

SHORTENIN' BREAD 5



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MUSIC & ARTIST: Shortenin' Bread – The Tractors

CD: Stingray Music/Country Songs (Karaoke: In the Style of the Tractors, Vol. 1), Track 4, Shortenin' Bread (Vocal Version) {Note: Other versions will not time out correctly}
(Available at <http://mp3.walmart.com/store/home>)

RELEASE DATE: July 2010

RHYTHM/PHASE: JIVE/ROUNDALAB Phase V+1+2 Un-phased (TWIST, JITTERBUG KICKS)

DIFFICULTY: Average

SPEED/TEMPO/TIME: As recorded / 34 MPM / 3:23

FOOTWORK: Opposite unless indicated,
Directions given for man, woman's directions in [].

SEQUENCE: INTRO, A, B, INT, C, INT, A, B, END

INTRODUCTION

1-4 WAIT ; ; ; ;

{wait} 4 meas in loose CP M fcg WALL; ; ; ;

5-12 CHASSE L & R; FALWY THRWY OVRTRND ~ CHKN WKS 2S 4Q

~ LINK to a WHIP THRWY ~ LINK RK (CP WALL); ; ; ; ; ; ;

{chasse L & R} sd L/cl R, sd L, sd R/cl L, sd R; {falwy thrwy ovrtrnd} rk bk L, rec R, trng ¼ LF sd L/cl R, sd L; sd R/cl L, sd R [rk bk R, rec L, trng in frnt of M R/L, R trng LF to look LOD; sd L/cl R, sd L] LOP both looking LOD, {chkn wks 2s4q} bkg RLOD ldg W w/ hnd work to move fwd & swvl on each stp bk L [trng RF quickly to look RLOD fwd R], -, bk R, -, bk L, bk R; bk L, bk R [W xtnds free arm up and down over the 6 stps] LOP-FCG LOD, {link to a whip thrwy} rk apt L, rec R; sd L/R, L trng RF [rk apt R, rec L; fwd R/L, R trng RF] CP RLOD, XRib of L trng RF, sd L cont RF trn; sd R/L, R compltg one full trn [fwd L twd M's R sd trng RF, fwd R bet M's feet contg RF trn, sd & bk L/cl R, sd L] LOP-FCG LOD, {link rk} rk apt L, rec R; sd L/cl R, sd L trng RF, sd R/cl L, sd R CP WALL;

PART A

1-7 RK BK, REC, 4 PT STPS ~ 2 FWD TRIPLES ~ SWVL WKS ~ THRWY

~ CHG L TO R (LOP-FCG WALL); ; ; ; ; ; ;

{rk bk, rec, 4 point steps} rk bk L, rec R, pt L fwd, stp fwd L; pt R fwd, stp fwd R, pt L fwd, stp fwd L; pt R fwd, stp fwd R, {2 fwd triples} fwd L/cl R, fwd L; fwd R/cl L, fwd R, {swvl wks} swvl wk fwd L, swvl wk fwd R; swvl wk fwd L, swvl wk fwd R, {thrwY} sd L/cl R, sd L; sd R/cl L, sd R [trng ¼ LF in frnt of M sd R/cl L, sd R, sd & bk L/cl R, sd L] LOP LOD, {chg L to R} rk apt L, rec R; trng ¼ RF sd L/cl R, sd L, sd R/cl L, sd R [fwd R/cl L, fwd R commencg ¾ LF trn undr jd ld hnds; sd L/cl R, sd L] LOP-FCG WALL;

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PART A CONTINUED

8-13 CHG HDS BEH BK (BFLY COH) ~ SPANISH ARMS TWICE

~ SHE GO, HE GO (LOP-FCG WALL); ; ; ; ;

{chg hnds bhd bk} rk bk L, rec R, slightly fwd L/cl R, fwd L trng 1/4 LF; slightly sd & bk R/cl L, sd R cont trng 1/4 LF [rk bk R, rec L, fwd R/L, fwd R trng 1/4 RF; sd L/cl R, sd & bk L trng 1/4 RF] BFLY COH, {spanish arms twice} rk bk L, rec R trng RF; sd L/cl R, sd L cont RF trn, sd R/cl L, sd R [rk bk R, rec L trng 1/4 LF; sd R/cl L, sd R trng 3/4 RF, sd L/cl R, sd L]; rk bk L, rec R trng RF, sd L/cl R, sd L cont RF trn; sd R/cl L, sd R [rk bk R, rec L trng 1/4 LF; sd R/cl L, sd R trng 3/4 RF, sd L/cl R, sd L] LOP COH, {she go, he go} rk apt L, rec R; fwd L/cl R, fw L trng RF to look at W's bk, fwd R trng LF undr jnd ld hnds/cl L, sd R [rk apt R, rec L, fwd R trng LF undr jnd ld hnds/cl L, fwd R completg LF trn; sd L/cl R, sd L] to LOP-FCG WALL;

14-16 AMERICAN SPIN ~ BASIC RK (CP WALL); ; ;

{american spin} rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, sd R [rk apt R, rec L, sd R/cl L, sd R spng RF one full trn; sd L/cl R, sd L], {basic rk} rk apt L, rec R; sd L/cl R, sd L trng ¼ RF, sd R/cl L, sd R CP WALL;

PART B

1-4 CHASSE ROLLS BOTH WAYS (CP WALL); ; ; ;

