

YOU SHOULD BE DANCING

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Music : The Ultimate Bee Gees - Track 1
You Tube - [You Should Be Dancing](#) Download - Amazon - [You Should Be Dancing](#)
Music cut @3:42 – fade out from 3:40
Rhythm : Cha Cha Speed: 41.4 rpm (-8% in DM)
Phase : 4 + 1 / Stop and Go Hockey Stick average difficulty
Footwork : Opposite Except where noted release : Nov 2024

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

Intro - CP / COH -

1-4 Wait 2 ; ; Cross Body ; ;

Wait 2 measures ; ;

123&4 {Cross Body} (CP / COH) Fwd L, rec R trng 1/4 LF, sd L/cl R, sd L
(bk R, rec L, fwd R / XLIBR, fwd R on mans Rt sd in an L-shaped Pos) ;

123&4 Bk R, rec L trng LF 1/4, sd R/ cl L, sd R
(fwd L, fwd R trng LF 1/2, sd L/cl R, sd L) CP / W ;

5-8 Chase w/ Full Turns low BFLY ; ; Ronde Cha Box ; ;

123&4 {Chase w/ Full Turns} (CP / W) release hands fwd L trn RF 1/2, fwd R trn RF 1/2, bk L / XRIFL, bk L
(bk R, rec L, fwd R / XLIBR, fwd R) ;

123&4 Bk R, rec L, fwd R / XLIBR, fwd R
(fwd L trn RF 1/2, fwd R trn RF 1/2, bk L / XRIFL, bk L) low BFLY ;

123&4 {Ronde Cha Box} (low BFLY / W) Ronde L CW XLIFR, sd R, bk L / XRIFL, bk L
(ronde R CW XRIBL, sd L, fwd R / XLIBR, fwd R) ;

123&4 Ronde R CW XRIBL, sd L, fwd R / XLIBR, fwd R
(ronde L CW XLIFR, sd R, bk L / XRIFL, bk L) BFLY ;

A - BFLY -

1-4 Alemana ; ; into Lariat ; ;

123&4 {Alemana} (BFLY) Fwd L, rec R, bk L / cl, small fwd L
(bk R, rec L, fwd R / XLIBR, fwd R) ;

123&4 Bk R, rec L, sml sd R / cl L, sd R (trng RF 1/8 fwd L twd LC outside man, trn RF 1/2 fwd R RW,
trn RF 3/8 sd L / cl R, sd & fwd L twd mans rt sd) Lop SCAR / W ;

123&4 {into Lariat} (Lop SCAR / W) Sd L, rec R, in plc L / R, L
(arnd M fwd R, fwd L, fwd R / XLIBR, fwd R) ;

123&4 Sd R, rec L, in plc R / L, sd R
(cont around M fwd L, fwd R fc M, sd L / cl R, sd L) Lop Fcg / W ;

5-8 Reverse Under Arm Turn ; Crab Walk twice ; ; Spot Turn lead hands ;

123&4 {Reverse Under Arm Turn} (BFLY) XLIFR, rec R, sd L / cl R, sd L
(on lft ft trn LF 1/8 thru R trng 3/8 LF, rec L trng 1/2 LF, sd R / cl L, sd R) BFLY ;

123&4 {Crab Walk twice} (BFLY) XRIFL, sd L, XRIFL / sd L, XRIFL ;

123&4 Sd L, XRIFL, sd L / cl R, sd L BFLY ;

123&4 {Spot Turn} (BFLY) Trng LF XRIFL, trng LF rec L to fc ptnr, sd R / cl L, sd R ;

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B - BFLY -

1-4 New Yorker BFLY ; Whip w/ Inside Twirl ; Aida ; Switch Rock BFLY ;

123&4 {New Yorker} (BFLY) Trng RF fwd L, rec R trng LF to fc ptr, sd L / cl R, sd L BFLY ;

123&4 {Whip w/ Inside Twirl} (BFLY) Bk R trn LF 1/4, rec L trn LF 1/4 fc COH,

sd R / cl L sd R lead W to trn LF under jnd lead hands

(fwd L to man's L sd, fwd R trng LF 1/2, twirl LF under jnd lead hands L / R, L) Lop Fcg / COH ;

123&4 {Aida} (Lop Fcg / COH) Trng RF thru L comm trng LF, fwd & sd R chg to trail hands trng LF, bk L / XRIFL, bk L ;

123&4 {Switch Rock BFLY} (Aida position) Trng RF sd R chkg in BFLY, rec L, sd R / cl L, sd R ;

5-8 Shoulder to Shoulder ; Fan ; Stop and Go Hockey Stick ; ;

123&4 {Shoulder to Shoulder} (BFLY) Fwd L outside ptr SCAR, rec R, sd L / cl R, sd L low BFLY ;

