

THROUGH THE YEARS

(IN CELEBRATION OF BOB & SALLY NOLEN'S 50TH WEDDING ANNIVERSARY DANCE)

Choreographers: BOB & SALLY NOLEN
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Rhythm & Phase: Slow Two Step

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Rel Date: Jan. 2020 R1 (adjusted
speed 40.5-42 RPM)

RAL Phase: V
Music: Through the Years, Kenny Rogers-24 Classics-3:30 min
as downloaded from Amazon.com-play at 40.5 RPM
<https://www.youtube.com/watch?v=wY0PdZ6Q3n0>

Difficulty: MODERATE
Sug Speed: 40.5 RPM



Sequence: INTRO A B AB B END

Introduction

1-4 Wait Tndm Wall w/Man's Hnds on Ladies Hips Both Lft Ft Free ; ; Swy Lft & Rt ; ;

- 1-2 **{Wait ; ;}** Wait 2 meas in tandem/wall w/man's hnds on ladies hips both L feet free ; ;
- 3-4 **{Swy Lft & Rt}** Both step side L relaxing into L knee swaying upper body towards RLOD -, - ; both step side R relaxing into R knee changing sway towards LOD -, - ;
- 5-8 Shad Lng Bas ; ; Shad Lng Bas Lady Trn to Fc & Cls, Man Rec ; Sd Cls ;**

- 5-6 **{Shad Lng Bas 2X}** Sd L with slight lng action, -, rec R, cross L in front of R; (sd L with slight lunge action, -, rec R, cross L in front of R;) Sd R with slight lunge action, -, rec L, cross R in front of L; (sd R with slight lunge action, -, rec L, cross R in front of L;)

- 7 **{Shad Lng Bas Lady Turn to Fc & Cls, Man Rec}** Sd L to LOD with slight lng action, -, rec R (sd L with slight lunge action, begin trning left face to R while cls L to R)

- 8 **{Sd Cls}** Sd L to LOD, - cls R to L to CP/WALL- ;

1-4 Bas ; ; Lft Trn Insd Roll ; Bas End ;

- 1-2 **{Basic}** Sd L, -, cross R in bk of L, rec L; sd R, -, cdross L in bk of R,rec R; (sd R, -, cross L in bk of R, rec R; sd L, -, cross R in bk of L, rec L;)
- 3 **{Left Turn Inside Roll}** Fwd L commence 1/4 left face turn, -, sd R, cross L in front of R to face partner; (fwd R commence 1/4 left face turn, -, sd L turning left face under lead hands, continue turning left face sd R to fac prtnr;)
- 4 **{Basic Ending CP/WALL}** Sd R, -, cross L in bk of R, rec on R to CP/WALL; (sd L, -, cross R in bk of L, rec on L to CP/WALL;)

5-8 Opn Bas 2X ; ; Switches ; ;

- 5-6 **{Open Basics 2x}** Step sd L to LOD & open body to L Half Open, -, cross R behind L, rec R; Step sd L to LOD & open body to L Half Open, -, cross R behind L, rec R to touch man's lead palm to woman's right palm; (step sd R & open body to Half Open, -, cross L behind R, rec L;)
- 7-8 **{Switches}** Cross in front of woman sd L to half open pos, -, fwd R, fwd L; fwd R, -, fwd L, fwd R; (fwd R, -, fwd L, fwd R; cross in front of man sd L to half open pos, -, fwd R, fwd L;)

9-12 Undrm Trn ; Rev Undrm Trn to Wrp RLOD ; Swhrt Runs 2X ; ;

- 9 **{Underarm Turn}** Sd L to join lead hnds palm-to-palm, -, X R in bk of L, rec L; (sd R commence to turn right face under jned lead hnds, -, fwd L continue turn right face 1/2, rec fwd on R complete turn to fac prtnr;)
- 10 **{Reverse Underarm Turn to Wrap Pos}** Sd R still with lead palm to palm, -, cross L in front of R, rec R; (sd L commence left face turn under palm to palm lead hands, -, fwd R to RLOD continue turning left face 1/2, rec fwd on L complete turn to face prtnr to wrapped position;)
- 11 **{Sweetheart Run}** In wrapped position facing RLOD fwd L, -, fwd R, fwd L; (in wrapped position facing LOD fwd R, -, fwd L, fwd R;)
- 12 **{Sweetheart Run}** In wrapped position facing RLOD fwd R, -, fwd L, fwd R; (in wrapped position facing LOD fwd L, -, fwd R, fwd L commencing a left face pickup preparing for the triple traveler;)

