

# MY APHRODISIAC IS YOU

Choreographers: Sammy & Ingrid David, Triftweg 42, D-16552 Schildow, Germany  
+49-33056-435441, [cuer@sammy-david.com](mailto:cuer@sammy-david.com)

Record: Titel "My Aphrodisiac is you", Artist "Katie Melua", CD "Call off the search"

Rhythm: Westcoast swing RAL: Phase V+1 (Whip Inside trn)

Footwork: Opposite, except otherwise statet

Sequence: Intro, A, B, A, B, A(1-8) Ending

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## INTRO:

### 1-4 WAIT; WAIT; HIP ROCK,2,3,4; RK,REC,START THROWOUT;

1-4 in CP FCG COH wait 2 meas;;hip rk L,R,L,R; blend to SCP, rk bk L, rec R, (Throwout) side L/cl R, sd L starting LF trn  
¼ to lod (sd R starting LF tm/cl L, continue LF trn step bk R);

### 5-8 FINISH THROWOUT, RK,REC; CHICKEN WALK,2,3,4;

#### UNDERARM TRN;; KICK, BALL/CHANGE;

5-6 sm bk R/rec slightly fwd L, slightly bk R, rk apt L, rec R; (Chicken walks) bk L, bl R, bk L, bl R (swvl RF on L/fwd R, swvl LF on R/fwd L, swvl RF on L/fwd R, swvl LF on R/fwd L);

7-8 (Underarm trn) bk L trng RF, fwd R trng RF (fwd R, fwd L under jnd lead-hnds), fwd L/cl R, fwd L (fwd R/L, R trng ½ LF under joined lead hands {actually it is a REVERSE underarm trn}); sm bk R/rec slightly fwd L, slightly bk R, (Kick Ball/Change) kick L foot fwd/take weight on ball of L, take weight on ball of R;

## PART A:

### 1-4 WRAPPED WHIP;; LEFT SIDE PASS;; START SUGAR PUSH;

1-2 (Wrapped Whip) bk L to a doublehandhold, rec R trng ¼ RF, bring lead hands in and over woman's head step sd L cont RF tm/rec R, sd & fwd L in wrapped pos; cross R in bk of L trng RF releasing trail hands, sd L trng RF to fc LOD, sm bk R/rec slightly fwd L, slightly bk R (fwd R, fwd L, fwd R/cl L, bk R; bk R, bk L, in place L/R, L);

3-4 (Left side pass) bk L trng LF, cl R trng LF leading woman to man's left side, fwd L/cl R, fwd L (fwd R, fwd L passing on man's left side, fwd R/L, R trng LF); sm bk R/rec slightly fwd L, slightly bk R, (Sugar push) bk L, bk R;

### 5-8 FINISH SUGAR PUSH; UNDERARM TRN;; TUCK'N SPIN;;

5-8 tch L to R, step fwd L, sm bk R/rec slightly fwd L, slightly bk R; (Underarm trn) repeat meas 7 and beat 1-2 of meas 8 of Part A;; (Tuck'n spin) bk L, bk R to tight BFLY with hand low; tch L to R, fwd L raise joined lead hands and lead woman into a RF spin, sm bk R/rec slightly fwd L, slightly bk R (fwd R, fwd L with slight RF tm to tight BFLY; tch R to L, tm RF under joined lead hands fwd spinning RF to fc ptr, in place L/R, L);

### 9-12 WHIP INSIDE TRN;; LEFT SIDE PASS;; START SUGAR PUSH;

9-10 (Whip Inside trn) bk L, fwd R moving twds woman's right side into loose cp, swvl ¼ RF on R step sd L/rec R trng ¼ RF, fwd L raising joined lead hands; leading woman's LF tm trn under joined lead hands cross R bhd L trng ½ RF, fwd L, sm bk R/rec slightly fwd L, slightly bk R (fwd R, fwd L trng ½ RF, bk R/cl L, fwd R between man's feet; fwd L commencing LF underarm trn, fwd R trng ½ LF, sm bk L/rec slighly fwd, slightly bk);

11-12 repeat meas 3 to 4 of Part A;;