123&4 {Fan} (Low BFLY) Bk R, rec L, sd R / cl L, sd R

(fwd L, sd & bk R trng RF 1/4, bk L / XRIFL, bk L) Fan Position ;

123&4 {Stop and Go Hockey Stick} (Fan position) Fwd L, rec R, sml sd L / cl R, sd L lead W under lead hands place Rt hnd on W's back

(cl R, fwd L, fwd R / XLIBR, fwd R trn LF 1/2 under lead hands) ;

123&4 Flexing L knee thru R checking, rec L lead W bk under lead hands, sd R / cl L, sd R

(chk bk L, rec R comm RF trn 1/2 under lead hands, bk L / XRIFL, bk L) Fan Position / COH ;

repeat A - Fan Position / man fcg COH -

repeat B - BFLY / COH -

C - Fan Position -

1-4 Alemana shake hands ; ; Trade Places twice ; ;

123&4 {Alemana shake hands} (Fan / M fcg COH) Fwd L, rec R, sml sd L / cl, sml sd L

(cl R, fwd L, fwd R / XLIBR, fwd R trng RF 1/4) ;

123&4 Bk R lead W to turn under lead hands, rec L, sml sd R / cl L, sd R (trng RF 1/8 fwd L twd LC outside man, trn RF 1/2 fwd R RW, trn RF 3/8 sd L / cl R, sd & sd L) shake hands ;

123&4 {Trade Places twice} (Handshake / W) Bk L, rec R trng RF 1/4, sd L/cl R sd L & bk trng RF 1/4, (bk R, rec L trng LF 1/4, sd L / cl R trng LF 1/4, sd & bk L) left handshake ;

123&4 Bk R, rec L trng LF 1/4, sd R / cl L, trng LF 1/4 sd & bk R

(bk L, rec R trng RF 1/4, sd L / cl R, trng RF 1/4 sd & bk L) handshake ;

5-8 Flirt to a Fan lead hands ; ; Hockey Stick overturn to face ; ;

123&4 {Flirt to a Fan} (handshake) Fwd L, rec R, bk L / XRIFL, bk L

(bk R, rec L trng LF to Vars, sd & bk R / XLIFR, bk R) Varsouvienne ;

123&4 bk R, rec L, sd R / cl L, sd R

(bk L, rec R, sd L / cl R, sd & bk L trng 1/4 RF) Fan position ;

123&4 {Hockey Stick overturn to face} (Fan position) Fwd L, rec R, sml sd L/cl R, sd L ;

123&4 (cl R, fwd L, fwd R / XLIBR, fwd R) raise joined lead hands

123&4 Bk R, rec R, sd R / cl L, sd R

(fwd L, fwd R trng 3/4 LF under lead hands, sd L / cl R, sd L) Lop Fcg / W ;

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D - Lop Fcg / W - Chase w/ Full Turns BFLY ; ; Ronde Cha Box ; ;

- 123&4 {Chase w/ Full Turns} (Lop Fcg / W) Release hands fwd L trn 1/2 RF, fwd R trn 1/2 RF, bk L / XRIFL, bk L (bk R, rec L, fwd R / XLIBR, fwd R) ;
- 123&4 Bk R, rec L, fwd R / XLIBR, fwd R
(fwd L trn 1/2 RF, fwd R trn 1/2 RF, bk L / XRIFL, bk L) low BFLY ;
- 123&4 {Ronde Cha Box} (low BFLY / W) Ronde L CW XLIFR, sd R, bk L / XRIFL, bk L
(ronde R CW XRIBL, sd L, fwd R / XLIBR, fwd R) ;
- 123&4 Ronde R CW XRIBL, sd L, fwd R / XLIBR, fwd R
(ronde L CW XLIFR, sd R, bk L / XRIFL, bk L) BFLY ;

5-12 Chase w Triple Chas lead hands ; ; / ; ; / ; ; Open Break ; Spot Turn ;

- 123&4 {Chase w/ Triple Chas} (BFLY) release hands fwd L trng 1/2 RF, rec R, fwd L / XRIBL, fwd L
(bk R, rec L, fwd R / XLIBR, fwd R) ;
- 1&23&4 fwd R / XLIBR, fwd R, fwd L / XRIBL, fwd L
(fwd L / XRIBL, fwd L, fwd R / XLIBR, fwd R) ;
- 123&4 Fwd R trn LF 1/2, fwd L, fwd R / XLIBR, fwd R
(fwd L trng 1/2 RF, rec R, fwd L / XRIBL, fwd L) ;
- 1&23&4 Fwd L / XRIBL, fwd L, fwd R / XLIBR, fwd R
(fwd R / XLIBR, fwd R, fwd L / XRIBL, fwd L) ;
- 123&4 Fwd L, rec R, bk L / XRIFL, bk L
(fwd R trn LF 1/2, fwd L, fwd R / XLIBR, fwd R) ;
- 123&4 Bk R, rec L, fwd R / XLIBR, fwd R
(fwd L, rec R, bk L / XRIFL, bk L) Lop Fcg / COH ;
- &-23&4 {Open Break} (Lop Fcg / COH) Bk L point trail arms up / point R, rec R, sd L / cl R, sd L ;
- 123&4 {Spot Turn} (Lop Fcg / COH) Comm trng LF thru R to LOD trn LF 1/2, sd & fwd L trn LF 1/2, sd R / cl L, sd R BFLY ;

