

The Things We Do For Love

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Music: "The Things We Do For Love" by 10cc [from "Deceptive Bends (Remastered)" available@amazon.com – length: 3:29, cut @3:02, fade from 2:46.5 – note: the downloaded version has 2 seconds of silence at the start]

Speed: slow 4% (or to suit)

Rhythm: Phase IV+2 West Coast Swing (Sugar Toe Heel Crosses, Faceloop) + 3 (Sunburst, Left Side Pickup Pass, Shadow Tuck & Roll)

Degree of difficulty: Average

Footwork: Opposite except as noted (Woman's instructions in parentheses)

Sequence: **Intro A A B C B C[1-8] A[1-7] Bridge End**

INTRODUCTION

1-4 **WAIT 1; WALK 2 TO ESCORT LOD; STROLL 4 TO FACE;;**

- 1. {Wt} Six ft apt M FCG ptr & WALL bth ld ft free wt 1 meas;
- 1-3- 2. {Wlk 2} Fwd L, -, fwd R swvl to ESCORT LOD, -;
- 1-3- 3-4. {Strll 4} Fwd L w/slight LF swvl, -, fwd R w/slight RF swvl, -; Fwd L w/slight LF swvl, -, fwd R w/RF swvl to
- 1-3- FCG NO HND S JND, -;

5-8 **SLOW SUNBURST TO LOW BFLY;; SWAY LEFT & RIGHT SCP; THROW OUT;**

- 5-6. {Sunburst} Tch L to R no wgt chg thruout fig ~ as a cont motion over the 2 meas ~ soften bth knees bring hnds in Xg w/bk of hnds twd ptr ~ rise & raise hnds over hd ~ sweep hnds out & down to low BFLY WALL;;
- 1-3- 7. {Sway L&R} Sd L sway LOD, -, sd R sway RLOD blndg to SCP LOD, -;
- 1&23&4 8. {Throwout} Fwd & sd L/cl R, sm fwd L fc ptr & LOD (W fwd R/fwd L, fwd R trn ½ LF), anchor R/L, R LOP-FCG LOD;

PART A

1-3 **UNDERARM TURN ~ LEFT SIDE PASS;;**

- 123&4 1-3. {Undrm Trn} Bk L, fwd & sd R to W's R sd comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L fc
- 1&234 RLOD (W fwd R, fwd L comm LF trn, sd & fwd R cont LF trn/XLif cont LF trn, bk R fin ½ LF trn to fc ptr);
- 1&23&4 anchor R/L, R LOP-FCG RLOD, {L Sd Pass} Bk L trng ¼ LF, bk R out of slot ldg W to pass M's L sd; cl L/sip R, fwd L trn ¼ LF (W fwd R, fwd L; fwd R/fwd L, fwd R trng LF to fc ptr), anchor R/L, R LOP-FCG LOD;

4-7 **SUGAR PUSH ~ WRAPPED WHIP ~ BACK 2;;;**

- 12-41&2 4-7. {Sugar Push} Bk L, bk R, tap L slightly fwd (W tap R bhnd L), fwd L; anchor R/L, R, {Wrpd Whp} Bk L to
- 341&2 double hnd hold, fwd & sd R to W's R comm RF trn; cont RF trn sd & fwd L bring ld hnds over W's hd/rec R,
- 341&2 sd & fwd L (W fwd R, fwd L; fwd R/cl L, bk R) WRAPPED POS fcg RLOD, release trailg hnds trng RF XRib
- 34 of L, cont RF trn sd & slightly fwd L (W bk L, bk R); anchor R/L, R LOP-FCG LOD, {Back 2} Bk L, Bk R;

8 **1st time: SLOW SIDE BREAK, HOLD, LADY HIP ROLL [IN 2];**

2nd time: SLOW SIDE BREAKS;

- &1--- 8. 1st time: Sd L/sd R, -, - (W roll hips in a fig 8 over 2 beats), -;
- &1-&3- 2nd time: Sd L/sd R, -, in L/cl R, -;

Note: 3rd time Part A starts LOP-FCG RLOD

PART B

1-4 **CHICKEN WALKS 2 SLOW; LEFT SIDE PICK UP PASS CP WALL ~ ROCK BACK & REC;; THROW OUT;**

- 1-3- 1. {Chkn Wlks} Bk L, -, bk R, - (W Swvl on L fwd R, -, swvl on R fwd L, -) LOP-FCG LOD;
- 123&4 2-3. {L Sd Pickup Pass} Bk L trng ¼ LF, bk R to fc COH, cl L/sip R, blend loose CP sm fwd L trng LF ½ fc
- 1&234 WALL; Sm sd R/cl L to R, sd R (W Fwd R, fwd L, fwd R/fwd L blend to loose CP, fwd R trng LF ½ fc; Sm sd L/cl R, sd L) CP WALL, {Rk bk & rec} Blndg to SCP rk bk L, rec R;
- 1&23&4 4. Repeat Meas 8 of Intro

