



## MY, MY, TIME FLIES!

Choreographers:	<b>Release date:</b> February 2009
<b>Annette &amp; Frank Woodruff</b> Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40  <b>annetteandfrank@gmail.com</b>	<b>Rhythm &amp; Phase:</b> <b>Mixed V+2</b> (Rolling Off the Arm, Body Ripple) + 1 (Tunnel Exit)
	<b>Music:</b> Enya CD "And Winter Came" or download from Amazon or others
	<b>Time &amp; Speed:</b> 2:58 @ unchanged speed
	<b>Footwork:</b> <i>Opposite except where indicated (W's footwork in parentheses)</i>
	<b>Sequence:</b> <b>Intro - ABC - Bmod - D - C - Ending</b>

### INTRODUCTION

<b>1</b>	<b>Cross &amp; Unwind to Face;</b>	6 Feet apt M fcg COH & W fcg Wall w/wgt on ld ft XRif on first long note & unwind LF to fc ptr;
<b>2</b>	<b>Tog in 4 to CP;</b>	Fwd L, R, L, R to CP WALL;
<b>3</b>	<b>Twisty Vine 4;</b>	Sd L, XRif, sd L, XRif to BJO DLW;

### PART A - Foxtrot

<b>1</b>	<b>Hover Telemark;</b>	Fwd L, -, fwd & sd R w/ slt rise trng ¼ RF, fwd L ( <i>W bk R, -, bk &amp; sd L w/ rise &amp; brushg R to L, fwd R</i> ) to SCP DLW;
<b>2 - 3</b>	<b>Hover Cross Checking twds RLOD;;</b>	Sm fwd R prepg to trn RF, -, strong fwd & sd L arnd W near her ft, sm fwd R ( <i>W sm fwd L, -, fwd R between M's ft trng RF, bk L</i> ) to SCAR DLC; on toe fwd L, rec R, trng ¼ LF sd L, fwd R ckg to BJO DRC;
<b>4</b>	<b>Back Vine 4;</b>	Bk L, sd R, XLif, sd R to CP DRC;
<b>5</b>	<b>Impetus to SCP;</b>	Com bdy RF trn bk L, -, cont RF trn on L heel & cl R risg to ball, fwd L ( <i>W com bdy RF fwd R w/ heel ld between M's ft &amp; pvt 1/2, -, sd &amp; fwd L contg trn arnd M &amp; brush R to L, contg trn fwd R</i> ) to SCP DLC;
<b>6 - 7</b>	<b>Promenade Weave;;</b>	Fwd R, -, fwd L to CP com LF trn, sd & bk R LOD to BJO RLOD; bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW ( <i>W fwd L prepg for LF trn, -, sd &amp; bk R trng LF to CP, cont trng on R then fwd &amp; sd L to BJO; fwd R outsd ptr, fwd L trng LF to CP, sd &amp; bk R contg LF trn to fc COH, bk L</i> ) to BJO DLW;
<b>8</b>	<b>Change of Direction;</b>	Fwd L, -, fwd R w/ R sd ld & trn LF, draw L & brush to CP DLC;
<b>9</b>	<b>Telemark to SCP LOD;</b>	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L ( <i>W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel &amp; chg wgt to L, risg on R sd &amp; sltly fwd R</i> ) to SCP LOD;
<b>10</b>	<b>Whiplash;</b>	Thru R with soft R knee, stayg low swvl RF as L ft ronde CW & pt L twds DLC ( <i>W thru L with soft knee, stayg low swvl LF on L ft to CP DLW as R ft ronde CCW &amp; pt twd DLC, -;</i>

### PART B - Foxtrot & Rumba

<b>1</b>	<b>Three-Step;</b>	Fwd L, -, fwd R heel to toe w/ slight LF trn blending to CP, fwd L CP DLW;
<b>2</b>	<b>Natural Turn ½;</b>	Fwd R stg RF trn, -, contg RF trn sd L in frt of W, bk R ( <i>W fwd L, -, fwd R, fwd L</i> ) to CP RLOD;

<b>3</b>	<b>Impetus to SCP LOD;</b>	Rpt meas 5 Part A w/ slight ovtrtn to SCP LOD;
<b>4</b>	<b>Front Vine 4;</b>	Thru R, sd L, XRib ( <i>WXLib</i> ), sd L;
<b>5</b>	<b>Aida;</b>	Fwd R trn RF ( <i>W LF</i> ), sd L cont RF trn, bk R to V bk-to-bk pos with lead hands joined, -;
<b>6</b>	<b>Switch Rk to BFLY;</b>	Bk & sd L to fc ptr, rec R, sd L to BFLY WALL, -;
<b>7 - 8</b>	<b>Crab Walks;;</b>	XRif ( <i>W XLif</i> ), sd L, XRif ( <i>W XLif</i> ), -; sd L, XRif ( <i>W XLif</i> ), sd L,-;
<b>9</b>	<b>Fenceline 4;</b>	XRif ( <i>W XLif</i> ) w/ bent knee, rec L, sd R, rec L;
<b>10</b>	<b>Spot Turn;</b>	XRIF ( <i>W Xif</i> ) trng ½ LF, rec L comp full LF trn to fc ptr, sd R to CP WALL, -;

