



I'M ON MY WAY

Choreographers:	Release date: February 2017
Annette & Frank Woodruff	Rhythm & Phase: Jive III+1 (American Spin) - <i>Entry Level</i>
	Artist: The Proclaimers (2011 remastered version), mp3 available from usual download sites, see links*
Rue du Camp, 87 7034 Mons, Belgium	Time & Speed: 3:38 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro - AA - B - A - Bmod - A - A (9-16) - Ending

INTRODUCTION

1	Wait ;	CP WALL wait 4 beats ;
2	Chasse L & R ;	Sd L/cl R, sd L, sd R/cl L, sd R ;
3	Rock Recover Swivel Walk 2 ;	Rk bk L to SCP LOD, rec R, swvlg RF on ball of R ft fwd L, swvlg LF on ball of L ft fwd R ;
4	Chasse L & R ;	Trng to fc ptr sd L/cl R, sd L, sd R/cl L, sd R ;

PART A

1 - 3	Fallaway Rock ~	Rk bk L to SCP LOD, rec R to CP, sd L/cl R, sd L; sd R/cl L, sd R,
	Jive Walks ;;;	Rk bk L to SCP LOD, rec R in SCP ; fwd L/cl R, fwd L, fwd R/cl L, fwd R ;
4	Swivel Walk 4 ;	Swvlg RF on ball of R ft fwd L, swvlg LF on ball of L ft fwd R, swvlg RF on ball of R ft fwd L, swvlg LF on ball of L ft fwd R ;
5	Throwaway ;	Fwd & sd L/cl R, sd L trng 1/8 LF, sd R/cl L, sd R (<i>W trng LF fwd R/cl L, sd & bk R to fc RLOD, sd & bk L/cl R, sd & bk L</i>) to LOP-FCG LOD ;
6 - 7	Link Rock ~ Rock Recover ;;	Rk apt L, rec R, trng 1/4 RF sm fwd L/R, L (<i>W trng 1/4 RF sm fwd R/L, R</i>); sd R/cl L, sd R to CP WALL, rk bk L to SCP LOD, rec R in SCP ;
8	Swivel Walk 4 ;	Rpt meas 4 Part A ;
9	Chasse L & R ;	Trng to fc ptr sd L/cl R, sd L, sd R/cl L, sd R ;
10 - 12	Change R to L ~	Rk bk L to SCP LOD, rec R, fwd & sd L/cl R, raising jnd ld hnds sd L trng 1/8 LF (<i>W rk bk R, rec L, fwd R/cl L, fwd R trng 3/4 RF undr ld hnds</i>) ; sd & fwd R/cl L, sd R (<i>W sd & slightly bk L/cl R, bk L</i>) to LOP-FCG LOD,
	Hands Behind The Back ;;;	Rk apt L, rec R ; fwd L/cl R, fwd L trn 1/4 LF (<i>W fwd R/cl L, fwd R trn 1/4 RF</i>) chg W's R hnd to M's R hnd, sd & bk R/cl L, sd R cont trn 1/4 LF (<i>W sd L/cl R, sd & bk L trn 1/4 RF</i>) chg W's R hnd to M's L hnd to LOP-FCG RLOD ;
13 - 15	Change L to R to CP ~	Rk apt L, rec R, sd L/cl R, sd L trng 1/4 RF (<i>W trn 3/4 LF undr jnd ld hnds R/L, R</i>) ; sd R/cl L, sd R to CP COH ,
	R Turning Fallaway ;;;	Trng to SCP RLOD rk bk L, rec R to CP COH ; trng RF 1/4 on the triple sd L/cl R, sd L , contg turn sd R/cl L, sd R to CP WALL ;
16	Rock Recover Kick Ball Change ;	Rk bk L to SCP LOD, rec R, kick L fwd/take wgt on ball of L, replace wgt on R (<i>W kick R fwd/take wgt on ball of R, replace wgt on L</i>) ;

Repeat Part A

PART B

1 - 2	4 Point Steps ;;	Pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L, pt R thru with outsd edge of ft in contact with floor look to RLOD ovr insd shldr, fwd R ; Rpt meas 1 Part B ;
3	Throwaway ;	Rpt meas 5 Part A ;
4 - 6	American Spin ~	Rk apt L, rec R, sd L/cl R, sd L bracing L arm (<i>W rk apt R, rec L, sd R/cl L, sd R pushing off M's L hnd to spin RF full trn</i>) ; sd R/cl L, sd R to LOP-FCG WALL,
	Link Rock ;;	Rk apt L, rec R; trng 1/4 RF sm fwd L/R, L (<i>W trng 1/4 RF sm fwd R/L, R</i>), sd R/cl L, sd R to CP WALL ;

7	Rock Recover 2x ;	Rk bk L to SCP LOD, rec R, rk bk L, rec R trng to fc ptr ;
8	Chasse L & R ;	Sd L/cl R, sd L, sd R/cl L, sd R ;

Repeat Parts A & B**PART B Mod**

1 - 2	4 Point Steps ;;	Repeat meas 1-7 Part B
3	Throwaway ;	
4 - 6	American Spin ~	
	Link Rock ;;;	
7	Double Rock Recover ;	
8	Swivel Walk 4 ;	Repeat meas 4 Part A ;
9	Chasse L & R ;	Trng to fc ptr sd L/cl R, sd L, sd R/cl L, sd R ;