5-9 **SUGAR PUSH WITH ROCK 2;; SLOW SWIVEL BACK TO BACK; SLOW SWIVEL TO FACE; JOIN BOTH HANDS & HOLD;**

- 12-4 5-6. {Sugar Push w/Rk 2} Bk L, bk R, tap L slightly fwd (W tap R bhnd L), rk fwd L; Rk bk R, fwd L, anchor R/L,
- 123&4 R LOP-FCG LOD;
- 1--- 7. {Slo Swvl Bk-Bk} Lowerg ld hnds & softeng bth knees fwd L twd ptr raisg & swvlg RF (W LF) to "V" Bk-Bk
- 1--- POS slowly raisg trl arms up & over own hd, -, -, -;
- 1--- 8-9.* {Slo Swvl to Fc} Lowerg trl hnds & softeng bth knees rec R risg & swvlg LF (W RF) to fc ptr, -, -, -; {Jn Bth
- Hnds & Hold} No wgt chg jn bth hnds & look lovingly at ptr low BFLY LOD, -;

PART C**1-4 WRAPPED WHIP;; SHADOW TUCK & ROLL WITH ANCHOR;;**

- 123&4 1-2. Repeat meas 4½ – 6½ Part A
- 123&4 3-4. {Shadow Tuck & Roll w/Anchor} Bk L, fwd & sd R to W's R sd comm RF trn, cont RF trn pt L sd twd LOD ldg W to trn LF SHDW POS WALL takg W's R wrist & plcg L hnd on W's L shldr blade, fwd L trng RF (W fwd R, fwd L, trng ¼ LF pt R sd, trng ¼ RF fwd R twd RLOD) TANDEM RLOD M bhnd W; Fwd R ldg W to full RF trn, fwd L (W fwd L comm full RF trn, cont RF trn fwd R fc ptr), anchor R/L, R LOP-FCG RLOD;

5-8 UNDERARM TURN EXTENDED WITH WALK 2;; LEFT SIDE PASS EXTENDED;;

- 123&4 5-6. {Undrm Trn Xtnd} Bk L, fwd & sd R to W's R sd comm RF trn, cont RF trn sd & fwd L/rec R trng RF to fc LOD, fwd L; Fwd R, fwd & sd L (W fwd R, fwd L comm LF trn, sd & fwd R cont LF trn/XLif R fin ½ LF fc ptr, bk R; Bk L, bk R), anchor R/L, R LOP-FCG LOD;
- 123&4 7-8. {L Sd Pass Xtnd} Bk L trng ¼ LF, bk R out of slot ldg W to pass M's L sd, sd L/cl R, sd L trn ¼ LF WRP POS; fwd R, fwd L into slot unwrpg W (W fwd R, fwd L, fwd R/fwd L, fwd R; Fwd L, fwd R trn LF to fc ptr), anchor R/L, R LOP-FCG RLOD;

9-11 SUGAR TOE HEEL CROSSES;; W/TUCK & TWIRL ENDING HNDSHK M TRN FC WALL;

- 12-- 9-10. {Sugar Toe Heel Crosses} Bk L, bk R to BFLY, swvl RF tch L toe at instep of R ft, swvl LF pl L heel fwd & sd of R ft; swvl RF to XLif of R, swvl LF tch R toe at instep of L ft, swvl RF tch R heel fwd & sd of L ft, swvl LF to XRif of L;
- 23&4 11. {Tuck & Twrl Endg HNDSHK M fc WALL} Tch L toe at instep of R ft tuck W in, fwd L prepare to trn W undr jnd ld hnds, anchor R/L, R M trn ¼ LF HNDSHK WALL (W swvl LF to tch R toe at in-step of L ft, trn RF ½ stp fwd R to comm RF undrm trn, fin RF trn undr jnd ld hnds anchor L/R, L HNDSHK RLOD) L-SHAPED;

12-14 RIGHT SIDE PASS ~ FACLOOP SUGAR PUSH;;;

- 123&4 12-14. {R Sd Pass} Sd & fwd L out of slot fc LOD, rec R, cl L/sip R, sd & fwd L fc LOD (W fwd R, fwd L comm LF trn, sd & fwd R cont LF trn/XLif cont LF trn, bk R fin ½ LF trn to fc ptr); anchor R/L, R HNDSHK LOD, {Faceloo Sugar Push} Bk L, bk R raisg jnd R hnds above M's hd L & hnd on W's hip; tap L slightly fwd bringg jnd hnds over M's head to his L shldr releasg jnd hnds (W tap R bhnd L), fwd L jng ld hnds (W bk R slidg R hnd down M's L arm), anchor R/L, R LOP-FCG LOD;

