

Up And At 'Em

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MUSIC: "Up and At 'Em" by Martyn Baylay CD "Le Café de l'Amour"- Track # 4 (length 2:34)
Available as a single track Download from Casa Musica –
SLOW FOR COMFORT (suggest 36.5 rpm on DanceMaster = 32 mpm)

FOOTWORK: Opposite, unless noted (woman's footwork in parentheses)

RHYTHM: Jive PH V+ 0 + 2 Uph (Under the Arm Behind the Back , Shoulder Spin) ;

Difficulty: Average

SEQUENCE: Intro A B A BMod* C A BMod* C(1-6) End July 2019 version 1.0

INTRO- FCG PTR/ WALL 6-8 FT APT

- 1-4 **[Fcg Ptr /WALL] WAIT; WAIT; MAN STRUT 4/ LADY TURNING HIP BUMP to SHADOW /WALL;;**
- 1-2 Fcg ptr/WALL 6-8 ft apart with lead ft free- Wait 2 meas;;
- 3 **{M Strut 4/ Ldy Trng Hip Bump}** Fwd L, -, fwd R, -; (W with wt on L start LF trn stepping on ball of R ft to raise R hip, rec L, cont LF trn stepping on ball of R ft to raise R hip, rec L completing ¼ trn;
- 4 Repeat Measure 3 (W repeat measure 3 to trn ¼ more to fc WALL) -both joining left hnds M's rt hand on W's L shoulder blade SHADOW WALL;

PART A - SHADOW WALL

- 1-4 **RK, REC.&TRIPLE APART ; SLIDE THE DOOR ; CHG L to R w/ A GLIDE TO THE SIDE ;;**
- 1 **{Rk Rec &Triple Apart}** Rk bk L, rec R, sd L/R, L (W rk bk R, rec L, sd R/L, R) to OP FCG WALL;
- 2 **{Slide the Door}** Cross rk RIB of L, rec L, sd chasse R/L, R crossing bhd W to LOP FCG WALL;
- 3-4 **{Chg L to R w/ Glide to the Sd}** Rk apt L, rec R, trng RF to fc WALL chasse L/R, L (W rk apt R, rec L, trng LF undr jnd ld hnds fwd chasse R/L,R) LOP FCG WALL; Sd R RLOD, lowering on R XLif of R (XRI of L), sd R/L, sd R to CP WALL;
- 5-8 **RK, REC, SWIVEL 4 to a ;,THROWAWAY to HANDSHAKE ;,, CHG L to R TO TANDEM LOD;;**
- 5-6 **{Rk Rec Swivel 4}** Rk L to SCP LOD , Rec R , wlk fwd 4 (W swivel 4); ,, **{Throwaway to handshake }** Chasse fwd L/R, L Chng to handshake leading W to fold in frnt (W trng 3/8 LF sd & bk chasse R/L, R) ;
- 7 sml fwd chasse R/L, R (W cont trng LF bk chasse L/R, L) Handshake M FCG LOD, **{Chg L to R to Tandem LOD}** rk bk L, rec R lead W fwd under R hnds;
- 8 Sml fwd L/R, L, in plc R/L, R joining L hnds to have both joined beh M (W fwd R trng LF under rt hnds/XLIF, sd & bk R, in plc L/R, L to tandem bhd man joining both hnds to M/s hnds) TANDEM LOD;
- 9-12 **CATAPULT; .. ROCK, REC TO CHICKEN WLK 2 SLOW 4 QUICK;;;**
- 9-10 **{Catapult}** Rk fwd L, rec R , releasing R hnds trpl in plc L/R, L leading W fwd w/ L hnds & then releasing them; trpl in plc R/L, R (W rk bk R, rec L; Fwd chasse R/L, R passing M's L sd comm 1 full RF spn on R, cont further ½ RF trn L/R, L) to LOP LOD, **{Rk, Rec}** rk bk L, rec R;
- 11-12 **{Chicken Wlk 2 S 4 Q}** bk L, -, bk R, - (W swvl RF on L/fwd R, -, swvl LF on R/fwd L, -); Bk L, R, L, R (W swvl walk by trning toes out fwd R, L, R, L);
- 13-16 **NO RK CHG L to R WALL; LINDY CATCH;; ROCK, REC, SIDE/ LADY TURN (RF) TO SHADOW/ WALL- L FEET FREE FOR BOTH;**
- 13 **{No Rk Chg L to R }** sd L/R, L (fwd R/L/ R trng LF under jnd lead hnds) ; sd R/L, R join rt hnds (sd L/R, L to end fcg M) LOP WALL ;
- 14- **{Lindy Catch}** rk bk L, rec R , fwd L/R, L moving RF around W catching her at waist w/ R hnd (fwd R/L, R,) both fcg COH M beh W;

