

# BOGGED DOWN IN LOVE



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Record: Special Pressing (flip: Nostalgia) available from Palomino or choreographer

Footwork: Opposite, directions for man (lady as noted)

Suggested Speed: 43 RPM

Phase: West Coast Swing VI

Sequence: **Intro A B C B C(1-10) Tag**

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(Rev. 1 - 1/25/00)

Meas.

## INTRO

1-4

### WAIT:: KICK SWIVELS::

- 1-2 Wait 2 meas in SHADOW Pos both fcg DLW L ft free for both L-hnds jnd & extended sd M's R-hnd at W's R-shoulder blade W's R-hnd extended sd L;; [**same footwork**]
- 1234 3 {**Kick Swivels**} Swiveling RF 1/8 on R kick L fwd across body twd DRW, swiveling LF 1/8 on R sd L twd LOD toe pointing LOD, swiveling RF 1/8 on L tap R heel diag fwd twd DRW, swiveling LF 1/8 on L to fc DLW step R across body twd LOD;
- 1234 4 {**Kick Swivels**} Repeat Meas 3 of Intro;

## PART A

1-8

### TWIST DOWN & UP:: TWIST DOWN & UP::

### BASKETBALL TRN 4: X PT TWICE: BASKETBALL TRN 4: X PT TWICE:

- 1234 1-2 {**Twist Down & Up**} SHADOW Pos both fcg DLW closing L to R swivel on both ft RF, LF, RF, LF gradually lower twd floor by flexing both knees in 4 counts; Swivel on both ft RF, LF, RF, LF gradually rising up by extending both knees in 4 counts;
- 5678
- 1234 3-4 {**Twist Down & Up**} Repeat Meas 1 - 2 of Part-A end shift wgt to R;;
- 1234 5 {**Basketball Trn 4**} Releasing hnd hold fwd L twd LOD pointing L-hnd twd LOD R-hnd at hip, trng RF on L rec R to fc RLOD, fwd L twd RLOD pointing L-hnd twd RLOD R-hnd at hip, trng RF on L rec R to fc LOD;
- 1234 6 {**X Pt Twice**} Assuming SHADOW Pos both fcg LOD XLIF of R, pt R sd twd WALL, XRIF of L, pt L sd twd COH;
- 7-8 {**Basketball Trn 4 - X Pt Twice**} Repeat Meas 5 - 6 of Part-A;;

9-16

### THROWOUT TRANS: RK WHIP:: TUMMY WHIP w/ DBL FREE SPIN::

### SD RK DOWN & UP::

- 1a23a4 9 {**Throwout Trans**} SHADOW Pos both fcg LOD leading W fwd step in pl L/R, fwd L, releasing (W 123a4) L-hnds & rejoin lead hnds anchor step R/L, R (W fwd L comm trng LF, cont trng LF sd R to fc M, anchor step L/R, L) end in LOP Fcg Pos M fcg LOD; [**now opposite footwork**]
- 123a4 10-12 {**Rk Whip**} Bk L, rec R assuming CP comm trng RF, cont trng RF sd L twd LOD/cont trng RF rec R to fc ptr, sd & fwd L in CP M fcg RLOD (W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L to R, fwd R btwn M's ft); Fwd R btwn W's ft trng RF strongly almost 1/2, cont trng RF to fc LOD rec L, fwd R btwn W's ft trng RF strongly almost 1/2, cont trng RF to fc RLOD rec L (W sd & bk L trng strongly RF, cont trng RF rec R, sd & bk L trng strongly RF, cont trng RF rec R); Fwd R btwn W's ft trng RF strongly almost 1/2, cont trng RF to fc LOD fwd L slightly pushing off W, anchor step R/L, R (W sd & bk L trng strongly RF, cont trng RF bk R, anchor step L/R, L) end in LOP Fcg Pos M fcg LOD;
- 123a4 13-14 {**Tummy Whip w/ Dbl Free Spin**} Bk L, rec R comm trng RF, release lead hnds & place R-hnd at W's R hip cont trng RF sd L twd LOD/cont trng RF rec R, sd & fwd L to fc RLOD placing 567a8 L-hnd at W's L shoulder blade (W fwd R, fwd L, fwd R/cl L to R, bk R btwn M's ft) end in momentarily in TANDEM Pos both fcg RLOD M bhnd W M's R-hnd at W's R hip M's L-hnd at W's L shoulder blade; Leading W spin RF by pulling R-hnd & pushing L-hnd XRIB of L comm trng RF, releasing both hnds cont trng RF to fc LOD sd & fwd L, anchor step R/L, R joining lead hnds (W bk L comm spin RF 2 full trns, fwd R small step cont spin RF, cont spin RF step almost in pl 123a4 L/R, L to fc ptr) end in LOP Fcg Pos M fcg LOD;