### 13-16 FINISH SUGAR PUSH; UNDERARM TRN;; TUCK'N SPIN;;

13-16 repeat meas 5 to 8 of Part A

## PART B:

### 1-4 UNDERARM TRN TO TRIPLE TRAVEL WITH ROLLS;;;;

1-4 (Underarm trn to triple travel with rolls) bk L trng RF, fwd R trng ¼ RF (fwd R, fwd L under jnd lead-hnds), fwd L/cl R, fwd L change hands to a R hand star (fwd R/L, R trng ¾ LF under joined lead hands change hands to a R hand star); (Triple Travel) sd R/cl L, sd and fwd R commence RF roll, fwd L continue RF roll, fwd R continue RF roll completing 1 ½ tms to a L hand star; sd L/cl R, sd L trng ½ LF to R hand star, side R, cl L, sd R trng ½ RF to L hand star; sd L/cl R, sd and fwd L commence LF roll, fwd R continue LF roll, fwd L continue LF roll completing 1 ½ tms to fc ptr join lead hands (sd L/ cl R, sd and bk L commenece RF roll, fwd R continue RF roll, fwd L continue RF roll completing 1 ½ tms to L hand star; sd R/ cl L, sd R trng ½ LF to a R hand star, sd L/cl R, sd L trng ½ RF to L hand star; sd R/cl L, sd and bk R commence LF roll, fwd L continue LF roll, fwd R continue LF roll completing 1 ¼ tms to fc ptr join lead hands); Anchor step will follow in beat 1 to 2 of meas 5,

### 5-8 ANCHOR STEP, SUGAR PUSH;; LEFT SIDE PASS WITH FLARE;;

#### KICK, BALL/CHANGE;;;;

5-6 sm bk R/rec slightly fwd, slightly bk R, (Sugar push) bk L, bk R; tch L to R, step fwd L, sm bk R/rec slightly fwd L, slightly bk R;

7-8 (Left side pass with flare) bk L trng LF, cl R trng LF leading woman to man's left side, fwd L/cl R, fwd L (fwd R, fwd L passing on man's left side, fwd R/L, R trng LF); flare R CW bhd/L, R, (W flares CCW), repeat beat 1-2 of meas 5 of Intro;

**ENDING:**

**1-4 WHIP INSIDE TRN;; LEFT SIDE PASS;; SIDE BREAKS;**

1-2 repeat meas 9 -10 of Part A

3-4 repeat meas 11 and meas 12 beat 1-2 of of Part A;; (Side breaks) side L, side R;

**5-8 SIDE BREAKS, START SUGAR PUSH AND HOLD;; CLOSE AND HOLD;; ANCHOR STEP; SIDE WHIP;;**

5-6 (Side breaks) cl L, cl R, (Start Sugar push) on the lyrics "I just concede it" bk L, bk R and hold,-; on the lyrics "my aphrodisiac" cl L and hold;; sm bk R/rec slightly fwd L, slightly bk R;

7-8 (Side Whip) on the lyrics "is you" step bk L, fwd R trng ¼ RF to L-pos placing R hand on woman's back, point side L (no weight), hold; hold rotating body slightly LF to lead woman to step fwd, rec onto pointed L foot trng ¼ LF, sm bk R/rec slightly fwd L, slightly bk R; (fwd R, fwd L trng ½ RF, bk R/ cl L, fwd R; fwd L, fwd R trng ½ LF to fc ptr, sm bl L/ rec slightly fwd R, slight bk L);

**9-12 LEFT SIDE PASS;; SLOW POINT SIDE AND HOLD;;**

9-12 repeat meas 11 and meas 12 beat 1-2 of of Part A;; with free lead foot very slow point twds COH and hold till music fades,;

**My aphrodisiac is you**

*WCS Ph V+1 by Sammy & Ingrid David*

**INTRO CP/COH - lead foot free:**

Wait;; Hip rocks 4; Rk & rec, Throwout, Rk & rec;; Chicken walks 4;  
Underarm trn, Kick ball change;;

**PART A LOP FCG:**

Wrapped Whip;; Left side pass, Sugar push;;; Underarm trn, Tuck'n spin;;;  
Whip Inside trn;; Left side pass, Sugar push;;; Underarm trn, Tuck'n spin;;;

**PART B LOP FCG:**

Underarm trn to the Triple travel with rolls, Sugar push;;; ;;  
Left side pass with flare, Kick ball change;;

**ENDING LOP FCG:**

Whip Inside trn;; Left side pass, **music slows**; Side breaks **4 QU**;;,  
Start Sugar push 1<sup>st</sup>2 and hold; Close & hold; Anchor step; Side Whip;;  
*"I just concede it"* *"My aphrodisiac"* *"is you"*

Left side pass;; **SL** Point side and hold;

**SEQUENCE:** I; A; B; A; B; A (1-8) End;