BASIC ; (W) ARM [to] ARM [to] ; ;
THE SQUARE [WALL] [CUDDLE POS] ; ; ; ;
CUDDLE 2 X [LOW BFLY] ; ; SD DRAW TCH LT ; & RT ;
LUNGE BASIC w/ ARM SWEEP 2 X ; ;

PART C MOD

[LEAD HANDS] SHAD X HOVER 4 X [WALL] ; ; ; ;
OP BASICS ; ; (W) ARM [to] ARM [to] ; ;
THE SQUARE [WALL] [CUDDLE POS] ; ; ; ;
CUDDLE 2 X [LOW BFLY] ; ; SD DRAW TCH LT ; & RT ;
LUNGE BASIC w/ ARM SWEEP 2 X ; ;

ENDING

LT TRN w/ I.S. ROLL ; BASIC END'G ; RT TRN w/ O.S. ROLL ; BASIC END'G [BFLY WALL] ;
SLO LUNGE BASIC WRAP (W) [FC WALL] ; (W) CARESS ;