repeat A - BFLY -

repeat B - BFLY / COH -

repeat C - Fan Position -

End - Lop Fcg / W -

1-4 Chase w/ Under Arm Pass ; ; Open Break ; Spot Turn shake hands ;

- 123&4 {Chase w/ Under Arm Pass} (Lop Fcg / W) keeping lead hands joined fwd L trng 1/2 RF, fwd R, fwd L/XRIBL, fwd L (bk R, rec L, fwd R / XLIBR, fwd R) left side tandem ;
- 123&4 Rk bk & sd R lead W to turn LF under lead hands, rec L, sml sd R / cl L, sd R
(fwd L, fwd R trng 1/2 LF under jnd lead hands, sd L / cl R, sd L) Lop Fcg / COH ;
- &-23&4 {Open Break} (Lop Fcg / COH) Bk L point trail arms up / point R, rec R, sd L / cl R, sd L ;
- 123&4 {Spot Turn shake hands} (Lop Fcg / COH) Comm trng LF thru R to LOD trn LF 1/2, sd & fwd L trn LF 1/2, sd R / cl L, sd R Rt handshake ;

5-8 Trade Places twice lead hands ; ; Open Break ; Check Thru hold ;

- 123&4 {Trade Places twice} (Handshake / W) Bk L, rec R trng RF 1/4, sd L / cl R trng RF 1/4, sd & bk L
(bk R, rec L trng LF 1/4, sd L / cl R trng LF 1/4, sd & bk L) left handshake ;
- 123&4 Bk R, rec L trng LF 1/4, sd R / cl L trng LF 1/4, sd & bk R join lead hands
(bk L, rec R trng RF 1/4, sd L / cl R trng RF 1/4, sd & bk L) Lop Fcg / COH ;
- &-23&4 {Open Break} (Lop Fcg / COH) Bk L point trail arms up / point R, rec R, sd L / cl R, sd L ;
- 12&3- {Check Thru hold} (Lop Fcg / W) Cross RIFL extend trail arms, - , - , - ;

YOU SHOULD BE DANCING

4 + 1 + 1 Cha Cha

Stop and Go Hockey Stick

speed: 41.4 (-8%)

Ronde Cha Box

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

Intro - CP / C - ;

Wait 2 ; ; Cross Body ; ; Chase w/ Full Turns BFLY ; ; Ronde Cha Box ; ;

A - BFLY - Alemana ; ; into Lariat ; ;

Reverse Under Arm Turn BFLY ; Crab Walk twice ; ; Spot Turn lead hands ;

B - Lop Fcg / W - New Yorker BFLY ; Whip w/ Inside Twirl ; Aida ; Switch Rock BFLY ;

Shoulder to Shoulder ; Fan ; Stop and Go Hockey Stick ; ;

A - Fan - Alemana ; ; into Lariat ; ;

Reverse Under Arm Turn BFLY ; Crab Walk twice ; ; Spot Turn lead hands ;

B - Lop Fcg / C - New Yorker BFLY ; Whip w/ Inside Twirl ; Aida ; Switch Rock BFLY ;

Shoulder to Shoulder ; Fan ; Stop and Go Hockey Stick ; ;

C - Fan Pos. - Alemana shake hands ; ; Trade Places twice ; ;

Flirt to a Fan lead hands ; ; Hockey Stick overturn to face ; ;

D - Lop Fcg / W - Chase w/ Full Turns BFLY ; ; Ronde Cha Box ; ;

Chase w Triple Chas lead hands ; ; ; ; ; Open Break ; Spot Turn ;

A - Lop Fcg / W - Alemana ; ; into Lariat ; ;

Reverse Under Arm Turn BFLY ; Crab Walk twice ; ; Spot Turn lead hands ;

B - Lop Fcg / W - New Yorker ; Whip w/ Inside Twirl ; Aida ; Switch Rock BFLY ;

Shoulder to Shoulder ; Fan ; Stop and Go Hockey Stick ; ;

C - Lop Fcg / C - Alemana shake hands ; ; Trade Places twice ; ;

Flirt to a Fan lead hands ; ; Hockey Stick overturn to face ; ;

End - Lop Fcg / C - Chase w/ Under Arm Pass lead hands ; ;

Open Break ; Spot Turn shake hands ;

Trade Places twice lead hands ; ; Open Break ; Check Thru hold ;