**PART A (cont'd)**

1234 15-16 **{Sd Rk Down & Up}** Placing R-hnd at W's R hip sd & bk L, rec R, sd & bk L, rec R gradually  
 5678 lower twd floor by flexing both knees in 4 counts; Sd & bk L, rec R, sd & bk L, rec R gradually  
 rising up by extending both knees in 4 counts;

**PART B**

**1-8 SUGAR PUSH PTS - UNDERARM TRN PTS;;; WHIP w/ OUTSIDE UNDERARM TRN;;  
 SCOOP SUGAR PUSH;;;**

12345a6 1-3 **{Sugar Push Pts}** LOP Fcg Pos M fcg LOD bk L, bk R, tap L fwd, fwd L; Pt R diag fwd twd  
 DLW/cl R to L, pt L diag fwd twd DLC,  
 123a45a6 **{Underarm Trn Pts}** Bk L, rec R trng RF raising jnd lead hnds to lead W trn LF; Sd L twd LOD  
 /rec R trng RF to fc RLOD, fwd L twd RLOD, pt R diag fwd twd DRC/cl R to L, pt L diag fwd twd  
 DRW (W fwd R, fwd L trng LF; Passing under jnd lead hnds sd R twd RLOD/XLIF, trng LF sd &  
 fwd R to fc M, pt L diag fwd twd DLC/cl L to R, pt R diag fwd twd DLW) end in LOP Fcg Pos M fcg  
 RLOD;  
**[Option: "Sugar Push Pts" - "Underarm Trn Pts" can be replaced with standard "Sugar Push" -  
 "Underarm Trn"]**  
 123a4 4-5 **{Whip w/ Outside Underarm Trn}** Bk L, rec R assuming CP comm trng RF, cont trng RF sd  
 567a8 L twd RLOD/cont trng RF rec R to fc ptr, sd & fwd L in CP M fcg LOD; XRIB of L comm trng RF  
 raising jnd lead hnds to lead W trn RF under jnd lead hnds, cont trng RF sd & fwd L to fc RLOD,  
 anchor step R/L, R (W fwd R, fwd L trng RF 1/2 to fc RLOD, bk R/cl L to R, fwd R btwn M's ft; Fwd  
 L comm trng RF under jnd lead hnds, fwd R cont trng RF to fc M, anchor step L/R, L) end LOP  
 Fcg Pos M fcg RLOD;  
 123 6-8 **{Scoop Sugar Push}** Bk L, bk R, joining both hnds tap L fwd without wgt, fwd L/cl R to L;  
 4a56a78a1 Flexing R knee tap L fwd without wgt, fwd L/cl R to L, flexing R knee tap L fwd without wgt, fwd  
 23a4 L/cl R to L; Flexing R knee tap L fwd without wgt, fwd L slightly pushing off W, anchor step R/L, R  
 end in BFLY Pos M fcg RLOD; **[Note: Taps on beats 3 5 7 1]**