{chasse rolls} rk bk L, rec R, sd L/cl R, sd L trng RF to bk-to-bk pos; sd R/cl L, sd R contg trn to fc, sd L/cl R, sd L completg one full tn; rk bk R, rec L, sd R/cl L, sd R trng LF to bk-to-bk pos; sd L/cl R, sd L contg trn to fc, sd R/cl L, sd RL completg one full tn CP WALL;

5-11 R TRNG FALWY ~ CHASSE ROLLS BOTH WAYS (CP COH)

~ L TRNG FALWY (CP WALL); ; ; ; ; ; ;

{r trng falwy} rk bk L, rec R, trng RF sd L/cl R, sd L; cont RF trn sd R/cl L, sd R CP COH, {chasse rolls} rk bk L, rec R; sd L/cl R, sd L trng RF to bk-to-bk pos, sd R/cl L, sd R contg trn to fc; sd L/cl R, sd L completg one full trn, rk bk R, rec L; sd R/cl L, sd R trng LF to bk-to-bk pos, sd L/cl R, sd L contg trn to fc; sd R/cl L, sd R completg one full trn CP COH, {l trng falwy} rk bk L, rec R; trng LF sd L/cl R, sd L, cont trn sd R/cl L, sd R CP WALL;

12-16 PRETZEL TRN w/ DBL RK (LOP-FCG-WALL) ~ BASIC RK (CP WALL); ; ; ; ;

{pretzel trn w/ dbl rk} rk bk L, rec R, sd L/cl R, sd L trn 1/2 RF keepg ld hds jnd; sd R/cl L, sd R trng RF to a bk-to-bk "V" position, w/trailg hd xtndd fwd XLif & rk fwd, rec R; w/trailg hd xtndd fwd XLif & rk fwd, rec R, trng LF sd L/cl R, sd L; sd R/cl L, sd R LOP-FCG WALL, {basic rk} rk apt L, rec R; sd L/cl R, sd L, sd R/cl L, sd R CP WALL;

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INTERLUDE

1-8 JITTERBUG KICKS ~ KICK BALL CHG; :::: : :::: :

{jitterbug kicks} rk bk L, rec R, tch floor w/toe of L to instep of R, sip L; kk R acr L, tch floor w/ toe of R, sd R/cl L, sd R; rk bk L, rec R, tch floor w/toe of L to instep of R, sip L; kk R acr L, tch floor w/ toe of R, kk R acr L, tch floor w/ toe of R; sd R/cl L, sd R, rk bk L, rec R; tch floor w/toe of L to instep of R, sip L, kk R acr L, tch floor w/ toe of R; kk R acr L, tch floor w/ toe of R, kk R acr L, tch floor w/ toe of R; sd R/cl L, sd R, {kbchg} kk fwd L/take wgt on ball of L ft, cl R;

PART C

1-8 FALWY RK (1/2 OP LOD) ~ BK UP 4 STPS ~ KK STP TWICE ~ FC & KK STP TWICE

~TWIST DN 4 ~ TWIST UP 4 ~ FALWY RK (CP WALL); :::: : :::: :

{falwy rk} rk bk L, rec R, sd L/cl R, sd L; sd R/cl L, sd R trng to 1/2 OP LOD, {bk up 4 stps} moving twd RLOD bk L, bk R; bk L, bk R, {kk stp twice} kk L fwd, sip L; kk fwd R, sip R, {fc & kk stp twice} trng 1/4 RF on R [LF on L] to fc ptr CP WALL kk L fwd outsd W [kk R betwn M's legs], sip L; kk R betwn W's legs [kk L outsd M], sip R, {twist dn 4} maintaining wgt on M's R [W's L] twist hips L, R; L, R, while lowrg {twist up 4} cont to maintain wgt on M's R [W's L] twist hips L, R; L, R, while rising {falwy rk} rk bk L, rec R; sd L/cl R, sd L, sd R/cl L, sd R CP WALL;

9-13 FLICKS INTO BREAKS; :::: : :::: :

{flicks into breaks} rk bk L, rec R, point L, stp L fwd; point R thru, stp R fwd, point L, stp L fwd; kk R thru, stp to R sd on R, kk L thru, stp to L sd on L; kk R thru, stp to R sd on R, kk L thru, stp to L sd on L; stp fwd on R, -, -/rec L, fwd R;

14-16 THRWY; CURLY WHIP (CP WALL); :

{thrwy} sd L/cl R, sd L, sd R/cl L, sd R [trng in frnt of M R/L, R, sd & bk L/cl R, sd L] LOP-FCG LOD; {curly whip} fwd L, rec R, sd L/cl R, sd L turning RF; XRib of L, sd L, sd R/cl L, sd R [bk R, rec L start LF trn, sd R/cl L, sd R trng LF undr jnd ld hnds; sd L, XRif of L, sd L/cl R, sd L trng RF] CP WALL;

END

1-4 FALWY THRWY OVRTRND ~ CHKN WKS 2S 4Q ~ RK APT/HNDS UP & HOLD; :::: :

{falwy thrwy ovrtrnd} rk bk L, rec R, trng 1/4 LF sd L/cl R, sd L; sd R/cl L, sd R [rk bk R, rec L, trng in frnt of M R/L, R trng LF to look LOD; sd L/cl R, sd L] LOP-FCG LOD, {chkn wks 2s4q} bkg RLOD ldg W w/ hnd work to move fwd & swvl on each stp bk L [trng RF quickly to look RLOD fwd R], -; bk R, -, bk L, bk R; bk L, bk R [W xtnds free arm up and down over the 6 stps] LOP-FCG LOD, {rk apt/hnds up & hold} rk apt L while quickly raisg free hnds up high, -;