

TINA & ME

RELEASED: July, 2010

CHOREO: Åke & Birgitta Graham
ADDRESS: Backstigen 9, 37030 Rödeby, Sweden
PHONE: +46 455 48716 **E-MAIL:** grahm@telia.com
MUSIC: Song: The story of Tina Music Media Source: CD The Hits of Al Martino ,also downloadable at Itunes

Artist: Al Martino Flip of:
Music Modified: No **BPM: 30** **TIME @ BPM: 2:55**
Same as:

FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
RHYTHM: Waltz **RAL PHASE:** III+2 [Telemark+Cross Pivot]
SEQUENCE: **INTRO, A, B, INTERL, C, B, INTERL, ENDG**

MEAS.

INTRODUCTION

1-4 **WAIT;; TOGETHER TO CP; BOX FINISH/DLC;**
1-2 In LOP-FCG DLW Lead ft free Wait;;
3-4 Fwd L (W fwd R) to CP, -, -; Bk R trn ¼ LF to fc DLC, sd L, cl R;

PART A

1-4 **TELEMARK/SCP; CROSS PIVOT/SCAR; CROSS HOVER/BJO; CROSS HOVER/SCAR;**
1-2 Fwd L to DLC comm trng LF, sd R cont trn (W cl L to R [heel trn]), sd & fwd L (W sd & fwd R) to SCP; Fwd R trng RF in fr of W (W fwd L), sd L cont trn RF (W fwd R betw M's feet fin ½ RF trn), fwd R to SCAR/DLC;
3-4 Fwd L w crossing action, sd & fwd R rise & trn ¼ LF, rec fwd L to BJO/DLC; Fwd R w crossing action, sd & fwd L rise & trn ¼ RF, rec fwd R to SCAR/DLW;

5-8 **CROSS HOVER/SCP; PICK UP , SIDE , CLOSE; TURN LEFT , CHASSÉ RIGHT/BJO; BACK, BACK/LOCK, BACK;**

5-6 Fwd L w crossing action, sd & fwd R rise & trn ¼ LF, rec fwd L (W fwd R) to SCP/DLC; Fwd R (W fwd L/swvl in fr to CP), sd L, cl R;
7-8 Fwd L trn ¼ LF, sd R/cl L, sd & bk R to BJO; Bk L, bk R/XLifr, bk R/BJO;

9-12 **SPIN TURN OVERTURNED/WALL; BACK ½ BOX; TWISTY VINE 3; FORWARD , FACE , CLOSE;**

9-10 Bk L trng ½ RF, fwd R cont trn to fc WALL, bk L; Bk R, sd L, cl R;
11-12 Sd L, XRib (W XLif) to SCAR, sd L to BJO/DLW; Fwd R outsd ptr, fwd L to CP/WALL, cl R;

13-16 **LEFT TURNING BOX;;;;**

13-14 Fwd L trn ¼ to fc LOD, sd R, cl L; Bk R trn ¼ to fc COH, sd L, cl R;
15-16 Fwd L trn ¼ to fc RLOD, sd R, cl L; Bk R trn ¼ to fc WALL, sd L, cl R;

PART B

1-4 **HOVER; PICK UP , SIDE , CLOSE; TELEMARK/SCP; HOVER FALLAWAY;**
1-2 Fwd L, sd R rising & trn LF, rec L (W rec R) to SCP/DLC; Fwd R (W fwd L/swvl in fr to CP), sd L, cl R;
3-4 Fwd L comm trn LF, sd R cont trn (W cl L [heel trn]), sd & slightly fwd L (W fwd R)to SCP; Fwd R (W fwd L), fwd L rising (W fwd R rising), rec R (W rec L);

5-8 **SLIP PIVOT/BJO; FORWARD, FORWARD/LOCK, FORWARD; FORWARD, CHASSÉ/SCP; CROSS PIVOT/SCAR;**

5-6 Bk L (W bk R comm trn LF), bk R comm trn LF (W fwd L cont trn), fwd L outsd ptr; Fwd R, fwd L/XRrib, fwd L in BJO;
7-8 Fwd R trn fc ptr, sd L/cl R, fwd L (W fwd R) to SCP; Fwd R trng RF in fr of W (W fwd L), sd L cont trn RF (W fwd R betw M's feet fin ½ RF trn), fwd R to SCAR/DLC;

9-12 **CROSS HOVER/SCP; MANUVER; SPIN TURN OVERTURNED/DRW; BOX FINISH/WALL;**

9-10 Fwd L w crossing action, sd & fwd R rise & trn ¼ LF, rec fwd L to SCP/DLC (W fwd R); Fwd R trn RF to fc RLOD (W fwd L), sd L, cl R;
11-12 Bk L trng ½ RF, fwd R cont trn to fc DRW, bk L; Bk R trn 1/8 LF to fc WALL, sd L, cl R;