**9-16 L SD PASS TUCK & SPIN to HAMMERLOCK - 6 TRIPLE RUNS;;;;  
 SCOOP SUGAR PUSH;;;**

12345a6 9-13 **{L Sd Pass Tuck & Spin to Hammerlock}** BFLY Pos M fcg RLOD trng LF on R sd L twd  
 LOD leading W fwd, rec R, tap L fwd tucking W in with lead hnds, step L in pl slightly trng LF to  
 fc LOD raising jnd lead hnds to lead W to spin RF trailing hnds kept at waist level; Keeping lead  
 hnds above W's head trailing hnds at waist level sd R/cl L, sd R trng LF 1/4 to fc COH (W fwd R,  
 fwd L comm trng LF, tap R fwd to fc M & COH, step R in pl comm spin RF 3/4 under jnd lead  
 hnds; Cont spinning RF step almost in pl L/R, L end fc RLOD) end in L-shape Hammerlock Pos  
 M fcg COH (W fcg RLOD) lead hnds jnd IF of body M's R-hnd extended fwd W's L-hnd across  
 bhnd bk & jnd at W's R hip,  
 12 **{6 Triple Runs}** Sd L leading W fwd, cl R to L raising jnd lead hnds (W fwd R, fwd L); Step in pl  
 3a45a6 L/R, L trng LF to fc RLOD leading W to trn LF under jnd lead hnds keep trailing hnds low (W step  
 7a81a2 in pl R/L, R trng LF 1/2 under jnd lead hnds to fc M & LOD) momentarily in BFLY Pos M fcg  
 3a45a6 RLOD, sd R/cl L to R, sd R trng LF 1/2 to fc LOD keep leading W to trn LF under jnd lead hnds  
 (W step in pl L/R, L trng LF 1 full trn to fc LOD) end in WRAPPED Pos both fcg LOD; XLIB/sd R,  
 XLIF sliding bhnd W twd WALL (W fwd R/cl L to R, bk R) end in L-WRAPPED Pos both fcg LOD,  
 fwd R/L, R trng LF around W to fc LOD (W step in pl L/R, L trng LF 1 full trn to fc LOD) end in  
WRAPPED Pos both fcg LOD; Step in pl L/R leading W fwd releasing trailing hnds, fwd L,  
 anchor step R/L, R (W fwd R trng LF 1/4 to fc COH/XLIF, sd & fwd cont trng LF to fc M & RLOD,  
 anchor step L/R, L) end in LOP Fcg Pos M fcg LOD;  
**[Note: Keep both hnds jnd throughout Meas 9 - 12 of Part-B]**  
 14-16 **{Scoop Sugar Push}** Repeat Meas 6 - 8 of Part B starting from M fcg LOD end in LOP Fcg  
 Pos M fcg LOD;;;

