

MY CUP RUNNETH OVER

Choreography: **Ray & Virginia Walz** - P.O. Box 1494 - Green Valley, Arizona 85622 520-648-7381
Record: Chinook 1102 "My Cup Runneth Over" 2:20 @ 45 RPM walzdancer@cox.net
Footwork: Opposite, Directions for Man (Woman's Special Footwork In Parenthesis) Corrected Version
RAL Phase II+1 (Hover) Rhythm: Waltz Sequence: INTRO-A-B-A-B(mod)-C-ENDING

-INTRO-

- 1 - 4** [OP/FCG] WAIT; WAIT; APART POINT; TOG [BFLY] TCH;
In open position facing partner and wall wait two measures;; Bk L, Point R,-; Tog R to BFLY, Tch L,-;
5 - 8 BALANCE LEFT; REVERSE TWIRL VINE; THRU TWINKLE; THRU FACE CLOSE [BFLY];
Side L, XRIB, rec L; Side R, XLIB, side R (W twirl left face); Thru L, side R, close L; Thru LOD R, side L, close R to BFLY position;

-A-

- 1 - 4** WALTZ AWAY; TURN IN [LOP]; BWD WALTZ; BACK DRAW TCH;
Away L, side R, close L; Turning right face fwd R, side L, back R to LOP/RL0D; Back L,R,L; Back R, draw L, tch L to R;
5 - 8 THRU TWINKLE; THRU SIDE CLOSE [CP/WALL]; CANTER; CANTER;
Thru L, side R, close L; Thru R, side L, close R CP/WALL; Side L, draw R, close R; ; Side L, draw R, close R;
9 - 14 TWIRL VINE; PICKUP SIDE CLOSE; TWO LEFT TURNS;; HOVER; MANUV;
Side L, XRIB, side L (W twirl right face R,L,R); Fwd R turning left face, small fwd L, close R (W fwd L tng left face, side R, close L) to CP/LOD; Fwd L, turning left face side R, close L; Back R, turning left face side L, close R to CP/WALL;; Fwd L, side and fwd R with rise, recover L; Fwd R, turning right face side L, close R to CP/RL0D;

-B-

- 1 - 4** TWO RIGHT TURNS [BFLY/WALL];; TWISTY BALANCE LEFT & RIGHT;;
Bk L, turning right face side R, close L; Fwd R, turning right face side L, close R to BFLY/WALL; Side L, XRIB (W XLIF), recover L; Side R, XLIB (W XRIF), recover R;
5 - 8 TWISTY VINE; FWD FACE CLOSE; TWIRL VINE; THRU SIDE CLOSE;
Side L, XRIB (W XLIF), side L; Fwd R, turning right face side L, close R; Side L, XRIB, side L (W twirl right face R,L,R); Thru R, side L, close R BFLY/WALL;
Note!! 2nd time chg measure 8 to PICKUP SIDE CLOSE Repeat measure 10 of Part A;

-C-

- 1 - 4** LEFT TURNING BOX [SCAR/LEFT HAND STAR];;;
Fwd L, turning 1/4 left face side R, close L; Back R, turning 1/4 left side L, close R; Repeat measures 1 & 2 Part C joining left hands;;
5 - 8 THREE PROGRESSIVE TWINKLES [CHG HANDS ON EACH TWINKLE];;; CROSS TCH;
XLIF, turning left face side R, close L join right hands [BJO]; XRIF, turning right face side L, close R join left hands [SCAR]; XLIF, turning left face side R, close L join right hands [BJO]; XRIF, tch L to R, hold;
9 - 12 THREE BWD TWINKLES [CHG HANDS ON TWINKLES] ;;; CROSS SIDE CLOSE [CP/LOD];
XLIB, turning right face side R, close L join left hands [SCAR]; XRIB, turning left face side L, close R join right hands [BJO]; XLIB, turning right face side R, close L join left hands; XRIB, side L, close R to CP/LOD;
13-14 DIP BACK; FWD WALTZ [BFLY/WALL];
Back L,-,-; Fwd R,L,R turning to BFLY/WALL;

-ENDING-

- 1 - 4** TWISTY BALANCE LEFT & RIGHT;; TWISTY VINE; FWD FACE CLOSE [BFLY];
Side L, XRIB (W XLIF), recover L; Side R, XLIB (W XRIF), recover R; Side L, XRIB (W XLIF), side L; Fwd R, turning right face side L, close R;
5 - 8 WALTZ AWAY & TOG;; SOLO TURN [BFLY];;
Turn away L, side R, close L; Turn to face R, side L, close R; Turn away L, side R continue turn, back L to face RL0D; Back R, continue turn side L, close R to BFLY;
9 - 12 STEP SWING ACROSS THREE TIMES;;; REVERSE TWIRL VINE;
Maintaining BFLY Position side L, swing R across in front,-; Side R, swing L across in front,-; side L, swing R across in front,-; Side R, XLIB,side R (W twirl left face L,R,L) to LOP/RL0D;
13-16 THRU TWINKLE; THRU FACE CLOSE; SIDE CORTE; HOLD;
Thru L, side R, close L; Thru LOD R, side L, close R to CP/WALL; Side L, lower into left knee,-; Hold,-,-;