**PART C – Slow-2-Step**

<b>1 - 2</b>	<b>Basic starting to Pick Up;;</b>	Sd L, -, XRib ( <i>W Xib</i> ), rec L; sd R, -, XLib, rec R trng LF ( <i>W sd L, -, XRib, fwd L starting to fold in frt of M</i> );
<b>3 - 5</b>	<b>Triple Traveler;;;</b>	Fwd L com LF upper bdy trn raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L ( <i>W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd &amp; fwd R contg trn to LOP LOD</i> ); fwd R spiral LF undr jnd hnds, - fwd L, fwd R ( <i>W fwd L, -, fwd R, fwd L</i> ); fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif ( <i>W fwd R com RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr</i> );
<b>6</b>	<b>Tunnel Exit;</b>	Fwd R ckg & ldg W arnd twd WALL, -, rec L startg LF trn undr own arm, rec R compg ½ LF trn ( <i>W cir arnd M L, -, R, L</i> ) to LOP RLOD; [jnd ld hnds form the tunnel & the MAN goes under the tunnel]
<b>7</b>	<b>Outside Roll;</b>	Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R, XLif ( <i>W fwd R com RF trn, -, sd &amp; bk L contg trn undr ld hnds, fwd R to fc ptr</i> ) to CP WALL;
<b>8 - 9</b>	<b>Basic Ending Point Freeze;;</b>	Sd R, -, XLib, rec R; Pt L to sd, -, -, - ;

**PART B Modified – Foxtrot & Rumba**

<b>1</b>	<b>Hover Telemark;</b>	Rpt meas 1 Part A;
<b>2</b>	<b>Natural Turn ½;</b>	Rpt meas 2 – 9 Part B;;;;;;;
<b>3</b>	<b>Impetus to SCP LOD;</b>	
<b>4</b>	<b>Front Vine 4;</b>	
<b>5</b>	<b>Aida;</b>	
<b>6</b>	<b>Switch Rock to BFLY;</b>	
<b>7 - 8</b>	<b>Crab Walks;;</b>	
<b>9</b>	<b>Fenceline 4;</b>	
<b>10</b>	<b>Front Vine 4;</b>	Rpt meas 4 Part B;
<b>11</b>	<b>Spot Turn;</b>	Rpt meas 10 Part B to fcng “V” pos w/ trl hnds jnd;
<b>12</b>	<b>Body Ripple;</b>	Bend knees compressg strongly into floor & tilt torso by movg hips fwd, -, return to vertical pos by straightening knees and pulling hips bk, -;

**PART D - Jive**

<b>1</b>	<b>Chasse L &amp; R;</b>	CP WALL sd L/cl R, sd L, sd R/cl L, sd R;
<b>2 - 5</b>	<b>Link &amp; Double Whip Turn to SCP RLOD ~</b>	Apt L, rec R, fwd L/R, L trng RF to CP DRW; contg to trn RF thruout meas XRib ( <i>W sd L</i> ), sd L ( <i>W fwd R btw M’s ft</i> ), XRib ( <i>W sd L</i> ), sd L ( <i>W fwd R btw M’s ft</i> ); contg RF trn sd & bk R/L, R to SCP RLOD,

	<b>Change R to L to HNDSHK;;;;</b>	Rk bk L, rec R; sd L/cl R, sd L trn 1/4 LF, sd & fwd R/cl L, sd R ( <i>W sd R/cl L, fwd R trng 3/4 RF undr ld hnds, sd &amp; slightly bk L/cl R, sd &amp; bk L</i> ) to LOP-FCG RLOD & immediately chg hnds to R HNDSHK;
<b>6 - 7</b>	<b>Rolling Off the Arm;;</b>	Rk apt L, rec R, sm fwd L/cl R, fwd L trn 1/8 RF & ldg W to trn LF into the crook of M's R arm both fc DRC; wheelg RF 1/2 ovr next 2 steps fwd R, fwd L, trng RF 1/8 sm fwd R/cl L, fwd R ( <i>W rk apt R, rec L, fwd R/cl L, fwd R wrpg LF in crook of M's arm; wheelg RF bk L, bk R, rolling out of M's arm L/R, L trng 3/4 RF</i> ) to LOP-FCG WALL;
<b>8 - 10</b>	<b>Basic Rock to SCP ~</b>	Rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, sd R to SCP LOD,
	<b>Rock Recover Walk &amp; Face &amp; Point;;;;</b>	Rk bk L, rec R; fwd L, fwd R trng to fc ptr, pt L sharply to sd, -;