**PART C**

- 1-8**      **SHADOW TRIPLES::: WHIP w/ DBL HND CHG:: LEFT CIRCLE PASS::**
- 123a4      1-2      **{Shadow Triples}** BFLY Pos M fcg LOD joining R-R hnds bk L, rec R joining L-L hnds leading  
5a67a8      W to trn LF ( W fwd R comm trng LF, fwd L cont trng LF to fc LOD) to VARS Pos both fcg LOD,  
bk L/cl R to L, fwd L trng RF 1/4 to fc WALL (W bk R/cl L to R, fwd R) end in L-shape VARS Pos  
M fcg WALL (W fcg LOD) R-R hnds over W's R shoulder L-L hnds kept low at waist level;  
XRIB/sd L leading W trn RF, sd R, XLIB/sd R leading W trn LF, sd L trng LF 1/4 to fc LOD (W fwd  
L trng RF/cont trng RF to fc RLOD cl R to L, fwd L, fwd R comm trng LF/cont trn LF to fc LOD cl L  
to R, fwd R) end in VARS Pos both fcg LOD;
- 123a4      3-4      Fwd R, fwd L trng RF to fc WALL (W fwd L, fwd R) end in L-shape VARS Pos M fcg WALL (W fcg  
5a67a8      LOD), XRIB/sd L leading W trn RF, sd R (W fwd L trng RF/cont trng RF to fc RLOD cl R to L, fwd  
L) end in L-shape VARS Pos M fcg WALL (W fcg RLOD) R-R hnds over W's R shoulder L-L hnds  
kept low at waist level; XLIB/ sd R leading W trn LF, releasing L-L hnds step L in pl leading W spin  
RF with R-R hnds, anchor step R/L, R joining lead hnds (W fwd R trng LF/cont trng LF to fc LOD  
cl L to R, fwd R comm spinning RF 1-1/2, step almost in pl L/R, L cont spinning RF to fc M) end in  
LOP Fcg Pos M fcg LOD;
- 123a4      5-6      **{Whip w/ Dbl Hnd Chg}** Bk L, rec R assuming CP comm trng RF, cont trng RF sd L twd LOD/  
567a8      cont trng RF rec R to fc ptr & RLOD, sd & fwd L (W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L  
to R, fwd R btwn M's ft) end in CP M fcg RLOD; Joining R-R hnds bhnd W's bk XRIB comm trng  
RF leading W trn RF, cont trng RF sd & fwd L to fc LOD, fwd R across body comm trng LF chng  
hnd bhnd bk to join lead hnds/rec L cont trng LF, comp full trn LF to fc LOD step R in pl joining  
both hnds (W fwd L comm trng RF, fwd R cont trng RF full trn to fc M, anchor step L/R, L) end in  
BFLY Pos M fcg LOD;
- 123a4      7-8      **{Left Circle Pass}** BFLY Pos M fcg LOD XLIB, sd & fwd R leading W fwd to M's L sd, raising  
567a8      jnd lead hnds over M's head sd L/cl R to L, sd L small steps twd COH passing under jnd lead  
hnds (W fwd R, fwd L twd M's R sd, run R/L, R circling around LF bhnd M to fc LOD) end in M's  
WRAPPED Pos both fcg LOD W slightly bhnd & to his R sd lead hnds across M's body trailing  
hnds at M's L hip; Releasing trailing hnds bk R leading W fwd, rec L raising jnd lead hnds to lead  
W trn LF, keep leading W trn LF under jnd lead hnds anchor step R/L, R (W fwd L comm trng LF  
1-1/2, small step bk R cont trng LF, step almost in pl L/R, L cont trng LF under jnd lead hnds to fc  
M) end in BFLY Fcg Pos M fcg LOD;
- 9-16**      **SWIVEL WALKS PT:: SD BREAK: SYNC SD BREAK:**  
**UNDERARM TRN w/ M's INSIDE ROLL - WHIP w/ DBL INSIDE TRN:::**
- 1234      9-10      **{Swivel Walks Pt}** Swiveling RF on R bk L, swiveling LF on L bk R, swiveling RF on R bk L,  
5678      swiveling LF on L pt bk R (W pt fwd); Swiveling RF on L fwd R, swiveling LF on R fwd L, swiveling  
RF on L fwd R, swiveling LF on R pt fwd L (W pt bk) end in LOP Fcg Pos M fcg LOD;
- a1- a3-      11      **{Sd Break}** Sd L small step/sd R raising free hnds straight up fingers pointing ceiling, -, half cl  
L/cl R to L, -;
- a1a2a3a4      12      **{Sync Sd Breaks}** Sd L small step/sd R, half cl L/cl R to L, sd L small step/sd R, half cl L/cl R to  
L lowering free hnds to waist level in 4 counts;
- 123a45a6      13-16      **{Underarm Trn w/ M's Inside Roll}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF, sd L twd  
LOD raising jnd lead hnds to lead W to trn LF/rec R slightly trng RF to fc DLC, fwd L; Putting R-  
hnd over jnd lead hnds fwd R trng LF/cont trng LF rec L releasing lead hnds, fwd R small step  
cont trng LF to fc W & RLOD joining lead hnds (W fwd R, fwd L trng LF, sd R twd LOD/XLIF  
comm trng LF under jnd lead hnds, cont trng LF sd & fwd R to fc LOD; Anchor step L/R, L) end  
in LOP Fcg Pos M fcg RLOD,
- 123a4      **{Whip w/ Dbl Inside Trn}** Bk L, rec R comm trng RF; Cont trng RF sd L twd LOD/cont trng  
56781a2      RF rec R, sd & fwd L to fc LOD (W fwd R, fwd L comm trng RF; Cont trng RF to fc RLOD bk R/cl L  
to R, fwd R) end in CP M fcg LOD, raising jnd lead hnds XRIB of L trng RF, cont trng RF to fc  
RLOD sd & fwd L (W fwd L, fwd R trng LF under jnd lead hnds) end in CP M fcg RLOD; XRIB of L  
cont trng RF keep leading W trn LF, cont trng RF to fc LOD sd & fwd L (W fwd L, fwd R cont trng  
LF under jnd lead hnds), releasing trailing hnds anchor step R/L, R end in LOP Fcg Pos M fcg  
LOD; [**Note:** Keep M's R hnd around W's waist while W does Inside Trns]

**TAG**

- 1 **SWIVEL TOG TO BK-TO-BK PT & HOLD:**
- 1-3- 1 {Swivel Tog to Bk-to-Bk Pt & Hold} Fwd L swiveling RF (W swivel LF on R) to BK-to-BK  
Pos M fcg RLOD, -, point R twd RLOD (W point L twd LOD) extending M's R & W's L hnds  
straight up palm out, hold as music fades out;