15-18 UNDERARM TURN ~ LEFT SIDE PASS;;; SLOW SIDE BREAKS;

- 123&4 15-17. Repeat Part A meas 1-3
- 1&234 18. {Slo Sd Brks} Sd L/sd R, -, in L/cl R, -;
- 1&23&4 &1-&3-

BRIDGE**1 KICKBALL CHANGE,;**

- 1a2* 1. {Kbchg} Kick fwd L/cl L, sip R LOP-FCG RLOD;

ENDING**1-5 SIDE BREAKS 2 SLOW; 4 QUICKS; CHICKEN WALKS 2 SLOW; 4 QUICKS; TO SLOW CUDDLE CORTE & HOLD;**

- &1-&3- 1. Repeat Part C meas 18
- &1&2&3 &4 2. {4 Qk} Sd L/sd R, in L/cl R, sd L/sd R, in L/cl R LOP-FCG RLOD;
- 1-3- 3. Repeat Part A meas 1
- 1234 4. {4 Qk} Bk L, bk R, bk L, bk R (W Swvl on L fwd R, swvl on R fwd L, swvl on L fwd R, swvl on R fwd L) LOP-FCG RLOD;
- 1--- 5. {Slo Cuddle Corte} Bk & sd L lowerg on L keep R ft xtndd,-,-,-;

* 2/4 measure – placed here for ease of cue sheet reading.

QUICK CUES

INTRO [Six ft apt M FCG ptr & WALL]

- 1 - 4 **WAIT 1; WALK 2 TO ESCORT LOD; STROLL 4 TO FACE;;**
- 5 - 8 **SLOW SUNBURST TO LOW BFLY;; SWAY LEFT & RIGHT SCP; THROW OUT;**

PART A [LOP-FCG LOD]

- 1 - 3 **UNDERARM TURN ~ LEFT SIDE PASS;;;**
- 4 - 7 **SUGAR PUSH ~ WRAPPED WHIP ~ BACK 2;;;;**
- 8 **SLOW SIDE BREAK, HOLD, LADY HIP ROLL [IN 2];**

PART Amod [LOP-FCG LOD]

- 1 - 3 **UNDERARM TURN ~ LEFT SIDE PASS;;;**
- 4 - 7 **SUGAR PUSH ~ WRAPPED WHIP ~ BACK 2;;;;**
- 8 **SLOW SIDE BREAKS;**

PART B [LOP-FCG LOD]

- 1 - 4 **CHICKEN WALKS 2 SLOW; LEFT SIDE PICK UP PASS CP WALL ~ ROCK BACK & REC;; THROW OUT;**
- 5 - 9 **SUGAR PUSH WITH ROCK 2;; SLOW SWIVEL BACK TO BACK; SLOW SWIVEL TO FACE; JOIN BOTH HANDS & HOLD;**

PART C [LOW BFLY FCG LOD]

- 1 - 4 **WRAPPED WHIP;; SHADOW TUCK & ROLL WITH ANCHOR;;**
- 5 - 8 **UNDERARM TURN EXTENDED WITH WALK 2;; LEFT SIDE PASS EXTENDED;;**
- 9-11 **SUGAR TOE HEEL CROSSES;; W/TUCK & TWIRL ENDING HND SHK M TRN FC WALL;**
- 12-14 **RIGHT SIDE PASS ~ FACELoop SUGAR PUSH;;;**
- 15-18 **UNDERARM TURN ~ LEFT SIDE PASS;;; SLOW SIDE BREAKS;**

PART B [LOP-FCG LOD]

- 1 - 4 **CHICKEN WALKS 2 SLOW; LEFT SIDE PICK UP PASS CP WALL ~ ROCK BACK & REC;; THROW OUT;**
- 5 - 9 **SUGAR PUSH WITH ROCK 2;; SLOW SWIVEL BACK TO BACK; SLOW SWIVEL TO FACE; JOIN BOTH HANDS & HOLD;**

PART C [1-8][LOW BFLY FCG LOD]

- 1 - 4 **WRAPPED WHIP;; SHADOW TUCK & ROLL WITH ANCHOR;;**
- 5 - 8 **UNDERARM TURN EXTENDED WITH WALK 2;; LEFT SIDE PASS EXTENDED;;**

PART A [1-7][LOP-FCG RLOD]

- 1 - 3 **UNDERARM TURN ~ LEFT SIDE PASS;;;**
- 4 - 7 **SUGAR PUSH ~ WRAPPED WHIP ~ BACK 2;;;;**

BRIDGE [LOP-FCG RLOD]

- 1. **KICKBALL CHANGE;**

ENDING [LOP-FCG RLOD]

- 1 - 4 **SIDE BREAKS 2 SLOW; 4 QUICKS; CHICKEN WALKS 2 SLOW; 4 QUICKS; TO SLOW CUDDLE CORTE & HOLD;**