

SWEET INSPIRATION

Composer: Takafumi & Michiyo Nishiyama 560-32, semata, ichiharashi, CHIBA
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Music/Speed: SDRD-2 track #2 Time: 3:10 Speed: As on CD

Footwork: Opposite, directions for man (Lady as noted)

Rhythm/Phase: RUMBA / PH III

Sequence: I-A-B-A-B(MOD)-C-A-B(MOD)-C-E

INTRO

1-4 BFLY/COH WAIT 2 MEAS;; SD WALKS 1/2; WHIP;

- 1-2 [Wait 2 Meas] Bfly-Pos M fcg COH wait 2 meas;;
- 3 [Sd Wks 1/2] Sd L, cl R, sd L, -;
- 4 [Whip] Bk R trn 1/4 LF, rec fwd L trn 1/4 LF, sd R, - (W fwd L outsd M, fwd R trn 1/2 LF, sd L, -) BFLY/WALL;

PART A

1-4 1/2 BASIC; CRAB WALKS;; FENCE LINE;

- 1 [1/2 Basic] Fwd L, rec R, sd L, -;
- 2-3 [Crab Wks] XRIF of L, sd L, XRIF of L, -; sd L, XRIF, sd L, -;
- 4 [Fence Line] XRIF, rec L, sd R, -;

5-8 REVERSE UNDERARM TRN; THRU SERPIENTE;; FENCE LINE;

- 5 [Rev Underarm Trn] Raising jnd ld hnds XLIF, rec R, sd L, - (W XRIF und ld hnds trng LF 1/2, rec L trng LF to fc ptr, sd R, -) BFLY/WALL;
- 6-7 [Thru Serpiente] Step thru R, sd L, XRIB (W XLIB), fan L CCW (W CW); XLIB (W XIB), sd R, thru L, fan R CCW (W CW);
- 8 [Fence Line] XRIF, rec L, sd R, -;

PART B

1-4 CHASE PEEK-A-BOO;;;

- 1-4 [Chase Peek -A -Boo] Fwd L trng 1/2 RF to fc COH, rec R, fwd L, - (W bk R, rec L, fwd R, -); sd R looking over L shld, rec L, cl R, - (W sd L, rec R, cl L, -); sd L looking over R shld, rec R, cl L, - (W sd R, rec L, cl R, -); fwd R trng 1/2 LF fc WALL, rec L, fwd R, - (W fwd L, rec R, bk L, -) no hand;

5-8 TIME STEP TWICE;; SAND STEP TWICE;;

- 5-6 [Time Step Twice] XLIB extnd arms to sd, rec R, sd L, -; XRIB extnd arms to sd, rec L, sd R BFLY/WALL, -;
- 7-8 [Sand Step Twice] Swvling slightly RF on R rotate L knee inward in order to tch L toe to instep of R, swvling slightly LF on R rotate L knee outward in order to tch L heel to the floor, swvling slightly RF on R XLIF, -; swvling slightly LF on L rotate R knee inward in order to tch R toe to instep of L, swvling slightly RF on L rotate R knee outward in order to tch R heel to the floor, swvling slightly LF BFLY/ WALL, -;

PART B(MOD)

1-8 CHASE PEEK-A-BOO,,,, TIME STEP TWICE;; SAND STEP TWICE;;

1-8 Repeat part B

9-10 CUCARACHA w/ARM L & R;;

9-10 [Cucaracha w/Arm L&R] Sd L w/lid arm to sd, rec R, cl L, -; sd R w/trl arm to sd, rec L, cl R, -;

PART C

1-4 NEW YORKER TO OPEN; PROGRESSIVE WALK 3; CIRCLE AWAY AND TOGETHER TO BFLY;;

1 [New Yorker] Swiv thru L twd RLOD (W thru R), swiv rec R fc BFLY, sd L trn 1/4 LF OP/LOD, -;

2 [Progressive Wk 3] Fwd R, fwd L, fwd R, -;

3-4 [Circle Away & Tog] Circlg LF fwd L, fwd R, fwd L, -; cont circ fwd R, fwd L, fwd R BFLY/ WALL, -;

5-8 BASIC;; FENCE RECOVER POINT; NEW YORKER IN 4 w/CL;

1-2 [Basic] Rk fwd L, rec R, sd L, -; rk bk R, rec L, sd R, -;

3 [Fence Rec Point] XLIF twd RLOD, rec R, pt sd L, -;

4 [New Yorker In 4] Thru L RLOD (W thru R), rec R to fc, sd L, cl R BFLY/WALL;

9-10 SD WALKS;;

9-10 [Sd Walks] Sd L, cl R, sd L, -; cl R, sd L, cl R BFLY/WALL, -;

END

1-4 CHASE WITH UNDERARM PASS;; REVERSE UNDERARM TRN; WHIP;

1-2 [Chase w/ Underarm Pass] Rk fwd L trng 1/2 RF, with jnd lid hnds fwd R, fwd L, - (W rk bk R, rec L, fwd R, -); bk R, rec L, sd R, - (W fwd L, fwd R past M under jnd lead hnds trng LF 1/2, sd L, -) BFLY/COH;

3 [Rev Underarm Trn] Raising jnd lid hnds XLIF, rec R, sd L, - (W XRIF und lid hnds trng LF 1/2, rec L trng LF fc ptr, sd R, -);

4 [Whip] Bk R trn 1/4 LF, rec fwd L trn 1/4 LF, sd R, - (W fwd L outsd M, fwd R trn 1/2 LF, sd L, -) BFLY/WALL;

5-6 FENCE LINE; THRU, SD LUNGE;

5 [Fence Line] XLIF twd RLOD, rec R, sd L, -;

6 [Thru sd Lunge] Thru R, -, sd lunge R, -;