

Ebb Tide

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Sequence: Intro A B C D B C End Record: spec. press
Phase IV+2 (cuddles, sitline) Speed: 45 Revised: July 28, 03
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Intro

- 1-4 WAIT 2;; CUDDLES 2X;;
1-4 wait 2 meas;; CP sd L leadg W RF to 1/2 opn, rec R, cl L, -(W trng RF
1/2 sd & bk R, trng LF rec L, fwd R to CP); sd R leadg W LF to 1/2
opn, rec L, cl R, -(W trng LF 1/2 sd & bk L, trng RF rec R, fwd L to
CP);

Part A

- 1-8 BAS;; NY TO FAN;; START HKY STK; CUCA; M CHG SDS; WHP ACRS [FC WALL];
1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight
leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L,
trng LF sd & bk L, bk L leaving R leg extended);
5-8 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); sd R w/ partial wgt,
rec L, sip R, -; M wk CW beh W to fc COH fwd L, fwd R, fwd L, -(W
trns LF 1/4 fc M & wall sm fwd R, sip L, sip R, -); bk R trng LF,
fwd & sd L, sd R, - (W fwd L outsd M, fwd R trng LF 1/2, sd L, -);
9-16 BAS;; NY TO FAN;; START HKY STK; CUCA; M CHG SDS;
WHP ACRS [FC WALL - HNDSHK];
9-12 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight
leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L,
trng LF sd & bk L, bk L leaving R leg extended);
13-16 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); sd R w/ partial wgt,
rec L, sip R, -; M wk CW beh W to fc COH fwd L, fwd R, fwd L, -(W
trns LF 1/4 fc M & wall sm fwd R, sip L, sip R, -); bk R trng LF,
fwd & sd L, sd R, - (W fwd L outsd M, fwd R trng LF 1/2, sd L, -);

Part B

- 1-7 FLIRT;; SLD HER ACRS; RR LET HER OUT; TRADE PLACES 2X;;
STP APRT/LDY DEVELOPE;
1-4 hndshk- fwd L, rec R, sm sd L, - (W bk R, rec L trng LF, cont trn to
R VARS sd & bk R, -); bk R, rec L, sd R, - (W bk L, rec R, sd L to L
VARS, -); bk L, rec R, sd L, -(W bk R, rec L, sd R to VARS, -); bk
R, rec L, sm fwd R, -(W bk L, rec R comm RF trn, trng to fc M bk
L);
5-7 bk L, trng RF 1/4 fwd & sd R, trng RF 1/4 sd & bk L fc W to L hndshk,
-; bk R, trng LF 1/4 fwd & sd L, trng LF 1/4 sd & bk L fc W to R
hndshk, -; hndshk- bk L, -, -, -(bk R, raise L, xtnd L ft fwd, -);
8-8 CUCA [FWD TO CP WALL];
8-8 sd R w/ partial wgt, rec L, sip R, -;

Part C

- 1-4 SD WK 3; AIDA; SWITCH; SD CRB WK 3;
1-4 sd L, cl R, sd L, -; XRIFL trng RF to fc ptr, sd L cont RF trn, bk R
to V pos ld hnds jnd, -; trn LF to fc ptr on R & sd L, rec R, XLIFR
(W XRIFL), -; sd R, XLIFR(W XRIFL), sd R, -;

Part D

- 1-11 BAS;; NY TO FAN;; ALEMANA TO LARIAT;;; HND-HND 2X;;
SPT & TIM;
- 1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);
- 5-8 fwd L, rec R, sd L, -; bk R, rec L, sd R, - (W fwd LIFR trn RF, cont trn fwd R to fc M, sd L, -); sip L, R, L, - (W circ M CW R, L, R, -); sip R, L, R, - (W cont arnd M L, R, sd L to fc M, -);
- 9-11 XLIBR to OP, rec R to fc ptr, sd L, -; XRIBL to R OP, rec L to fc ptr, sd R, -; strong XLIFR trng RF, cont trn rec R to fc ptr, sd L, -(W XRIBL, rec L, sd R, -);
- 12-12 TIM & SPT [TO HNDSHK];
- 12-12 no hnds fcg ptr XRIBL, rec L, sd R, -(W XLIFR trng RF, cont trn rec R to fc ptr, sd L, -);

End

- 1-11 BAS;; NY TO FAN;; HKY STK;; NY; AIDA; AIDA; SWITCH RK;
SPT TRN [TO HNDSHK];
- 1-4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; strong XLIFR straight leg to L OP, rec R to fc, sd L, -; bk R, rec L, sd R, - (W fwd L, trng LF sd & bk L, bk L leaving R leg extended);
- 5-8 fwd L, rec R, cl L, - (W cl R, fwd L, fwd R, -); bk R, rec L, fwd R following W, - (W fwd L, fwd R trng LF to fc M, sd & bk L, -); strong XLIFR straight leg to L OP, rec R to fc, sd L, -; XRIFL trng RF to fc ptr, sd L cont RF trn, bk R to V pos ld hnds jnd, -;
- 9-11 fwd L trng to fc ptr, sd R, cont LF trn bk L to V pos ld hnds jnd, -; trn RF to fc ptr on L & sd R, rec L, rec R, -; strong XLIFR trng RF, cont trn rec R to fc ptr, sd L, -;
- 12-12 THRU X LUNGE/SITLINE;
- 12-12 hndshk- XRIFL, -, fwd & XLIFR twd W, -(W XLIFR, -, bk R, bend R knee with sitting action extndg L ft);