KEEP ME FROM BLOWING AWAY

Choreographers: Allan and Laura Peterson Email: allan.e.peterson@gmail.com Salmon Arm BC Canada
Music: CD: Bad Day For Trains – Track 7 Artist: Patricia Conroy Available: I-Tunes Speed 100% (45 rpm)
Rythm: WZ RAL phase2+1 hover (Women's part opposite unless noted) **Release Date: April 2026**
Sequence: INTRO A B C A B C(1-12) END Difficulty: Average

INTRO:

1-4 OP/AC/WALL WAIT 2 MEASURES ; ; APT PT ; TOG TCH BFLY ;
{ Wait 2 } In OP FC WALL Wait 2 Measures;;
{ Apt Pnt } Stp apt L,-, pnt R,-;
{ Tog Tch BFLY} Stp fwd twd ptr R to BFLY, tch L to R,-;

5-8 TWRL VIN3 ; THRU SD CL ; TWRL VIN3 ; THRU SD CL BFLY ;
{ Twirl Vin } Sd L, XRib, sd L, (Sd R trn 1/2 RF, sd L trn 1/2 RF, sd R,) BFLY;
{ Thru Sd Cl } Thru R trn to fc, sd L, cl R BFLY;
{ Twirl Vin } Sd L, XRib, sd L, (Sd R trn 1/2 RF, sd L trn 1/2 RF, sd R,) BFLY;
{ Thru Sd Cl } Thru R trn to fc, sd L, cl R BFLY;

PART A:

1-4 WZ AWY ; X WRP RLOD ; BK WZ ; BK DRAW TCH ;
{ Wz Awy } Fwd L trn awy from ptr, sd & fwd R [to a slight bk to bk], cl L;
{ X Wrap } X in frnt of lady Fwd R, fwd L, cl R (Wrap LF into jn trail hnd's L, R, L) to WRAP RLOD ld hnd's jn in frnt;
{ Bk Wz } Bk L, bk & slight sd R, cl L;
{ Bk Draw Tch } Bk R, draw L to R, tch L

5-8 2 FWD WZ RLOD ; ; LACE ACR BFLY; THRU SD CL CP/WALL ;
{ 2 Fwd Wz } Fwd L, fwd & sd R, cl L; Fwd R, fwd & sd L, cl R RLOD;
{ Lace Acr } Pass bhd W undr lead hnd's diag acr LOD fwd L, fwd R, cl L to BFLY;
{ Thru Sd Cl } Fwd R trn RF, sd L, cl R CP/WALL;

9-12 L TRN BOX CP/ WALL ; ; ; ;
{ L Trn Box } In CP fwd L trn LF 1/4, sd R, cl L; Bk R trn LF 1/4, sd L, cl R; Repeat meas. 1-2 CP/WALL;;

13-16 BAL L & R ; ; TWRL VIN; THRU SD CL BFLY/ WALL;
{ Bal L & R } Sd L, XRib (XLib), rec L; Sd R, XLib (XRib), rec R;
{ Twirl Vin } Sd L, XRib, sd L, (Sd R trn 1/2 RF, sd L trn 1/2 RF, sd R,);
{ Thru Sd Cl } Thru R trn to fc, sd L, cl R;

PART B:

1-4 WZ AWY & TOG ; ; STEP SWING ; SPIN MANUV ;
{ Wz Awy & Tog } Fwd L trn awy from ptr, sd R, cl L [to a slight bk to bk]; Fwd R trn to fc, sd L, cl R BFLY;
{ Stp Swing } Stp sd L, swing R acr L with straight leg and toe pnt down,-:
{ Spin Manuv } Rec R trn RF 1/4, sd L, cl R, (Rec L trn LF 3/4, sd R, cl L,) to CP RLOD;

5-8 2 R TRNS CP/WALL ; ; HVR ; MANUV ;
{ 2 R Trn } Bk L trn RF, sd R trn RF, cl L; Fwd R trn RF, sd L trn RF, cl R;
{ Hvr } Fwd L, fwd & slight sd w/ rise R brush L to R, sd & fwd L (Sd & fwd R) SCP/LOD;
{ Manuv } In SCP thru R trn LF to fc, sd L, cl R, (In SCP thru L trn RF, sd R, cl L,) to CP/RLOD;

9-12 1 R TRNS CP/LOD ; FWD WZ ; PROG BOX SCAR ; ;
{ 1 R Trn } Bk L trn RF, sd R trn RF, cl L to CP;
{ Fwd Wz } Fwd R, fwd & sd L, cl R;
{ Prog Box } In CP fwd L, sd R, cl L; Fwd R, sd L, cl R;

