

MY AFRODIZZYAK

Released: November 2015
Choreographer: Steve and Lori Harris 33 S. Sixshooter Rd. Apache Junction, AZ 85119
Ph: 480-664-0805 Email: tsandleh@cox.net Website: www.slharris.net
Music: "My Afrodizzak is You" Artist: Dancelife Ballroom Orch & Singers
Album: "Moondance" Also available as MP3 download from Amazon
Time/Speed: Time: Download 2:36 Increase 6% to 2:27 or to suit
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: Jive Phase III+2 [Ckn Wlks, Triple Wheel]
Degree of Difficulty: Average
Sequence: I A B C B(1-8) E

INTRO

- 1-4 WAIT 2 MEASURES 6 FEET APT;; 4 POINT STEPS TOG;;**
1-2 Wait 2 meas;;
3-4 {4 Pt Stps Tog} Pt L, Stp L, Pt R, Stp R; Pt L, Stp L, Pt R, Stp R;
6-9 CHASSE L & R; FALWYTHRWY,,; CHG L TO R,,;
6 {Chasse L & R} Sd L/CI R, Sd L, Sd R/CI L, Sd R;
7-9 {Falwythrw} Rk Bk L, Rec R, Fwd&Sd L/CI R, Fwd&Sd L; Sd&Fwd R/CI L, Sd & Fwd R,
(Rk Bk R, Rec L, Fwd R/Fwd L, Fwd R Trn; Sd & Bk L/CI R, Sd & Bk L,)
{Chg L to R} Rk Bk L, Rec R; Sd L/CI R, Sd L, Sd R/CI L, Sd R;
(Rk Bk R, Rec L; Fwd R/CI L, Fwd Trn R, Sd L/CI R, Sd & Trn L;)

PART A

- 1-4 LINK RK SCP,,; JIVE WLKS,,; SWIVEL 4;**
1-3 {Link RK} Rk Apt L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
{JV Wlks} Rk Bk L, Rec R; Fwd L/Stp R, Stp L, Fwd R/Stp L, Stp R;
4 {Swvl Wlk 4} Fwd L, Fwd R, Fwd L, Fwd R;
5-8 TWO FWD TRIPLES; THROWAWAY; CHICKEN WLKS 2SLOW 4QK;;
5 {2 fwd trpls} Fwd L/Stp R, Stp L, Fwd R/Stp L, Stp R;
6 {Thrwy} Fwd & Sd L/CI R, Fwd & Sd L, Sd & Fwd R/CI L, Sd & Fwd R;
(Fwd R/Fwd L, Fwd R Trn, Sd & Bk L/CI R, Sd & Bk L;)
7-8 {CknWlks} Bk L,-, Bk R,-; Bk L, Bk R, Bk L, Bk R;
(Swvl Fwd R,-, Swvl Fwd L,-; Swvl Fwd R, Swvl Fwd L, Swvl Fwd R, Swvl Fwd L;)
9-12 CHG L TO R,,; R TRNG FALWY,,; START FALWYTHRWY RLOD,,;
9-11 {Chg L to R} Rk Bk L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
(Rk Bk R, Rec L, Fwd R/CI L, Fwd R Trn; Sd L/CI R, Sd L & Trn,)
{RTrnFalwy} Rk Bk L, Rec Fc R; Trn Rf Sd L/CI R, Sd L, Trn Rf Sd R/CI L, Sd R;
(Rk Bk R, Rec Fc L; Trn Rf Sd R/CI L, Sd R, Trn Rf Sd L/CI R, Sd L;)
12 {Start Falwythrw} Rk Bk L, Rec R, Fwd & Sd L/CI R, Fwd & Sd L;
(Rk Bk R, Rec L, Fwd R/Fwd L, Fwd R Trn;)
13-16 FIN FALWYTHRWY,, CHG L TO R COH,,; CHG HNDS BHND BK & KICKBALLCHG;;
13-14 {Fin Falwythrw} Sd & Fwd R/CI L, Sd & Fwd R, (Sd & Bk L/CI R, Sd & Bk L,)
{Chg L to R} Rk Bk L, Rec R; Sd L/CI R, Sd L, Sd R/CI L, Sd R;
(Rk Bk R, Rec L, Fwd R/CI L, Fwd R Trn; Sd L/CI R, Sd L & Trn,)
15-16 {Chg Hnds Bhnd Bk & Kick BChg} RkApt L, Rec R, Fwd L/CI R, Fwd Trn L;
Sd & Bk R/CI L, Sd & Bk Trn R, Kck/Ball L, CI R; (Rk Apt R, Rec L, Fwd R/CI L, Fwd Trn R;
Sd & Bk L/CI R, Sd & Bk Trn L, Kck/Ball R, CI L;)

PART B

- 1-4 BASIC RK SHK HNDS,,; TRIPLE WHEEL 3 COH,,;**
1-4 {Bas Rk} Rk Apt L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R Shk Hnds,
{Trpl Whl 3} Rk Apt L, Rec R; Sd L/CI R, Sd Trn L, Sd R/CI L, SdTrn R;
Sd L/CI R, SdTrn L, Sd R/CI L, Sd R; (Rk Apt R, Rec Trn L; Sd R/CI L, Sd Trn R,
Sd L/CI R, Sd Trn L; Sd R/CI L, Sd R Spn, Sd L/CI R, Sd L;)

