

MY MOTHER MY TEACHER MY FRIEND



CHOREO: Doug & Cheryel Byrd (423) 842-7626
1443 Britt Lauren Way, Soddy Daisy, TN 37379
MUSIC: My Mother My Teacher My Friend
ARTIST: Owen Mac
FOOTWORK: Opposite except where indicated
RHYTHM: Foxtrot
DEGREE OF DIFFICULTY: Average
SEQUENCE: INTRO AB AB INTLD C B(5-16) ENDING

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www.chattanoogaarounddancing.net
DOWNLOAD: www.amazon.com
ALBUM: My Mother My Teacher My Friend
TIME: 3:36 @ 44-45 RPM
RAL PHASE: IV
RELEASED: May 2018

MEAS:

INTRO

1-4 WAIT 2 MEASURES; ; 2 SIDE TOUCHES; DIP BACK & RECOVER;

- 1-2 CP LOD wt 2 meas ; ;
3 Sd L, tch R next to L, sd R, tch L next to R ;
ss 4 Dip bk L, -, rec R, - ;

PART A

1-4 FORWARD RUN 2 TWICE; ; 2 LEFT TURNS; ;

- 1-2 Fwd L, -, fwd R, fwd L ; fwd R, -, fwd L, fwd R ;
3-4 Fwd L comm LF upper bdy trn, -, cont to trn sd & bk R, cl L ; bk R comm LF upper bdy trn, -, cont to trn sd & fwd L, comp trn cl R to WALL ;

5-8 HOVER; THRU CHASSE BJO; MANEUVER; HESITATION CHANGE;

- 5-6 Fwd L, -, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to tight SCP ; thru R comm trn to fc, -, sd L/cl R, sd L to BJO ;
7-8 Comm RF trn fwd R, -, cont RF trn to fc ptr sd L, comp trn cl R (bk L comm a RF trn, -, sd R, cl L) ; comm RF upper bdy trn bk L, -, sd R cont RF trn starting to draw L to R & cont drawing L to R ovr the remainder of the meas, - ;

9-12 TELEMAR SCP; CHAIR RECOVER FACE; BOX; ;

- 9-10 Fwd L comm to trn LF, -, sd R cont LF trn, sd & slightly fwd L to end in tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP) ; ck thru R w/ lun action, -, rec L, fc R ;
11-12 Fwd L, -, sd R, cl L ; bk R, -, sd L, cl R ;

13-16 TWISTY VINE 3; MANEUVER; SPIN TURN; BOX FINISH;

- 13-14 Sd L, -, XRib (XLif), sd L ; comm RF trn fwd R, -, cont RF trn to fc ptr sd L, comp trn cl R (bk L comm a RF trn, -, sd R, cl L) ;
15-16 Comm RF upper bdy trn bk L toe pvtg ½ RF to fc LOD, -, fwd R between W's feet heel to toe cont RF trn keeping L leg xtnded bk & sd, comp trn sd & bk L to CP DLW (comm RF upper bdy trn fwd R between M's feet heel to toe pvtg ½ RF, -, bk L toe cont trn brush R to L, comp trn sd & fwd R) ; bk R trng LF, -, sd L, cl R to CP DLC ;

PART B

1-4 DIAMOND TURN SCAR; ; ; ;

- 1-2 Fwd L trng LF on the diag, -, cont LF trn sd R, bk L w/ the ptr outsd the M in BJO ; staying in BJO & trng LF bk R, -, sd L, fwd R outsd ptr in BJO ;
3-4 Fwd L trng LF on the diag, -, sd R, bk L w/ the ptr outsd M in BJO ; bk R cont LF trn, -, sd L, fwd R to SCAR ;

5-8 CROSS HOVER 3x SCP; ; ; PICKUP;

- 5-6 Fwd L w/ slight Xing action comm to rise & beg a ¼ LF trn, -, sd & slightly fwd R cont to rise & comp the ¼ LF trn, diag fwd L to BJO lowering at end of stp ; fwd R w/ slight Xing action comm to rise & beg a ¼ RF trn, -, sd & slightly fwd L cont to rise & comp the ¼ RF trn, diag fwd R to SCAR lowering at end of stp ;
7-8 Fwd L w/ slight Xing action comm to rise & beg a ¼ LF trn, -, sd & slightly fwd R cont to rise w/ slight RF bdy trn, diag fwd L to SCP lowering at end of stp (fwd R) ; thru R, -, fwd & sd L w/ LF upper bdy trn ldg W to CP, cl R to CP LOD (thru L comm LF trn, -, fwd & sd R in frnt of M trng LF to CP, cl L) ;

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PART B (Cont)

9-12 TELEMARK SCP; IN & OUT RUNS; ; THRU FACE CLOSE;

- 9-10 Fwd L comm to trn LF, -, sd R cont LF trn, sd & slightly fwd L to end in tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP); fwd R starting RF trn, -, sd & bk DLW on L to CP, bk R to BJO (fwd L, -, fwd R between M's feet, fwd L outsd the M in BJO);
- 11-12 Using CBM bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP (using CBM fwd R starting RF trn, -, fwd & sd L cont RF trn, fwd R to SCP); thru R, -, fc L, cl R;

13-16 WHISK; THRU HOVER BJO; BACK HOVER SCP; PICKUP;