13-16 3 PROG TWKL ; ; ; FWD SD CL CP/WALL ;
{ 3 PROG TWKL } In SCAR XLif, sd R, cl L BJO; XRif, sd L, cl R SCAR; XLif, sd R, cl L to BJO;
{ Fwd Sd Cl } In CP fwd R trn RF, sd L, cl R;

PART C:

1-4 L TRN BOX ½ COH ; ; BAL L & R ; ;
{ L Trn Box 1/2 } In CP fwd L trn LF 1/4, sd R, cl L; Bk R trn LF 1/4, sd L, cl R;
{ Bal L & R } Sd L, XRib (XLib), rec L; Sd R, XLib (XRib), rec R BFLY/ COH;

5-8 LACE UP RLOD TO FC COH ; ; ; ;
{ Lace Up } Dia LOD Fwd L, fwd R, cl L (Xif of M undr jn lead hnd); Fwd R, fwd slight sd L, cl R; Dia LOD Fwd L, fwd R, cl L (Xif of M undr jn trail hnd); Fwd R, fwd & slight sd L, cl R to CP COH;

9-12 L TRN BOX ½ WALL ; ; BAL L & R ; ;
{ L Trn Box 1/2 } In CP fwd L trn LF 1/4, sd R, cl L; Bk R trn LF 1/4, sd L, cl R;
{ Bal L & R } Sd L, XRib (XLib), rec L; Sd R, XLib (XRib), rec R BFLY/ WALL;

13-16 LACE UP BFLY/WALL ; ; ; ;
{ Lace Up } Dia LOD Fwd L, fwd R, cl L (Xif of M undr jn lead hnd); Fwd R, fwd slight sd L, cl R; Dia LOD Fwd L, fwd R, cl L (Xif of M undr jn trail hnd); Fwd R, fwd & slight sd L, cl R BFLY/WALL;

END:

1-5 TWRL VIN 3 ; ; THRU SD CL ; ; APT & PNT;
{ Twirl Vin } Sd L, XRib, sd L, (Sd R trn 1/2 RF, sd L trn 1/2 RF, sd R,);
{ Thru Sd Cl } Thru R trn to fc, sd L, cl R;
{ Apt Pnt } Stp apt L,-, pnt R,-;

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HEAD CUES

INTRO: OP/AC/WALL WAIT 2 MEASURES ; ; APT PT ; TOG TCH BFLY ;
TWRL VIN3 ; THRU SD CL ; TWRL VIN3 ; THRU SD CL BFLY ;

PART A: WZ AWY ; X WRP RLOD ; BK WZ ; BK DRAW TCH ;
2 FWD WZ RLOD ; ; LACE ACR BFLY ; THRU SD CL CP/WALL ;
L TRN BOX ; ; ; ;
BAL L & R ; ; TWRL VIN ; THRU SD CL ;

PART B: WZ AWY & TOG ; ; STEP SWING ; SPIN MANEUVER ;
2 R TRNS CP/WALL ; ; HOVER ; MANEUVER ;
1 R TRNS CP/LOD ; FWD WZ ; PROG BOX SCAR ; ;
3 PROG TWKL ; ; ; FWD SD CL CP/WALL ;

PART C: L TRN BOX ½ COH ; ; BAL L & R ; ;
LACE UP RLOD ; ; ; ;
L TRN BOX ½ WALL ; ; BAL L & R ; ;
LACE UP BFLY ; ; ; ;

PART A: WZ AWY ; X WRP RLOD ; BK WZ ; BK TCH ;
2 FWD WZ RLOD; ; LACE ACR BFLY; THRU SD CL CP/WALL ;
L TRN BOX ; ; ; ;
BAL L & R ; ; TWRL VIN; THRU SD CL ; ;

PART B: WZ AWY & TOG ; ; STEP SWING ; SPIN MANEUVER ;
2 L TRNS CP/WALL ; ; HOVER ; MANEUVER ;
1 R TRN CP/LOD ; FWD WZ ; PROG BOX SCAR ; ;
3 PROG twkl ; ; ; FWD SD CL CP/WALL ;

PART C: L TRN BOX ½ COH ; ; BAL L & R ; ;
LACE UP RLOD ; ; ; ;
L TRNS BOX ½ WALL ; ; BAL L & R ; ;

END: TWRL VIN 3 ; THRU SD CL ; APT & PNT;