**Repeat Part C**

**ENDING – Foxtrot & Rumba**

<b>1</b>	<b>Hover Telemark;</b>	Rpt meas 1 – 5 Part A;;;;
<b>2 - 3</b>	<b>Hover Cross Checking twd RLOD;;;</b>	
<b>4</b>	<b>Back Vine 4;</b>	
<b>5</b>	<b>Impetus to SCP;</b>	Rpt meas 4 – 9 Part B;;;;
<b>6</b>	<b>Front Vine 4;</b>	
<b>7</b>	<b>Aida;</b>	
<b>8</b>	<b>Switch Rock to BFLY;</b>	
<b>9 - 10</b>	<b>Crab Walks;;;</b>	Rpt meas 7 -9 Part B;;;
<b>11</b>	<b>Fenceline 4;</b>	
<b>12 - 13</b>	<b>Crab Walks;;;</b>	Rpt meas 5 Part B;
<b>14</b>	<b>Fenceline 4;</b>	
<b>15</b>	<b>Aida &amp; Freeze;</b>	

This dance shows quite a few rhythms blending smoothly into each other and would make a useful demo dance for newcomers.

**Enya** (born in 1961, 6<sup>th</sup> of 9 children in a musical family) is an Irish singer, instrumentalist and composer. She began her musical career in 1980, when she briefly joined her family band before leaving to pursue her solo career with producer Nicky Ryan and lyricist Roma Ryan. Her album *Watermark*, which was released in 1988, propelled her to international recognition and Enya became known for her unique sound, which is characterized by voice-layering, folk melodies, synthesized backdrops and ethereal reverberations. Enya performs all percussion, instruments, and vocals in her pieces. The vocals are each performed individually, and are layered together to form a virtual choir, although all the voices are Enya herself. In "Cursum Perficio" of the album *Watermark*, Enya reaches a C an octave below middle C. Later in the piece, she sings a high A-flat above the treble clef. She is described as a mezzo-soprano.

Her record sales stand at 75 million as of 2008. Her work has earned her, among other things, an Academy Award nomination and she is known for performing in ten different languages during her career tus far.



MY, MY, TIME FLIES – WOODRUFF – MX V+2+1 – 2:58 – ENYAINTRO (TS) (3 meas)

Partners 6 FT apt BK to BK M fcg COH Cross & unwind to Fc ;  
Together in 4 to CP ; Twisty Vine 4 ;

PART A (FT) (10 meas)

Hover Telemark ; Hover Cross to DRC Checking ;; Back Vine 4 ;  
Impetus to SCP ; Promenade Weave ;; Change of Direction ;  
Telemark to SCP ; Whiplash ;

PART B (FT/RB) (10 meas)

Three Step ; Natural Turn ½ ; Impetus to SCP ; Front Vine 4 ;  
Aida ; Switch Rock to BFLY ; Crab Walks ;;  
Fence Line in 4 ; Spot Turn to CP ;

PART C (STS) (9 meas)

Basic to Pick Up ;; Triple Traveler ;;  
**Tunnel Exit** ; Outside Roll ; Basic Ending ; Point Side Freeze ;

PART B Mod (FT/RB) (12 meas)

Hover Telemark ; Natural Turn ½ ; Impetus to SCP ; Front Vine 4 ;  
Aida ; Switch Rock to BFLY ; Crab Walks ;;  
Fence Line in 4 ; Front Vine 4 ; Spot Turn ; **Body Ripple** ;

PART D (JV) (10 meas)

Chasse L & R ; Link & Double Whip Turn to SCP RLOD ~ Change R to L  
To HNDSHK ;;; **Rolling Off the Arm** to Fc WALL ;;  
Basic Rock to SCP ~ Rk Rec Walk & Face & Point ;;

PART C (STS) (9 meas)

Basic to Pick Up ;; Triple Traveler ;;  
Tunnel Exit ; Outside Roll ; Basic Ending ; Point Side Freeze ;

ENDING (FT/RB) (15 meas)

Hover Telemark ; Hover Cross to DRC Checking ;; Back Vine 4 ;  
Impetus to SCP ; Front Vine 4 ; Aida ; Switch Rock to BFLY ;  
Crab Walks ;; Fence Line in 4 ; Crab Walks ;; Fence Line in 4 ;  
Aida & Freeze ;