

MY NAME IS BOND

Choreographers: Michael & Regina Schmidt, Lebensbaumweg 21, 50767 Köln, Germany,

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Tel.: 0049 – 221 – 7125029

e-mail: rumsdance@gmx.de

web: www.rumsdance.de

Record: CD, Best Of Bond 50 Years - 50 Tracks, James Bond Theme (From "Dr. No") Track 01 or Download Amazon

Rhythm & Phase: Two Step & Jive III

Timing: TS: Q, Q, S JV: 1, 2, 3a, 4; 1a, 2,

Speed: adjust for comfort

Sequence: INTRO - A - A – INT 1 - B – INT 2 - A - END

INTRO

1 - 4 WAIT 2;; CIRCLE 4;;

1-4 OP LOD ld feet free wait 2 meas;;

Com LF circle (W: RF) Fwd L, -, fwd R, - ; Cont LF circle fwd R to fc, -, fwd L to CP WALL, - ;

PART A

1 - 4 SCISSORS TO SCAR; SCISSORS TO BJO; DOUBLE HITCH;;

1-4 Sd L, cl R, trn ¼ RF fwd L to SCAR RLOD, -; Sd R, cl L, trn ½ LF fwd R to BJO LOD; Fwd L, cl R, bk L, -;

Bk R, cl L, fwd R trn ¼ RF to fc ptr & WALL;

5 - 8 2 TURNING TWO STEPS;; 2 FORWARD TWO STEPS;;

5-8 Sd L, cl R, sd L trn ½ RF to CP COH, - ; Sd R, cl L, sd R trn 3/8 RF to SCP LOD, -;

Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;

INTER 1

1 - 4 OPEN VINE 4;; CIRCLE 4;;

1-4 Sd L trn to LOP RLOD, -, bk R trn to fc ptr, -; Sd L trn to OP LOD, -, fwd R, -; Repeat actions meas 3-4 INTRO;;

PART B

1 - 4 CHASSE LEFT & RIGHT; CHANGE RIGHT TO LEFT – CHANGE LEFT TO RIGHT;;

1-4 Sd chasse L/R, L, R/L, R; Rk bk L in SCP LOD, rec R, sm chasse L/R, L; Ld Lady to trn RF undr jnd ld hnds sm chasse R/L, R trn BFLY LOD, sm rk apt L, rec R; Sm RF trn chasse L/R, L to fc WALL ld Lady to trn LF undr jnd ld hnds, sd chasse R/L, R twd RLOD;

5 - 8 CHANGE HANDS BEHIND BACK – BASIC ROCK;;; DOUBLE ROCK;

5-6 Rk apt L, rec R, chasse fwd L/R, L trng ¼ LF chg W's R hnd to M's R hnd bhnd M's bk (W: fwd R/L, R, trng ¼ RF);

Chasse sd & bk R/L, R cont trng LF chg W's R hnd to M's L (W sd L/R, sd & bk L trng ¾ RF), rk apt L, rec R;

7-8 Chasse L/R, L, R/L, R blend to CP COH; Blend to SCP rk bk L, rec R, rk bk L, rec R to fc ptr COH;

9 - 16 CHASSE L & R; CHG R TO L – CHG L TO R;;; CHG HNDS BHND BK – BASIC RK;;; DBL RK;

9-16 Repeat actions meas 1-8 PART B starting COH ending SCP LOD;;; ;;;

17 - 22 2 FWD TRIPLES; SWIVEL WALKS; 2 FWD TRIPLES; SWIVEL WALKS; 4 POINT STEPS;;

17-20 Fwd L/cl R, fwd L, fwd R/cl L, fwd R; Swvl RF on R step fwd L, swvl LF on L step fwd R, swvl RF on R step fwd L, swvl LF on L step fwd R; Repeat actions meas 17-18 PART B;;

21-22 Pt fwd L, step on L, pt fwd R, step on R; Pt fwd L, step on L, pt fwd R, step on R;

INTER 2

1 - 2 CIRCLE 4;;

1-2 Repeat actions meas 3-4 INTRO;;

END

1 - 4 BASKETBALL TURN;; OPEN VINE 4/HANDS UP;;

1-4 Rk sd L, -, rec R trn RF (W LF) to RLOD, -; Rk fwd L keep trng RF (W LF), -, rec R keep trng to fc ptr & WALL, -;

Repeat actions meas 1-2 INTER 1 on the last step trn to fc ptr and bring both hnds up;;