Repeat Part A**Repeat Part A (9-16)****ENDING**

1	2 Point Steps ;	Pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L, pt R thru with outsd edge of ft in contact with floor look to RLOD ovr insd shldr, fwd R ;
2	Throwaway ;	Rpt meas 5 Part A ;
3 - 5	Hands Behind the Back 2x ;;;	Rk apt L, rec R, fwd L stg 1/4 LF trn & placg R hnd ovr W's R hnd/cl R, fwd L relg L hnd & compg 1/4 LF trn to TAND pos in frt of W (<i>W rk apt R, rec L, fwd R stg 1/4 RF trn/cl L, fwd R compg 1/4 RF trn to TAND bhd M</i>) ; sd & bk R stg 1/4 LF trn & placg L hnd bhd bk/cl L Xfrg W's R hnd to own L hnd beh bk, sd & bk R compg 1/4 LF trn (<i>W sd & bk L stg 1/4 RF trn/cl R, sd & bk L compg 1/4 RF trn</i>) to LOP-FCG RLOD, rk apt L, rec R ; fwd L stg 1/4 LF trn & placg R hnd ovr W's R hnd/cl R, fwd L relg L hnd & compg 1/4 LF trn to TAND pos in frt of W (<i>W rk apt R, rec L, fwd R stg 1/4 RF trn/cl L, fwd R compg 1/4 RF trn to TAND beh M</i>), sd & bk R stg 1/4 LF trn & placg L hnd beh bk/cl L Xfrg W's R hnd to own L hnd beh bk, sd & bk R compg 1/4 LF trn (<i>W sd & bk L stg 1/4 RF trn/cl R, sd & bk L compg 1/4 RF trn</i>) to LOP-FCG LOD ;
6 - 8	Change L to R ~	Rk apt L, rec R, sd L/cl R, sd L trng 1/4 RF (<i>W trn 3/4 LF undr jnd ld hnds R/L, R</i>) ; sd R/cl L, sd R to LOP-FCG WALL,
	American Spin ;;;	Rk apt L, rec R ; sd L/cl R, sd L bracing L arm (<i>W rk apt R, rec L, sd R/cl L, sd R pushing off M's L hnd to spin RF full trn</i>), sd R/cl L, sd R to LOP-FCG WALL ;
9 - 10	Link Rock ~ Rock Recover ;;	Rk apt L, rec R, sm fwd L/R, L ; sd R/cl L, sd R to CP WALL, rk bk L to SCP LOD, rec R ;
11	Swivel Walk 4 ;	Rpt meas 4 Part A ;
12	2 Point Steps ;	Rpt meas 1 Ending ;
13	Point ;	Pt L ft fwd (<i>W R ft fwd</i>) & hold as music fades away ;

*Amazon: https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Ddigital-music&field-keywords=I%27m+on+m+way++the+proclaimers

You Tube: <https://www.youtube.com/watch?v=VEzLTSF6XaU>

Spotify: <https://open.spotify.com/track/69GkxYx50rAbr864tUJokh>



The Proclaimers are a Scottish band composed of twin brothers Charlie and Craig Reid (born 5 March 1962). They are best known for the songs "I'm Gonna Be (500 Miles)", "Sunshine on Leith", "I'm On My Way" and "Letter from America", and their distinctive singing style with a Scottish accent. The band tours extensively throughout the world. They have released ten studio albums since 1987 as well as three compilation albums and a DVD.

I'M ON MY WAY – WOODRUFF – JV III+1 – 3:37 – THE PROCLAIMERS

INTRO (4 meas)

CP WALL Wait 1; Chasse L & R ; Rk Rec Swivel Walk 2 ; Chasse L & R ;

PART A (16 meas)

Fallaway Rock ~ Jive Walks w/ Swivels ;;;

Throwaway ; Link Rock ~ Rk Rec Swivel Walk 4 ;;;

Chasse L & R ; Change R to L ~ Hands Behind The Back ;;;

Change L to R to CP ~ R Turning Fallaway ;;; Rk Rec Kick Ball Chg ;

PART A (16 meas)

Fallaway Rock ~ Jive Walks w/ Swivels ;;;

Throwaway ; Link Rock ~ Rk Rec Swivel Walk 4 ;;;

Chasse L & R ; Change R to L ~ Hands Behind The Back ;;;

Change L to R to CP ~ R Turning Fallaway ;;; Rk Rec Kick Ball Chg ;

PART B (8 meas)

4 Point Steps ;; Throwaway ; **American Spin** ~ Link Rock ;;;

Double Rock Back ; Chasse L & R ;

PART A (16 meas)

Fallaway Rock ~ Jive Walks w/ Swivels ;;;

Throwaway ; Link Rock ~ Rk Rec Swivel Walk 4 ;;;

Chasse L & R ; Change R to L ~ Hands Behind The Back ;;;

Change L to R to CP ~ R Turning Fallaway ;;; Rk Rec Kick Ball Chg ;

PART B Mod (9 meas)

4 Point Steps ;; Throwaway ; **American Spin** ~ Link Rock ;;;

Double Rock Back ; Swivel Walk 4 ; Chasse L & R ;

PART A (16 meas)

Fallaway Rock ~ Jive Walks w/ Swivels ;;;

Throwaway ; Link Rock ~ Rk Rec Swivel Walk 4 ;;;

Chasse L & R ; Change R to L ~ Hands Behind The Back ;;;

Change L to R to CP ~ R Turning Fallaway ;;; Rk Rec Kick Ball Chg ;

PART A (9 - 16)

Chasse L & R ; Change R to L ~ Hands Behind The Back ;;;

Change L to R to CP ~ R Turning Fallaway ;;; Rk Rec Kick Ball Chg ;

ENDING (13 meas)

2 Point Steps ; Throwaway ; Hands Behind the Back 2x ;;;

Change L to R ~ **American Spin** ;;;

Link Rock ~ Rk Rec Swivel Walk 4 ;;; 2 Point Steps ; Point ;