- 13-14 Fwd L, -, fwd & sd R comm rise to ball of foot, XLib of R cont to full rise on ball of foot ending in a tight SCP; thru R, -, fwd L w/ slight rise, rec R to BJO (thru L, -, fwd R w/ slight rise trng LF & brush free ft to supporting ft, rec L to BJO);
- 15-16 Bk L, -, sd & bk R w/ a slight rise, rec L to SCP (fwd R, -, sd & fwd L w/ a slight rise trng RF & brush free ft to supporting ft, rec R to SCP); repeat meas 8 PART B;
- [NOTE: 3rd time end meas 16 in SCAR]**

INTLD

1-4 INTERRUPTED BOX SCAR; ; ;

- 1-2 Fwd L, -, sd R, cl L; bk R w/ slight RF upper bdy rotation & raising ld hnds, -, sd L ldg W to beg crvg RF undr jnd ld hnds, cl R; (bk R, -, sd L, cl R; fwd L w/ slight RF upper bdy rotation, -, crv fwd R comm full RF circ undr jnd ld hnds, crv fwd L;)
- 3-4 Fwd L, -, sd R, cl L to CP; bk R, -, sd L, cl R to SCAR; (crv fwd R, -, crv fwd L, crv fwd R comp full RF circ to CP; fwd L, -, sd R, cl L to SCAR;)

PART C

1-4 CROSS HOVER SCP; THRU CHASSE SCP; THRU FACE CLOSE; WHISK;

- 1-2 Repeat meas 7 PART B; thru R comm trn to fc, -, sd L/cl R, sd L to SCP;
- 3-4 Thru R, -, fc L, cl R; repeat meas 13 PART B;

5-8 WING; TELEMARK SCP; HOVER FALLAWAY; SLIP PIVOT;

- 5-6 Fwd R, -, draw L twd R, tch L to R trng upper part of bdy LF w/ L sd stretch to tight SCAR (fwd L beg to Xif of M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slight LF trn to end in a tight SCAR); fwd L outsd W comm to trn LF, -, sd R cont LF trn, sd & slightly fwd L to end in tight SCP (bk R comm to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP);
- 7-8 Staying in SCP throughout fwd R, -, fwd L rising to ball of ft & ckg, rec on R; bk L, -, bk R comm LF trn [keeping L leg xtnded], fwd L to BJO (bk R comm LF pvt on ball of ft [thighs locked L leg xtnded], -, fwd L comp LF trn plcg L ft near M's R ft, bk R to BJO);

9-12 CHECK FORWARD (LADY DEVELOPE); OUTSIDE SWIVEL 2x; BACK HOVER SCP; PICKUP SCAR;

- 9-10 Fwd R outsd ptr ckg, -, -, (bk L, -, bring R ft up L leg to inside of L knee, xtnd R ft fwd); bk L w/ RF upper bdy rotation to SCP, -, rec R to BJO, - (fwd R swvl RF on ball of R ft to SCP, -, fwd L swvl LF on ball of L ft to BJO, -);
- 11-12 Repeat meas 15 PART B; thru R, -, fwd & sd L w/ LF upper bdy trn ldg W to CP, cl R to SCAR LOD (thru L comm LF trn, -, fwd & sd R in frnt of M trng LF to CP, cl L to SCAR);

ENDING

1-5 CROSS HOVER SCP; THRU CHASSE SCP; THRU FACE CLOSE; HOVER; CHAIR & RAISE LEAD ARMS;

- 1-3 Repeat meas 1-3 PART C; ; ;
- 4-5 Repeat meas 5 PART A; ck thru R w/ lun action, -, raise ld arms, -;

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CUE CARD

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INTRO (4 Meas)

CP LOD Wt 2 Meas ; ; 2 Sd Tchrs ; Dip Bk & Rec ;

PART A (16 Meas)

Fwd Run 2 2x ; ; 2 L Trns ; ;

Hvr ; Thru Chasse BJO ; Manuv ; Hes Chg ;

Tele SCP ; Chr Rec Fc ; Box ; ;

Twsty Vin 3 ; Manuv ; Spn Trn ; Box Fin ;

PART B (16 Meas)

Diam Trn SCAR ; ; ; ;

X Hvr 3x SCP ; ; ; Pu ;

Tele SCP ; I/O Runs ; ; Thru Fc Cl ;

Wsk ; Thru Hvr BJO ; Bk Hvr SCP ; Pu ;

PART A (16 Meas)

Fwd Run 2 2x ; ; 2 L Trns ; ;

Hvr ; Thru Chasse BJO ; Manuv ; Hes Chg ;

Tele SCP ; Chr Rec Fc ; Box ; ;

Twsty Vin 3 ; Manuv ; Spn Trn ; Box Fin ;

PART B (16 Meas)

Diam Trn SCAR ; ; ; ;

X Hvr 3x SCP ; ; ; Pu ;

Tele SCP ; I/O Runs ; ; Thru Fc Cl ;

Wsk ; Thru Hvr BJO ; Bk Hvr SCP ; Pu ;

INTLD (4 Meas)

Intrpd Box SCAR ; ; ; ;

PART C (12 Meas)

X Hvr SCP ; Thru Chasse SCP ; Thru Fc Cl ; Wsk ;

Wing ; Tele SCP ; Hvr Falwy ; Slp Pvt ;

Ck Fwd (W Develope) ; Outsd Swvl 2x ; Bk Hvr SCP ; Pu SCAR ;

PART B (5-16)

X Hvr 3x SCP ; ; ; Pu ;

Tele SCP ; I/O Runs ; ; Thru Fc Cl ;

Wsk ; Thru Hvr BJO ; Bk Hvr SCP ; Pu SCAR ;

ENDING (5 Meas)

X Hvr SCP ; Thru Chasse SCP ; Thru Fc Cl ; Hvr ;

Chr & Raise Ld Arms ;