- 13-16 TWIRL/VINE 3; THRU , FACE , CLOSE; WHISK; WING/SCAR;**
 13-14 Sd L (W sd & fwd R trng RF und ld hnds), XRib (W sd & bk L cont trn to fc), sd L;
 Thru R (W thru L), sd L, cl R;
 15-16 Fwd L, fwd & sd R, XLib (W XRib) & rise to SCP fc LOD; Fwd R (W fwd L comm RF trn crossing in fr of M),
 drw L to R (W fwd R cont trn), tch L to R (W fwd L to SCAR/DLC);

INTERLUDE

- 1-4 TWO LEFT TURNS;; HOVER; PICK UP , SIDE , CLOSE;**
 1-2 Fwd L comm trn LF, sd R cont trn to CP fc RLOD, cl L; Bk R comm trn LF, sd L cont trn to CP fc DLW, cl
 R;
 3-4 Fwd L, sd R rising & trn LF, rec L (W rec R) to SCP/DLC; Fwd R (W fwd L/swvl in fr to CP), sd L, cl R;

PART C

- 1-4 TELEMAR/SCP; CROSS PIVOT/SCAR; CROSS HOVER/SCP; THRU , CHASSÉ/BJO;**
 1-2 Fwd L to DLC comm trng LF, sd R cont trn (W cl L to R [heel trn]), sd & fwd L (W sd & fwd R) to SCP; Fwd
 R trng RF in fr of W (W fwd L), sd L cont trn RF (W fwd R betw M's feet fin ½ RF trn), fwd R to SCAR/DLC
 (W bk L);
 3-4 Fwd L w crossing action, sd & fwd R rise & trn ¼ LF, rec fwd L (W fwd R) to SCP/DLC; Thru R trn fc ptr, sd
 L/cl R, fwd L to BJO;
- 5-8 FORWARD, FORWARD/LOCK, FORWARD; FORWARD , FACE , CLOSE; TWIRL/VINE 3;
 MANUVER;**
 5-6 Fwd R, fwd L/XRibk, fwd L in BJO; Fwd R outsd ptr, fwd L to CP/WALL, cl R;
 7-8 Sd L (W sd & fwd R trng RF und ld hnds), XRib (W sd & bk L cont trn to fc), sd L; Fwd R trn RF to fc RLOD
 (W fwd L), sd L, cl R;

**9-12 SPIN TURN OVERTURNED/WALL; BACK ½ BOX; TWISTY VINE 3; FORWARD , FACE ,
 CLOSE;**

- 9-10 Bk L trng ½ RF, fwd R cont trn to fc WALL, bk L; Bk R, sd L, cl R;
 11-12 Sd L, XRib (W XLif) to SCAR, sd L to BJO/DLW; Fwd R outsd ptr, fwd L to CP/WALL, cl R;

13-16 LEFT TURNING BOX;;;;

- 13-14 Fwd L trn ¼ to fc LOD, sd R, cl L; Bk R trn ¼ to fc COH, sd L, cl R;
 15-16 Fwd L trn ¼ to fc RLOD, sd R, cl L; Bk R trn ¼ to fc WALL, sd L, cl R;

PART B

- 1-16 HOVER; PICK UP , SIDE , CLOSE; TELEMAR/SCP; HOVER FALLAWAY;
 SLIP PIVOT/BJO; FORWARD, FORWARD/LOCK, FORWARD; FORWARD, CHASSÉ/SCP;
 CROSS PIVOT/SCAR;
 CROSS HOVER/SCP; MANUVER; SPIN TURN OVERTURNED/DRW; BOX FINISH/WALL;
 TWIRL/VINE 3; THRU , FACE , CLOSE; WHISK; WING/SCAR;
 ;**

INTERLUDE

- 1-4 TWO LEFT TURNS;; HOVER; PICK UP , SIDE , CLOSE;**

ENDING

- As the singer extends the song step one step forward w L ft. On the word "ME" start the Box finish*
**1-4 CHECK FORWARD to a BOX FINISH; TELEMAR/SCP; CROSS PIVOT/BFLY SCAR;
 FORWARD, POINT;**
 1-2 Fwd L checking action ~ Bk R trn 1/8 LF to fc DLC, sd L, cl R; Fwd L to DLC comm trng LF, sd R cont trn
 (W cl L to R [heel trn]), sd & fwd L (W sd & fwd R) to SCP;
 3-4 Fwd R trng RF in fr of W (W fwd L), sd L cont trn RF (W fwd R betw M's feet fin ½ RF trn), fwd R to BFLY
 SCAR/DLC; Fwd L, pt R fwd (W may bring L ft up R leg & extend it to DRW);