

MY CUP RUNNETH OVER III

Choreographer: Hank & Judy Scherrer 560 Main St. Herculaneum, Mo. 63048 636 475 5027
Record: **My Cup Runneth Over** Roper 272 Flip 'Moon River' hscherrer@prodigy.net
Footwork: Opposite unless noted Speed: 45 rpm
Rhythm: Waltz Phase: III + 2 (Hes Change, Sway) Time: 2:35
Sequence: INTRO - A - B - A - END Date: 8 / 2001

INTRO

- 1 - 4 Bfly Wall Man's L foot free 1st note very soft
WAIT 2;; APART POINT; SPIN MANEUVER;
Bfly Wall wait 2 measures;; Aprt L, point R, hold; Fwd R, fwd & sd L fc RLOD, cl R;
- 5 - 8 **2 RIGHT TURNS FACE WALL;; TWIRL VINE 3; THRU FACE CLOSE;**
Bk L trn RF, sd R, cl L; Fwd R cont turn RF, sd L, cl R CP Wall; LOD sd L, behind R,
sd L(W twirl RF R,L,R, under Lead Hands); Thru R, sd L, cl R CP Wall;

A

- 1 - 4 **BALANCE FORWARD; BOX FINISH to DLC; 2 LEFT TURNS to Wall;;**
Fwd L, cl R, bk L; Bk R, Sd L, Cl R to fc DLC; Fwd L trn LF, Sd R, Cl L; Bk R trn LF, Sd L,
Cl R Wall; CP Wall
- 5 - 8 **HOVER; MANEUVER; 2 RIGHT TURNS FACE WALL;;**
Fwd L, fwd & sd R, fwd L SCP LOD; Fwd R, fwd & sd L fc RLOD, cl R; Bk L trn RF, Sd R, Cl L;
Fwd R cont turn RF, sd L, cl R CP Wall;
- 9 - 12 **WALTZ AWAY & TOG to Bfly;; VINE 3; THRU FACE CLOSE;**
Opening up to LOD fwd L, fwd R, cl L; Fwd R, fwd L turn fc partner, cl R Bfly Wall; Bfly Sd L,
bhnd R, sd L; Thru R, sd L, cl R; Bfly Wall
- 13 - 16 **CANTOR; TWIRL VINE 3; CHECK THRU REC SIDE; *TWINKLE REV with ARMS;**
In Bfly Sd L, draw R to L, cl R; LOD sd L, behind R, sd L(W twirl RF R,L,R, under Lead Hands);
Thru R, rec L, sd R to RLOD; Thru L to RLOD both start inside arm sweep to RLOD , fwd R trn
to fc LOD, cl L both finish arm sweep; *with arms is optional with twinkles
- 17 - 20 ***TWINKLE with ARMS; *TWINKLE with ARMS; THRU & PICKUP; FWD WALTZ;**
Thru R to LOD, fwd L trn to fc RLOD, cl R repeat arm sweep to LOD; Thru L, Fwd R trn to fc
LOD, cl L repeat arm sweep; Fwd R, fwd L, cl R; Fwd L, fwd & sm sd R, cl L; CP LOD
- 21 - 22 **MANEUVER; HESITATION CHANGE;**
Fwd R, fwd & sd L fc RLOD, cl R; Bk L trng RF, sd R fc DLC, draw L;

B

- 1 - 4 **1 LEFT TURN fc REV; BACK WALTZ; 1 RIGHT TURN FACE LOD; FWD WALTZ;**
Fwd L trn LF, Sd R, Cl L; Bk R to LOD, bk L, cl R; Bk L trng RF, fwd R fc LOD cl L; Fwd R,
fwd & sm sd L, cl R;
- 5 - 8 **FORWARD WALTZ; MANEUVER; SPIN TURN to WALL; ½ BOX;**
Fwd L, fwd & sm sd R, cl L; Fwd R, fwd & sd L fc RLOD, cl R; Bk L trn RF, fwd R to LOD,
rec bk L COH fc Wall; Bk R, sd L, cl R; CP Wall
- 9 - 12 **LEFT TURNING BOX;;;;**
Fwd L trn ¼ LF, sd R, cl L; Bk R trn ¼ LF, sd L, cl R; Fwd L trn ¼ LF, sd R, cl L; Bk R trn ¼
LF,
sd L, cl R; CP Wall