- 15 Cont around W fwd R, L, R/L, R joining lead hnds to fc (Bk L, R, L/R, L) LOP WALL;
 16 **{Rk, Rec, Ldy Trn to Shadow}** rk bk L, rec R, tch L leading the W to trn RF ½
 (W rk R, rec L, in place R spin ½ to fc WALL) SHADOW WALL, - BOTH w/ L feet
 free;

PART B SHADOW WALL(Same Footwork -L feet free)

- 1-5 NO ROCK CHASSE ROLL LOD;,, ROCK REC CHASSE ROLL RLOD;,,,
 ROCK, REC to; PT STEPS TWICE;**
- 1 **{No Rk Chasse Roll LOD} Identical foot work- both w/ L foot free and L hnds
 joined.** both Chasse LOD L/R, L trng ½ RF M leading W RF by circling joined hnds
 up and over her head to both FC COH, then lowering hnds down M changing W's L
 hnd bhd his bk into M's R hnd as both chasse LOD R/L, R trn ½ RF leading W RF by
 circling joined hnds up and over her head;
- 2 Chasse LOD L/R, L to FC WALL with M's R & L's L hnds still joined in front of W,
{Rk, Rec to Tandem Chasse Roll RLOD} placing M's L hnd on W's shoulder blade
 rk bk R to FC RLOD (W extend R hnd up like op break between self and partner),
 rec L;
- 3-5 Trng LF to WALL Chasse R/L, R trng ½ LF M leading W LF by circling joined hnds
 up and over her head to both FC COH, then lowering hnds down M changing W's L
 hnd bhd his bk into M's L hnd as both chasse RLOD L/R, L trn ½ LF leading W LF by
 circling joined hnds up and over her head; to FC WALL Chasse RLOD R/L, R,
{Rk, Rec to Pt Steps Twice} Rk Bk L to FC LOD in Shadow, rec R, pt L fwd, step L;
 pt R fwd, step R;
- 6-8 TWO FWD TRIPLES TO SHADOW WALL ; SYNCOPATED SIDE CROSSES;
 SIDE DRAW / M CLOSE TO SHADOW WALL (Lead feet free);**
- 6 **{2 Fwd Triples to WALL}** in Shadow-fwd L/R, L, fwd R/L, R to fc WALL in SHADOW;
 7 **{Syncop Sd Crosses}** Sd L/ XRIF,-, sd L/ XRIF,-;
 8 **{Sd Draw /M Close}** Sd L, -, draw R to L, M only cl R to L (W hold) regain L hnds
 in SHADOW WALL w/ lead feet free;

REPEAT PART A

REPEAT PART B * Modified MEASURE 8

- 8 **SIDE / LDY TURN TO FC / M CLOSE to HANDSHAKE WALL)**
{Sd / Ldy Trn to FC /M Cl} Sd L leading W to fc, -, draw R to L, cl R to L, hold -
 (W sd L swiveling LF to fc ptr COH,-, pt R to LOD, hold,-) Handshake WALL lead
 feet free ;

PART C HANDSHAKE WALL

- 1-3 TRIPLE WHEEL WITH LADY SINGLE TRN TO WALL keep Handshake ;;;**
- 1 **{Triple Wheel w/Ldy Single Trn to Wall}** Rk bk L, rec R lead ptr fwd twd R sd, trng
 RF chasse fwd L,R/L trng ptr LF & tch ptr's bk with L hand;
- 2 Cont trng chasse fwd R, L/R trng Lady RF, raise jnd R hands to lead ptr's LF trn cont
 to wheel RF fwd L, fwd R (fwd R trng LF undr jnd ld hnds, cont fwd L trng LF) almost
 to momentary tandem DLW;
- 3 Chasse fwd L, R/L trng Lady LF & tch Lady's bk, spin ptr RF release hnds
 chasse R, L/R to LOP Fcg ptr & WALL; to LOP WALL;
- 4-8 UNDER THE ARM BEHIND THE BACK;,, SHOULDER SPIN TO FC (LOP LOD);;
 SLOW SIDE BREAKS; QUICK SIDE BREAKS ;**
- 4 **{Under the Arm Bhd the Bk}** in Handshake Rk apt L, rec R, leading W to triple to rt
 Side chasse sml fwd L/R, L trng W LF under jnd lead hnds and brnging hnds down
 still fcg WALL (W rk apt R, rec L, fwd chasse past M's Rt Side R/L, R trng ½ LF undr
 jnd ld hnds to end slightly bhd M and fc WALL);

