

Up Around The Bend

Level: Intermediate **Genre:** Rock

Artist: Creedence Clearwater Revival - Album: The Ultimate Collection

Choreo: Linda Webb (webby279@hotmail.com)

Speed: 95% **Length:** 2:44

Sequence: INTRO A B C B A B D Break C B D Ending

Intro: Wait 16 Beats

Quick Cues

INTRO (16 beats)

16 2 Fancy Vine (Full L & R)

Part A (32 beats)

8 Cowboy
4 2 Flea Flicker
4 Fancy Double
4 Karate (1/2L)
4 Snake in the Grass
4 2 Basic (R&L)
4 Pivot Chain (1/2R)

Part B (20 beats)

4 Rock Heel Pull Basic
2 Basketball Turn (1/2R)
2 2 Double Step
8 Football (1/2L)
4 Step Across Pivot (Full R)

Part C (32 beats)

4 2 Lori Step
4 Chain (L)
8 Long Twisty Four (Rft)
4 2 Fontana
4 Mountain Goat
4 Lucy Brushover
4 Fancy Double

Part B (20 beats)

4 Rock Heel Pull Basic
2 Basketball Turn (1/2R)
2 2 Double Step
8 Football (1/2L)
4 Step Across Pivot (Full R)

Part A (32 beats)

8 Cowboy
4 2 Flea Flicker
4 Fancy Double
4 Karate (1/2L)
4 Snake in the Grass
4 2 Basic (R&L)
4 Pivot Chain (1/2R)

Quick Cues

Part B (20 beats)

4 Rock Heel Pull Basic
2 Basketball Turn (1/2R)
2 2 Double Step
8 Football (1/2L)
4 Step Across Pivot (Full R)

Part D (32 beats)

8 Swayback
8 2 Hard Step
8 Swayback
8 2 Hard Step

Break (20 beats)

8 Stomp Race Step
4 Double & Swing
4 Triple (Rft)
4 Step Across Pivot (Full R)

Part C (32 beats)

4 2 Lori Step
4 Chain (L)
8 Long Twisty Four (Rft)
4 2 Fontana
4 Mountain Goat
4 Lucy Brushover
4 Fancy Double

Part B (20 beats)

4 Rock Heel Pull Basic
2 Basketball Turn (1/2R)
2 2 Double Step
8 Football (1/2L)
4 Step Across Pivot (Full R)

Part D (32 beats)

8 Swayback
8 2 Hard Step
8 Swayback
8 2 Hard Step

ENDING (15 beats)

4 Pump Touch
4 Triple (Rft)
4 Pivot Chain (Full L)
3 Three Count Gypsy (Rft)



Step Definitions - Up Around The Bend

FANCY VINE: (In this dance turn FULL L or R on &6&7&8)

DS (OTS) DS (XIF) DS (OTS) RS DS (XIF) DS (OTS) RS RS
L R L R L RL R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

FLEA FLICKER:

DT (OTS) SL DS (XIB)
L R L
& 1 &2

COWBOY:

[DS DS DS BR (XIF) H] (FWD) [DS (XIF) R (BK) S (XIF) R (BK) S (XIF) R (BK) S (XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

SNAKE IN THE GRASS:

DS H (WGT XIF TW) S (OTS) R (BK) S (OTS) H (WGT XIF TW) S DS-PVT (1/2 L) /K H (P) S K H
L R L R L R L R L R L L /R L R L R
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & 2 & 3 & 4

KARATE:

ROCK HEEL PULL BASIC:

R H (WGT DIAG) PULL-S (BS) DS RS
L R L L R LR
& 1 & 2 &3 &4

FONTANA:

DS BR (XIF) H
L R L
&1 & 2

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

BASIC:

DS RS
L RL
&1 &2

FOOTBALL:

DS-DR/K SL R S-DR/K SL RS DS R S K/DR-SL
L L /R L R L L /R L RL R L R L/R R
&1 & 2 & 3 & 4 &5 &6 & 7 & 8

LORI STEP:

DS DT H
L R L
&1 & 2

DOUBLE STEP:

DS
L
&1

STEP ACROSS PIVOT: (In this dance raise R arm, bend elbow at 90 degrees & click fingers on beat 4)

(P) BA (XIF) /BA PVT (FULL R) (P) LIFT/H
L /R L /R
& 1 &2&3 & 4

MOUNTAIN GOAT:

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL
L R L R L R R
&1 & 2 & 3 & 4

BASKETBALL TURN:

(P) S (FWD) PVT (1/2 R) S
L L R
& 1 & 2

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4

CHAIN:

DS RS RS RS (MOVE FWD BK L OR R)
L RL RL RL
&1 &2 &3 &4

LONG TWISTY FOUR:

DS (OTS) DS (XIF) BA (OTS) BA (XIB) BA (OTS) BA (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF) DS RS
R L R L R L R L R L R L R LR
&1 &2 & 3 & 4 & 5 & 6 &7 &8

LUCY BRUSHOVER:

DS (OTS) BR (XIF) H T-H (XIF) TT (BK) SL
L R L R R L R
&1 & 2 & 3 & 4

PUMP TOUCH: (CAN HAVE H INSTEAD OF SL. LAST DR/K CAN BE A TCH)

DS-DR/K SL TCH (XIF) SL-DR/K SL
L L/R L R L L/R L
&1 & 2 & 3 & 4

SWAYBACK:

DS DT (XIF) H DT (X) H T-H (BK) R (BK) S DS DS RS
L R L R L R R L R LR
&1 & 2 & 3 & 4 & 5 &6 &7 &8

HARD STEP:

DT (BK) H BR H DS RS
L R L R L RL
& 1 & 2 &3 &4

STOMP RACE STEP:

(P) STO DS (XIF) S (BK) DT (OTS) R (BK) S BA-SL DS DS RS
L R L R R L R R L R LR
& 1 &2 & 3 & 4 & 5 &6 &7 &8

DOUBLE & SWING:

DS BR (FWD) H SLAP (BK) H TT (XIB) H
L R L R L R L
&1 & 2 & 3 & 4

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

THREE COUNT GYPSY:

DS DT (FLR) H RS
R L R LR
&1 & 2 &3