- 5-8 PROGSV RK 4; LINK RK SCP COH,,; CHG R TO L RLOD,,;**
5 {ProgsV Rk 4} Rk Apt L, XRif, Rk Apt L, XRif;
6-8 {Link Rk SCP COH} Rk Apt L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
 {Chg R to L} Rk Bk L, Rec R; Sd L/CI R, Sd L, Sd & Fwd R/CI L, Sd R;
 (Rk Bk R, Rec L; Sd R/CI L, Fwd & Trn R, Sd & Bk L/CI R, Sd & Bk L;)
- 9-11 CHG HNDS BHND BK,,; CHG L TO R WALL SHK HNDS,,;**
9-11 {ChgHndsBhndBk} RkApt L, Rec R, Fwd L/CI R, Fwd Trn L; Sd & Bk R/CI L, Sd&Bk Trn R,
 (Rk Apt R, Rec L, Fwd R/CI L, Fwd Trn R; Sd & Bk L/CI R, Sd & Bk Trn L,)
 {Chg L to R ShkHnds} Rk Bk L, Rec R; Sd L/CI R, Sd L, Sd R/CI L, Sd R;
- 12-16 TRIPLE WHEEL 3 COH,,; R TRNG FALWY,,; RK REC SD CL;**
12-15 {TrplWhl 3} RkApt L, Rec R, Sd L/CI R, SdTrn L; Sd R/CI L, SdTrn R, Sd L/CI R, SdTrn L;
 Sd R/CI L, Sd R; (Rk Apt R, Rec Trn L, Sd R/CI L, Sd Trn R; Sd L/CI R, Sd Trn L, Sd R/CI L,
 Sd R Spn; Sd L/CI R, Sd L,) {R Trng Falwy} Rk Bk L, Rec Fc R; Trn Rf Sd L/CI R, Sd L,
 Trn Rf Sd R/CI L, Sd R; (Rk Bk R, Rec Fc L; Trn Rf Sd R/CI L, Sd R, Trn Rf Sd L/CI R, Sd L;)
16 {Rk Rec Sd CL} Rk Bk L, Rec R, Sd L, CL R;

PART C

- 1-4 FALWYRK,,; RK, REC, SWIVEL WLK 4,,; RK THE BOAT TWICE;**
1-3 {Falwy Rk} Rk Bk L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
 {RkRec Swvl Wlk 4} Rk Bk, Rec; Fwd L, Fwd R, Fwd L, Fwd R;
4 {Rk Boat 2Xs} Fwd L, CI R, Fwd L, CI R;
- 5-7 TWO FWD TRIPLES; RK THE BOAT TWICE; CHASSE L & R;**
5 {2 Fwd Trpls} Fwd L/Stp R, Stp L, Fwd R/Stp L, Stp R;
6 {Rk Boat 2Xs} Fwd L, CI R, Fwd L, CI R;
7 {Chasse L & R} Sd L/CI R, Sd L, Sd R/CI L, Sd R;
- 8-12 L TRNG FALWY,,; JIVE WLKS RLOD,,; SWIVEL WLK 4; RK THE BOAT TWICE;**
8-10 {L Trng Falwy} Rk Bk L, Rec R Fc, Trn Lf Sd L/CI R, Sd L; Trn Lf Sd R/CI L, Sd R,
 (Rk Bk R, Rec L Fc, Trn Lf Sd R/CI L, Sd R; Trn Lf Sd L/CI R, Sd L,)
 {JV Wlks} Rk Bk L, Rec R; Fwd L/Stp R, Stp L, Fwd R/Stp L, Stp R;
11 {Swvl Wlk 4} Fwd L, Fwd R, Fwd L, Fwd R;
12 {Rk Boat 2Xs} Fwd L, CI R, Fwd L, CI R;
- 13-16 THROWAWAY; CHG L TO R COH,,; R TRNG FALWY,,;**
13 {Thrwy} Fwd & Sd L/CI R, Fwd & Sd L, Sd & Fwd R/CI L, Sd & Fwd R;
 (Fwd R/Fwd L, Fwd R Trn, Sd & Bk L/CI R, Sd & Bk L;)
14-16 {Chg L to R} Rk Bk L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
 (Rk Bk R, Rec L, Fwd R/CI L, Fwd Trn R; Sd L/CI R, Sd & Trn L,)
 {R Trng Falwy} Rk Bk L, Rec Fc R; Trn Rf Sd L/CI R, Sd L, Trn Rf Sd R/CI L, Sd R;
 (Rk Bk R, Rec Fc L; Trn Rf Sd R/CI L, Sd R, Trn Rf Sd L/CI R, Sd L;)

REPEAT PART B(1-8)

ENDING

- 1-4 CHG L TO R COH,,; LINK RK WALL,,; JIVE WLKS,,;**
1-3 {Chg L to R COH} Rk Bk L, Rec R, Sd L/CI R, Sd L; Sd R/CI L, Sd R,
 (Rk Bk R, Rec L, Fwd R/CI L, Fwd Trn R; Sd L/CI R, Sd & Trn L,)
 {Lnk Rk Wall} Rk Apt, Rec; Sd Trn L/CI R, Sd Trn L, Sd R/CI L, Sd R;
4-4.5 {JV Wlks} Rk Bk L, Rec R, Fwd L/Stp R, Stp L; Fwd R/Stp L, Stp R,
- 5-8 SWIVEL WLK 4; 4 POINT STEPS;; SLIDE APART,,**
4.5-5.5 {Swvl Wlk 4} Fwd L, Fwd R; Fwd L, Fwd R,
5.5-7.5 {4 Pt Stps} Pt L, Stp L; Pt R, Stp R, Pt L, Stp L; Pt R, Stp R,
8 {Slide Apt} Apt L Joining trail Hnds,,