- 5 Chasse bk&sd R/L, R chngng W's R hnd into L hnd bhd bk leadng W to throwawy pos (W chasse sd L/R , L sd &bk to throwaway pos) M fcg WALL ,
{Shoulder Spin to FC} Rk bk L, rec R ;
- 6 lead W like a shoulder shove sd L/cl R, sd L brng Rt hnd to W's Rt shoulder to lead her to spin RF, Trng LF chasse sd & bk R/L, R to LOP LOD;
- 7 **{Slow Sd Breaks}** Stp out L, stp out R, stp in L, stp in R;
- 8 **{Qk Sd Breaks}** Stp out L/stp out R, stp in L/stp in R, stp out L/stp out R, stp in L/stp in R to regain lead hnds LOP LOD;
- 9-14** **SHE GO HE GO;,,,LINK TO;,,, WHIP THROWAWAY TO WALL;,,, NECK SLIDE;,,, ROCK, REC TO ;**
- 9-14 **{She Go He Go}** Rk apt L, rec R, fwd L/cl R, fwd L trng RF ¼ to look at W's bk (rk apt R, rec L, fwd R comm LF trn ½ under jnd lead hnds/cl L , fwd R cont LF trn); Fwd R trng LF under jnd lead hnds/clL, sd R (sd L/cl R, sd L to end fcg ptr) end M fcg RLOD,**{Link to}** Rk apt L, rec R; sml fwd chasse L/R, L completing 3/8 RF trn to CP M fcng DLC, **{Whip Throwaway}** cont RF trn XRIB of L (W fwd L), cont RF trn sd L to LOD(W cont RF tm sml fwd R between M's feet); releasing W to throwaway sml in place chasse R/L, R (W cont RF trn to sd & bk chasse L/R, L to Throwaway Pos) LOP FCG PTR WALL,
{Neck Slide} Rk bk L, rec R ; joining hnds raise both over ptrs head fwd L/cl R, fwd L to rt sds tog release hnds to place rt hnd on ptrs rt shldr, Wheel RF ½ L, R sliding rt hnds down ptrs arm; cont trn 1/4 fwd R/cl L, fc ptrs sml sd R to HANDSHAKE,
{Rk, Rec to } Rk apt L, rec R to release hands ;
- 15-16** **[NO HND\$] SYNCOPATED SIDE CROSSES: SIDE / LADY TRN TO SHADOW WALL,- ,BOTH CLOSE,- :**
- a1- a3 - 15 **{Syncop Sd Crosses}** no hnds jnd Sd L/ XRIF,- , sd L/ XRIF,- (W Sd R/ XLIF,- , sd R/ XLIF,-);
- 16 **{Sd /Ldy Trn to Wall Both Cl}** Sd L leading W to trn to wall, -,draw R to L, cl R to L,hold – (W sd R swivel RF to fc WALL,- , cl L to R, hold,-;) lead feet free SHADOW WALL;

REPEAT PART A

REPEAT PART B * Modified MEASURE 8

- 8 **SIDE / LDY TURN TO FC / M CLOSE to HANDSHAKE WALL)**
{Sd / Ldy Trn to FC M Cl} Sd L leading W to fc , -,draw R to L,cl R to L,hold – (W sd L swiveling LF to fc ptr COH,- , pt R to LOD, hold,-) Handshake WALL lead feet free ;

REPEAT PART C Meas 1 - 6* SHOULDER SPIN TO BOTH FC WALL

- 6 lead W like a shoulder shove sd L/cl R, sd L brng Rt hnd to W's Rt shoulder to lead her to spin RF, chasse sd & bk R/L, R to BOTH FC WALL no hnds ;

END SD BY SD FC WALL

- 1-3** **DOUBLE CUBAN 5 & HOLD-; SLOW UNWIND TO FC ; BREAK APT w/ ARMS ;**
- 1a2a3 - 1 **{Double Cuban 5}** XLIF of R twd RLOD / rec R, sd L / rec R, XLIF ,& hold- (W XRIF of L twd LOD / rec L, sd R / rec L, XRIF ,& hold -);
- 2 **{Slow unwind to FC}** with wgt on lead feet Slow unwind to fc ptrnr over piano trill M fc LOD (W RLOD) ;
- 1--- 3 **{Break apt w/Arms}** on words "Up & At 'Em" Bk R (L) with L(R) arm extended up like an open break and trail arm twds ptr.