13-16 Trpl Trvlr ; ; Bas End CP/WALL ;

- 13-15 **{Triple Traveler}** Fwd L comm lft fc upper body turn to lead the woman to M's L sd raising lead hnds to start woman into L turn, -, fwd R, fwd L; fwd R spiral lft fc under jned hnds, -, fwd L, fwd R; fwd L bring jned hnds down & bk in a continuous circular motion to lead woman into a rt fc turn, -, fwd & sd R to fac prtnr, cross L in frnt of R; (sd & fwd R turn 1/4 L, -, cont trn sd & fwd L turning 1/2 under jned lead hnds, sd & fwd R cont turn to fac LOD; fwd L, -, R, L; fwd R comm rt fc turn, -, sd L cont rt fc turn under lead hnds, fwd R to fc prtnr;)
- 16 **{Basic Ending CP/WALL}** Sd R, -, cross L in bk of R, rec on R to CP/WALL; (sd L, -, cross R in bk of L, rec on L to CP/WALL;)

Part B

1-4 Traveling Rt Trn w/Outsd Roll ; ; Sd Lng w/Hip Ck Rev Twrl; Op Falwy Ronde & Roll 2 ;

- 1-2 **{Traveling Rt Trn w/Outsd Roll}** Crossinging front of woman sd & bk L end facing reverse line of progression, -, sd & bk R almost crossinging in bk pressing R toe pivoting on L 1/4 right face leading woman under joined lead hnds, fwd R to face partner & WALL; fwd L - commencing to twirl woman, fwd R to fac partner cross R in front of L; fwd R-, fwd L, fwd R; (fwd R-, fwd L fwd R around man; fwd R-, fwd L,- bk R commencing right face twirl, -, sd R continuing turn bk L to face partner;)
- 3 **{Sd Lng w/Hip Ck Rev Twirl}** Lunge Sd L checking partner with right hands behind woman's back, rec sd R lead woman left face rev twirl, cross L in front of R to RLOD (woman lunge sd R cking, rec fwd L RLOD left fac rev twirl, bk R fc ptr & COH);
- 4 **{Op Fallaway Ronde & Roll 2}** Quick rise & sd R/ronde L counter clockwise, -, cross L in bk of R turning right face, fwd R roll right face (woman quick rise & sd L/ronde R counter clockwise, cross R in bk of L turning left face, fwd L roll left face;)

5-8

Cross Chasse; Bas End; Opn Bas 2X ; Pkng Lady up to Dbl Hnd Hold LOD;

- 5 **{Cross Chasse}** Bk L turning to face partner & Wall,-, sd R, cross L in front;
- 6 **{Basic Ending}** Sd R, -, cross L in bk of R, rec on R; (sd L, -, cross R in bk of L, rec on L;)
- 7 **{Open Basic}** Step sd L & open body left half open, -, cross R behind L, rec R; (stp sd R & open body to right half half open, -, cross L behind R, rec L;)
- 8 **{Open Basic Picking Lady up to Double Hand Hold LOD}** Step sd R & open body right half open, -, cross L behind R, rec R picking lady up to low double hand hold line of dance; (stp sd L & open body LHLF/OP, -, cross R behind L moving in front of man to low BFLY/LOD, bk L;)