continued

- 13 - 16** **TWISTY VINE 3; THRU FACE CLOSE; SWAY APART; RECOVER & TOUCH BFLY;**
Sd L, bhnd R (XIF), sd L; Thru R, sd L, cl R CP Wall; Aprt L sway with arms in front & slightly
to
sides, -, -; Tog R, -, touch L to R; Bfly Wall
- 17 - 20** **APART POINT; SPIN MANEUVER; 2 RIGHT TURNS FACE WALL::**
Aprt L, point R, hold; Rec R, fwd & sd L fc RLOD, cl R; Bk L trn RF, sd R, cl L; Fwd R cont
Turn RF, sd L, cl R CP Wall;
- 21 - 22** **TWIRL VINE 3; THRU FACE CLOSE;**
LOD sd L, behind R, sd L (W twirl RF R,L,R, under Lead Hands); Thru R, sd L, cl R CP Wall;

END

- 1 - 4** **1 LEFT TURN; BACK WALTZ; 1 RIGHT TURN FACE LOD; FORWARD WALTZ;**
Fwd L trn LF, Sd R, Cl L; Bk R, bk L, cl R; Bk L trng RF, fwd R fc LOD cl L; Fwd R, fwd &
sm sd L, cl R;
- 5 - 8** **FORWARD WALTZ; MANEUVER; SPIN TURN to WALL; ½ BOX BACK;**
Fwd L, fwd & sm sd R, cl L; Fwd R, fwd & sd L fc RLOD, cl R; Bk L trn RF, fwd R to LOD,
rec bk L to COH; Bk R, sd L, cl R; CP Wall
- 9 - 11** **BALANCE LEFT & RIGHT;; SWAY APART;**
Sd L, bhnd R, rec L; Sd R, bhnd L, rec R Blend Bfly; Apart L, -, -;

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- INTRO** Bfly Wall Man's L foot free 1st note very soft
WAIT 2;; APART POINT; SPIN MANEUVER;
2 RIGHT TURNS FACE WALL;; TWIRL VINE 3; THRU FACE CLOSE;
- A** **BALANCE FORWARD; BOX FINISH DLC; 2 LEFT TURNS to Wall;;**
HOVER; MANEUVER; 2 RIGHT TURNS FACE WALL;;
WALTZ AWAY & TOG Bfly;; VINE 3; THRU FACE CLOSE; Bfly Wall
CANTOR; TWIRL VINE 3; CHECK THRU REC SIDE; TWINKLE REV with ARMS;
TWINKLE with ARMS; TWINKLE with ARMS; THRU & PICKUP; FORWARD WALTZ;
MANEUVER; HESITATION CHANGE;
- B** **1 LEFT TURN fc REV; BACK WALTZ; 1 RIGHT TURN FACE LOD; FWD WALTZ;**
FORWARD WALTZ; MANEUVER; SPIN TURN to Wall; ½ BOX BACK;
LEFT TURNING BOX;;;
TWISTY VINE 3; THRU FACE CLOSE; SWAY APART; RECOVER & TOUCH;
APART POINT; SPIN MANEUVER; 2 RIGHT TURNS FACE WALL;;
TWIRL VINE 3; THRU FACE CLOSE;

END

**1 LEFT TURN; BACK WALTZ; 1 RIGHT TURN FACE LOD; FORWARD WALTZ;
FORWARD WALTZ; MANEUVER; SPIN TURN to Wall; ½ BOX BACK;
BALANCE LEFT & RIGHT Blend Bfly;; SWAY APART;**