Up And At 'Em *Armstrong JV V+0+ 2U (Under the arm behind the back, Shoulder spin)*

SLOW FOR COMFORT (suggest 36.5 rpm on *DanceMaster*)

July 2019 ver 1.0

SEQUENCE: Intro A B A BMod* C A BMod* C (1-6*) End

INTRO 1-4 [OP fc Ptnr /WALL] WAIT 2Meas ;;
MAN STRUT 4 / LDY TRNG HIP BUMP to SHADOW /WALL;;

PART A (Shadow Wall)

1-4 RK, REC, &TRIPLE APT; SLIDE THE DOOR ; CHG L to R w/ a GLIDE to the SD ;;
5-8 RK, REC, SWIVEL 4;;;THROWAWY to HND SHAKE ;,, CHG L to R TO TANDEM LOD;;
9-12 CATAPULT; ,, RK, REC to CHICKEN WLK 2 SL 4 QK;;;
13-16 NO RK CHG L to R WALL; LINDY CATCH;;
RK, REC, LDY TRN (RF) TO SHADOW WALL, -;

PART B (Shadow Wall) L Feet FOR BOTH;

1-4 NO RK CHASSE ROLL LOD;;; RK REC CHASSE ROLL RLOD;;;, RK, REC
5-8 PT STEPS TWICE; 2 FWD TRIPLES TO SHADOW WALL;
SYNCOP SD CROSSES; SD DRAW/ M CLOSE;

PART A (Shadow Wall)

1-4 RK, REC, &TRIPLE APT; SLIDE THE DOOR ; CHG L to R w/ a GLIDE to the SD ;;
5-8 RK, REC, SWIVEL 4;;;THROWAWY to HND SHAKE ;,, CHG L to R TO TANDEM LOD;;
9-12 CATAPULT; ,, RK, REC to CHICKEN WLK 2 SL 4 QK;;;
13-16 NO RK CHG L to R WALL; LINDY CATCH;;
RK, REC, LDY TRN (RF) TO SHADOW WALL , -;

PART B mod 8 (Shadow Wall) L Feet FOR BOTH;**

1-4 NO RK CHASSE ROLL LOD;;; RK REC CHASSE ROLL RLOD;;;, RK, REC
5-8* PT STEPS TWICE; 2 FWD TRIPLES TO SHADOW WALL;
SYNCOP SD CROSSES; *SD/ LDY TRN TO FC / M CL HANDSHAKE WALL;

PART C (LOP WALL)

1-3 TRIPLE WHEEL w/LDY SINGLE TRN TO WALL;;;
4-6 UNDER THE ARM BHD THE BK ;,, SHOULDER SPN TO FC (M LOD);;
7-8 SLOW SD BREAKS; QK SD BREAKS;
9-14 SHE GO HE GO;;;, LINK TO;;;, WHIP THROWAWY to WALL ;,,
NECK SLIDE;;;, RK, REC TO;
15-16 SYNCOP SD CROSSES; SD / LDY TRN to WALL BOTH CL;

PART A (Shadow Wall)

1-4 RK, REC, &TRIPLE APT; SLIDE THE DOOR ; CHG L to R w/ a GLIDE to the SD ;;
5-8 RK, REC, SWIVEL 4;;;THROWAWY to HND SHAKE ;,, CHG L to R TO TANDEM LOD;;
9-12 CATAPULT; ,, RK, REC to CHICKEN WLK 2 SL 4 QK;;;
13-16 NO RK CHG L to R WALL; LINDY CATCH;;
RK, REC, LDY TRN (RF) TO SHADOW WALL, -;

PART B * (Shadow Wall) L Feet FOR BOTH;

1-4 NO RK CHASSE ROLL LOD;;; RK REC CHASSE ROLL RLOD;;;, RK, REC
5-8* PT STEPS TWICE; 2 FWD TRIPLES TO SHADOW WALL;
SYNCOP SD CROSSES; *SD/ LDY TRN TO FC / M CL HANDSHAKE WALL;

PART C 1-6*

1-3 TRIPLE WHEEL w/LDY SINGLE TRN TO WALL;;;
4-6 UNDER THE ARM BHD THE BK ;,, * SHOULDER SPIN BOTH FC WALL;;

END

7-8 DBL CUBAN 5 &HOLD; SLOW UNWIND TO FC; BRK APT w/ARMS;
MEAS 8 (LEAD ARMS UP like Open Break/ TRAIL ARMS PT TO PARTNER);