



MY BLUE HEAVEN

Choreographers:	Music: My Blue Heaven by Roland Cedermark, contact choreographers for free mp3 file or MD at shipping cost.
Annette & Frank Woodruff	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
Rue du Camp, 87	Rhythm: 2-step
7034 Mons, Belgium	Phase: II+1 (Fishtail)
Tel: 00 32 65 73 19 40	Release date: July 2005
Fax: 00 32 65 73 19 41	Time & Speed: 2:42 at original speed minus 15%
E-mail: anfrank@skynet.be	Sequence: A-B-C-DD*-A-B(1-8*)-A(1-7)-Ending

CP LOD, start dance on 5th note of music

PART A

1 - 2	2 Forward-2-steps;;	Fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;
3 - 4	Strut 4;;	Fwd L trng upper bdy sltly LF, -, fwd R trng upper bdy sltly RF, -; rpt meas 3 Part A;
5 - 6	Progressive Scissors checking;;	Sd L, cl R, XLIF to SCAR DLW, -; sd R, cl L, XRIF to BJO DLC ckg, -;
7	Fishtail;	XLIB w/ slt LF trn, sd R trng RF, fwd L w/ L shldr ldg, lk RIB;
8	Walk 2 to CP;	W/ slt RF bdy trn fwd L outsd W, -, fwd R btw W's ft to CP LOD, -;
9 - 10	2 Forward-2-steps;;	Rpt meas 1 – 7 Part A;;;;;;
11 - 12	Strut 4;;	
13 - 14	Progressive Scissors checking;;	
15	Fishtail;	
16	Walk and Face;	Fwd L, -, fwd R trng 1/4 RF to CP WALL, -;

PART B

1 - 4	Broken Box;;;;	Sd L, cl R, fwd L -; rk fwd R, -, rec L, -; sd R, cl L, bk R, -; rk bk L, -, rec R to CP WALL, -;
5 - 8	Traveling Box;;;;	Sd L, cl R, fwd L -; sd R, -, thru L to RSCP RLOD, -; trng to fc sd R, cl L, bk R, -; sd L, -, thru R trng to SCP LOD, -; [2 nd time* W uses pick up action on last step to end in CP LOD]
9 - 10	2 Forward-2-steps;;	Fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;
11 - 12	Scoot 8;;	Fwd L, cl R, fwd L, cl R; rpt meas 11 Part B;
13 - 14	Slow Twisty Vine 4;;	Sd L, -, XRIB, -; sd L, - XRIF, -;
15 - 16	Twisty Vine 8 ;;	Sd L, XRIB, sd L, XRIF ; rpt meas 15 Part B to BJO LOD;

PART C

1 - 2	2 Forward-2-steps;;	Fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;
3	Fwd Hitch;	Fwd L, cl R, bk L, -;
4	Hitch & Scissor thru;	Bk R, cl L, fwd R stg to trn RF (<i>W trng RF sd L, cl R, thru L</i>), -;
5 - 6	2 Turning-2-steps;;	Sd L trng RF, cl R contg RF trn, bk L compg ½ RF trn, -; sd R contg RF trn, cl L, fwd R pvtg to fc WALL & immediately blendg to SCP LOD, -;
7 - 8	Twirl 2 & Walk 2 to BFLY;;	Raising jnd ld hnds fwd L, -, fwd R (W twrl RF under hnds R, -, L), -; fwd L, -, fwd R to BFLY WALL, -;
9 - 10	Vine 2 Face to Face;;	Sd L, XRIB (<i>W XIB</i>), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK;
11 - 12	Vine 2 Back to Back;;	Sd R, XLIB (<i>W XIB</i>), sd R/cl L, trng 3/8 RF sd & fwd R to BFLY, -;

PART C (Cont'd)

13 - 16	Traveling Door 2x to OP;;;;	Rk sd L, -, rec R, -; XLIF (<i>W XIF</i>), sd R, XLIF (<i>W XIF</i>); rk sd R, -, rec L, -; XRIF (<i>W XIF</i>), sd L, XRIF (<i>W XIF</i>) to OP LOD, -;
17 - 20	Sliding Door 2x to OP;;;;	Rk sd & apt L, -, rec R, -; relg hnds & Xg bhd W XLIF (<i>W XIF</i>), sd R, XLIF (<i>W XIF</i>) to LOP LOD, -; rk sd & apt R, -, rec L, -; XRIF (<i>W XIF</i>), sd L, XRIF (<i>W XIF</i>) to OP LOD, -;
21 - 22	Double Hitch;;	Fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;
23 - 24	Basketball Turn BFLY;;	Fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to SD-BY-SD RLOD, -; rpt meas 3 Part D to BFLY WALL;
25 - 26	Vine 2 Face to Face;;	Rpt meas 9-12 Part C;;;;
27 - 28	Vine 2 Back to Back;;	
29 - 30	Traveling Door;;	Rk sd L, -, rec R, -; XLIF (<i>W XIF</i>), sd R, XLIF (<i>W XIF</i>);
31	Scissor Thru SCP;	Sd R, cl L, XRIF TO SCP LOD, -;
32	Walk 2;	Fwd L, -, fwd R, -;

PART D

1 - 4	Strolling Vine;;;;	Sd L to CP WALL, -, XRIB, -; trng 1/2 LF ovr next 3 steps sd L, cl R, fwd L, -; sd R, -, XLIB, -; trng 1/2 RF ovr next 3 steps sd R, cl L, fwd R to CP WALL, -;
5 - 6	2 Forward-2-steps;;	Blendg to SCP fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-;
7	Cut Back 2x;	XLIF, bk R, XLIF, bk R;
8	Dip Back & Recover;	Rk bk L lowering into soft knee, -, rec R, -;
9	Lace across;	Trvlg twd DLW bhd W fwd L, cl R, fwd L (<i>W twd DLC undr jnd ld hnds fwd R, cl L, fwd R</i>) to LOP LOD, -;
10	Walk 2;	Fwd R, -, fwd L -;
11	Lace Back;	Trvlg twd DLC bhd W fwd R, cl L, fwd R (<i>W twd DLW undr jnd trl hnds fwd L, cl R, fwd L</i>), -;
12	Walk 2 to OP;	Blendg to OP LOD fwd L, -, fwd R, -;
13 - 14	Circle Away in 2 2-steps;;	Circ awy fwd L, cl R, fwd L, -; fwd R, cl L, fwd R trng to fc ptr, -;
15 - 16	Strut Together in 4;;	Tog strut L, -, R, -; L, -, R to CP WALL, -; [2 nd time* W steps in frt of M on last step to CP LOD]

ENDING

1	Walk & Check;	Fwd L, -, fwd R ckg, -;
2	Fishtail;	Rpt meas 7 Part A;
3	Walk & Face;	Fwd L, -, fwd R trng RF to the Wall to CP, -;
4	2 side closes;	Sd L, cl R, sd L, close R;
	Apt	Apt L;

The Swedish
Master of
Accordeon
ROLAND
CEDERMARK

Born in Lund,
1945.