9-12 Traveling Xross Chasse 4X to CP/WALL

{Traveling Xross Chasses 4X to CP/WALL} Stp sd & fwd L turning LOD/COH with L blend to R shoulder lead with both hands joined going down & in to hip level, -, sd & fwd R LOD/WALL, cross L in frnt of R; sd & fwd R turning R LOD/WALL blend to L shoulder lead, -, sd L LOD & COH, cross R in front of L; stp sd & fwd turning left L LOD/COH with L blend to R shoulder lead with both hands joined going down & in to hip level, -, sd & fwd R LOD/WALL, cross L in frnt of R; sd & fwd R turning R LOD/WALL blend to L shoulder lead, -, sd L LOD & COH, cross R in front of L to BFLY/WALL; (bk & sd R, -, bk & sd L diagonal LOD/WALL, cross R in front of L; bk & sd L, -, bk & sd R LOD/COH, cross L in frnt of R; bk & sd R, -, bk & sd L LOD/WALL, cross R in frnt of L; bk & sd L, -, bk & sd R LOD/COH, cross L in front of R to CP/WALL;)

13-16 Rt Trn Ousd Roll ; Frnt Twst Bas End ; Rt Trn Outsd Roll ; Frnt Twst Bas End ;

- 13 **{Right Turn Outside Roll}** Crossing in front of woman sd & bk L end facing RLOD, -, sd & bk R almost crossing in bk turning 1/4 RF leading woman under jned lead hnds, cross L in frnt of R to fac prtnr; (fwd R comm RF twirl under lead hnds, -, fwd L, fwd & sd R to fac prtnr & wall;)

- 14 **{Front Twist Basic End}** Sd R,-, crossing L in front of R chckng L, recover R to face partner (sd L,-, crossing R behind L checking R, recover L to face partner & COH ;)
- 15-16 **{Repeat meas 13-14 Toward RLOD to Finish LOD/HLF/OP}**
- 17-20 Lng Sd & Wik 2; Lng Sd & Wik 2 to HLF/OP/LOD; Start Square ; ;**
- 17 **{Lunge Sd & Wik 2}** Lunge sd L to LOD,-, fwd R, fwd L to RLOD;
- 18 **{Lunge Sd & Wik 2 to HLF/OP}** Lunge sd R to RLOD,-, fwd L to Lod, fwd R Hlf/Op/LOD;
- 19 **{Start Square}** Fwd & sd L across partner to LFT/HLF/Op/COH, -, fwd R, fwd L twd COH; (fwd R let M pass to LHlf/OP fc COH, -, fwd L, fwd R to COH);
- 20 **{2nd Meas Square}** Sd & fwd R let W pass to HLF/OP/RLOD, -, fwd L, fwd R twd RLOD; (fwd L crossing to HLF/Op/RLOD,-, fwd R, fwd L;)
- 21-22 Fin Square ; ;**
- 21 **{3rd Meas Square}** Fwd & sd L across ptr to LEFT HALF OP fc WALL, -, fwd R, fwd L twd WALL; (fwd R let M pass to LHlf/OP/WALL, -, fwd L, fwd R to WALL;)
- 22 **{4th Meas Square}** Sd & fwd R let W pass to HALF OP LOD, -, fwd L, fwd R turn to fc ptr; (fwd & sd L across ptr to HLF/OP/LOD, -, fwd R, fwd L turn to face partner;)

Repeat Part A
Repeat Part B
Repeat Part B

Part End

1-4 Sid Door Basics to Wrap Pos ; ; Swthrt Run ; Op Twkl;

- 1-2 **{Sliding Door Basics}** Sd L twd COH sliding trailing arms to a hand hold,-, XRIB of L, rec L); Sd R twd WALL sliding behind W,-, XLIB of R to a lead hand hold, rec R ;(sd R twd WALL,-, XLIB of R, rec R; sd L COH,-, XRIB of L, rec L;)
- 3 **{Swthrt Run}** Sd L twd COH sliding behind W as you loop joined lead hands over W's head,-, join trailing hands around W's R sd in WRAP POS LOD fwd R, fwd L; (fwd R,-, fwd L, fwd R;)
- 4 **{Open Twinkle}** Fwd R releasing trailing hands around W,-, fwd L turng ½ right face, cl R to L (fwd L,-, fwd R turng ½ left face, cls L to R) to end in left face turn OP/RLOD;

5-9 Op Twkl ; Fwd Lady Wrap ; Fwd Lady Unwrap ; Fwd to Prom Swy & Chng the Swy ; ;

