

MY CUP RUNNETH OVER

Music: "My Cup Runneth Over"

Record: LS 270

Introduction:

8 meas. Wait 2 meas; BAL APART; BAL TOG;

WALTZ AWAY; SPIN/MANEUVER; WALTZ RF; WALTZ RF,
adjusting here to butterfly, man facing LOD. (Spin/maneuver: man
maneuvers his back to LOD while woman does solo turn.)

Measures:

Part A

1-4 TWINKLE OUT; TWINKLE IN; TWINKLE OUT;
MANEUVER

In butterfly pos, man facing LOD, twinkle diag twd wall on
man's L; repeat on R diag twd COH; repeat twd wall; man
maneuver his back to LOD stepping R, L, R, and assume
closed pos.

5-8 WALTZ; WALTZ; WALTZ; WALTZ

Dance 4 RF turning waltzes to end in semi-closed pos,
facing LOD.

9-12 FWD WALTZ; TWINKLE (fwd); TWINKLE (reverse);
MANEUVER

Waltz fwd in LOD on man's L (woman's R); step fwd on
R, step to side on L (LOD), close R, at the same time
turning to reverse open pos, facing RLOD; step fwd in
RLOD on man's L (woman's R); step to side (RLOD) on
R, close L to R and assume closed pos; maneuver man's
back to LOD, stepping R, L, R.

13-16 WALTZ; WALTZ; WALTZ; WALTZ (to open pos)

Dance 4 RF turning waltzes, adjusting to open pos on last.

Face LOD.

17-20 WALTZ APART; WALTZ TOGETHER; WALTZ APART; SPIN/MANEUVER

In open pos, facing LOD, waltz apart to arms' length, at same time moving in LOD (start man's L); waltz together on R; waltz apart on L; man maneuver his back to LOD, stepping R, L, R, while woman does a solo LF turn, stepping L, R, L, and assume closed pos.

21-22 WALTZ; WALTZ

Dance one RF turning waltz stepping back on man's L in LOD, and turning half to face LOD; dance another waltz step in place on R adjust to butterfly.

1-22 Repeat Part A, meas 1-22.

Part B

1-4 Repeat meas 1-4 of Part A.

5-8 Repeat meas 5-8 of Part A, ending in skirt-skaters' pos, facing LOD.

9-12 FWD WALTZ; TURN & FACE WALL; FWD WALTZ; TURN & FACE RLOD

On man's L (woman's R) waltz fwd in LOD (skirt-skaters' pos); release handhold and man turn RF to face wall (R, L, R) as woman moves slightly RLOD in a LF 3/4 turn to man's R side (L, R, L) to end both facing wall in skirt-skaters' pos; repeat this action by waltzing first twd wall; turn to face RLOD in skirt-skaters' pos.

13-16 FWD WALTZ (RLOD); BACK-UP; WALTZ; WALTZ (to open pos)

Waltz fwd in RLOD on man's L (woman's R); waltz slightly bwd in LOD on man's R as woman turns LF (L, R, L) to face him in closed pos; man step back in LOD on L,

and dance 2 RF turning waltzes, adjusting to open pos on the last one. Face LOD.

17-20 Repeat meas 17-20 of Part A. Assume closed pos.

21-24 WALTZ; WALTZ; WALTZ; WALTZ (to open pos)

Dance 4 RF turning waltzes, adjusting to open pos on last one. Face LOD.

25-28 Repeat meas 17-20.

29-30 WALTZ; WALTZ

Dance one RF turning waltz stepping back on man's L in LOD and turning half to face LOD; take another waltz step in place, adjusting to butterfly pos, facing LOD. Second time through the dance, man's back to COH, and bow.

Sequence: The music allows you to do the whole dance twice. If you want a short dance (1 min 45 sec) just bow when you have done the routine once.