- 5 **{Open Twinkle}** Fwd L,-, fwd R trng ½ left face, cl L to R (fwd R,-, fwd L trng ½ right face, cl R to L) to end in OP/ LOD;
- 6 **{Forward Lady Wrap}** Fwd R,-, fwd L leading W to trn left face maintaining trailing hand hold, fwd R join lead hands in front of W to end in WRAP/LOD; trn fwd L (fwd L,-, fwd R wrap, continue left face fwd L;)
- 7 **{Fwd Lady Unwrap}** Fwd L,-, releasing lead hand hold fwd R leading W to trn R, fwd L to end in OP/LOD; (fwd R,-, fwd L unwrap, fwd R;)
- 8 **{Fwd to Prom Sway}** Sd & fwd L turning to Scp look over joined lead hnds, -, relax left knee, -; (sd & fwd R turning to Scp look over joined lead hands, -, fwd R to relax right knee, -;)
- 9 **{Chng the Sway}** Relax L knee keeping R leg extended, w/ slight lft fc upper body trn stretch L sd swiveling W's R, look over W cont to sway in CP/DLW (W's head well to left);

HEAD CUES

Introduction

Wait both Tndm/Wall & L feet free ; ; Sway Left & Sway Right ; ; Shad Ing Bas 2X ;
Start Shad Ing Bas Man Rec, Ladies trn to Fc, & Cls; both Sd,- Cls- CP/WALL;

Part A

Bas ; ; Lft Trn Insd Roll ; Bas End ;
Underarm Turn; Rev Underarm Turn to Wrp POS/LOD ; Swhrt Runs 2X ; ;
Triple Traveler ; ; ; Bas End CP/WALL;

Part B

Trvlng Rt Trn w/Outsd Roll;; Sd Lng w/Hip Ck Rev Twrl; Op Falwy Ronde & Roll 2;
Xross Chasse; Bas End; Lng Sd & Wlk 2; Lng Sd & Wlk 2 to HLF/OP;
Square ; ; ; ;
Opn Bas ; ; ; Swtchs ; ;
Rt Trn w/Outsd Roll ; Fnt Twst Bas ; Rt Trn w/Outsd Roll ; Frnt Twst Bas ;
Lng Sd & Walk 2 to RLOD ; Lng Sd & Wlk 2 to LOD to HLF/OP/LOD ;
Square ; ; ; ;

Part A

Bas ; ; Lft Trn Insd Roll ; Bas End ; Undrarm Trn; Rev Undrarm Trn to Wrp POS/LOD; Swhrt Runs
2X; ;
Triple Traveler ; ; ; Bas End CP/WALL ;

Part B

Travlng Rt Trn w/Outsd Roll;; Sd Lng w/Hip Ck Rev Twrl; Op Falwy Ronde & Roll 2;
Xross Chasse; Bas End; Lng Sd & Wlk 2; Lng Sd & Wlk 2 to HLF/OP;
Square ; ; ; ;
Opn Bas ; ; ;
Rt Trn w/Outsd Roll ; Frnt Twst Bas ; Rt Trn w/Outsd Roll ; Frnt Twst Bas ;
Lng Sd & Walk 2 to RLOD ; Lng Sd & Wlk 2 to LOD to HLF/OP/LOD ;
Square ; ; ; ;

Part B

Travlng Rt Trn w/Outsd Roll;; Sd Lng w/Hip Ck Rev Twrl; Op Falwy Ronde & Roll 2;
Xross Chasse; Bas End; Lng Sd & Wlk 2; Lng Sd & Wlk 2 to HLF/OP;
Square ; ; ; ;
Opn Bas ; ; ;
Rt Trn w/Outsd Roll ; Frnt Twst Bas ; Rt Trn w/Outsd Roll ; Frnt Twst Bas ;
Lng Sd & Walk 2 to RLOD ; Lng Sd & Wlk 2 to LOD to HLF/OP/LOD ;
Square ; ; ; ;

Part End

Sld Door Basics ; ; Sld to Swthrt Run ; 2 Op Twinkles ; ;
Fwd Lady Wrap ; Fwd Lady Unwrap ; Fwd to Promenade Sway & Chng the Sway ; ;