

# MY CUP OF LOVE

## Des O'Connor

**Choreo:** Jim & Bonnie Bahr PO Box 488 Keenesburg, CO 80643  
(303)732-4771 Cell 303-905-0491 Email JBBAHR@JUNO.COM

**Music:** Amazon. com

**Footwork:** Opposite (Except as noted) Rhythm Waltz V+2 (Throwaway  
Oversway-Telespin)

**Sequence:** INTRO-A-A-B-A-End

### -INTRO-

**1 – 4** WAIT CP DW; SIDE TO OVERSWAY; HOVER OUT TO SCP;  
SLOW SIDE LOCK;

- 1-2 Wait CP DW; Side L trn slightlt LF, leave R leg extended stretching  
L sd of body;
- 3-4 Sd R, rising on R brush L to R sd & fwd L SCP (W sd L, rising on L  
brush R to l, sd & fwd R); Thru R, sd & fwd comm LF trn leading  
W to swing in front to PU trng slightly LF, XRIB (XLIF) to CP DC;

### -A-

**1 – 8** OPEN REVERSE; HOVER CORTE; BACK WHISK; SYNOP WHISK;  
CHAIR REC SLIP; DOUBLE REV SPIN; HOVER TELEMAR;  
MANEUVER;

- 1-2 Fwd L comm LF trn, cont trn sd & bk R, bk L to BJO; Bk R comm  
LF trn, sd & slightly fwd L DW rising, rec sd & bk R to BJO;
- 3-4 Bk L ptr outside, sd & bk R, XLIB (W fwd R outside ptr, sd & bk L,  
slightly trng RF XRIB) end SCP; Thru R/trng RF cl L to R, XLIB  
of R in Whisk pos to SCP;
- 4-6 Lower in L knee lun fwd R w/fwd poise, rec l comm LF trn rise thru  
body trng W square, bk R to CP DC; Fwd L comm 3/8 LF trn, sd R  
spinning LF to fc DW, tch L und body (W Bk R trng LF, cl L to Rtrng  
½ betw 1 & 2, sd & slightly bk R/Xlif);
- 7-8 CP DW fwd L, sd & fwd R trngRF, sd & fwd L SCP DW; Fwd R  
commRF trn, fwd & sd L cont RF trn, cl R to L CP RLOD;

**9 – 18** OPEN IMPETUS; THRU PROM SWAY; CHANGE TO OVERSWAY;  
HOVER OUT SCP; PICKUP; TELESPI SCP;; CROSS PIVOT  
SCAR; CROSS HOVER SCP; SLOW SIDE LOCK;

- 9-10 Bk L trng RF, cl R cont RF heel trn, sd & fwd L to SCP DC; Thru  
R, sd & fwd Ll sway L looking LOD;
- 11-12 Slowly chg sway R flexing Lknee & extending R twd RLOD,,;

My Cup Of Love page 2

- 13-14 Thru R lead W pickup, sd & fwd L trng LF, cl L to R CP DC (W thru L comm LF trn, cont LF trn sd R, cl L to R); Fwd L comm trng LF, fwd & sd R around W cont trng RF, sd & bk L partial wgt keeping L-sd of body twd W/swivel LF on R picking W up (W bk R comm trng LF, cont trng LF onR-heel cl L to R, cont trng LF fwd R/fwd L cont trng LF to fc M)end momentary CP LOD M's L extended fwd;
- 15-16 Fwd L comm trng LF, cont trng LF sd & fwd R around W, cont trng LF sd & fwd L (W bk R comm sinning LF, cont trng LF cl L, cont trng LF sd & fwd R)end SCP DW; Fwd R outside ptr, sd R w/rise trng slightly LF, rec R to SCAR;
- 17-18 Fwd L trng RF, fwd & sd R rising, cont trng sd & fwd L to SCP(W bk R crossing LF of M, sd L trng RF, sd & fwd L to SCP; Repeat meas 4 of INTRO;

-A-

- 1 – 8 OPEN REVERSE; HOVER CORTE; BACK WHISK; SYNOP WHISK; CHAIR REC SLIP; DOUBLE REV SPIN; HOVER TELEMAR; MANEUVER;
- 9 –18 OPEN IMPETUS; THRU PROM SWAY; CHANGE TO OVERSWAY; HOVER OUT SCP; PICKUP; TELESPIN SCP;; CROSS PIVOT SCAR; CROSS HOVER SCP; SLOW SIDE LOCK;

-B--

- 1 – 8 3 FALLAWAYS;;; OUT SIDE CHANGE BJO; HOVER TELEMAR; OPEN NATURAL; HESIT CHANGE; 1 LEFT TURN;
- 1-2 Fwd L trng LF, sd & bk R bkg LOD, XLIB in fallaway (W bk R trng LF, sd & bk L SCP, XRIB in fallaway); Bk R trng body LF, sd & bk L to RSCP, XRIB in fallaway ( Wwith LF body trn slip pivot fwd L trng LF, sd & bk R RSCP, XLIB in fallaway);
- 3-4 With LF body trn slip pivot fwd L trng LF, sd & bk R to SCP, XLIB in fallaway (W bk R tng body LF , sd & bk L, XRIB in fallaway); Bk L, bk R trng LF, sd & fwd L left sd lead to BJO;
- 5-6 Repeat meas 7 of Part A; Thru R commtrng RF, cont trng RF sd & bk L, cont slightly trng RF to fc DC bk Rend BJO DRC;
- 7-8 Bk L trn RF, sd R to fc DC, draw L to R no wgt; Fwd L comm LF trn, sd R cont trng LF, cl L to R CP RLOD:
- 9-18 BACK TO SLOW THROWAWAY OVERSWAY;; HOVER OUT SCP; WEAVE 6 TO SCP;; IN & OUT RUNS;;; MANEUVER; SPIN TURN; BOX FINISH;
- 9-10 Bk R trng RF, sd & fwd L LOD, using hips to trn W to CP LOD, (W fwd L, sd & fwd R, swiveling LF to CP); Then softeing in L knee extending line over measure by bringing R sd thru to W leaving R

**My Cup Of Love page 3**

foot bk to RLOD (W keeping L toe on floor extend L ft bk twd LOD trng head to lead),,,;

- 11-12 Repeat meas 4 of INTRO; Thru R DC, fwd L trng LF to CP, cont LF trng sd & bk R to CBJO DRC;
- 13-14 Bk L (W fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DW; Fwd R starting RF trn, sd & bk diagonal LOD & WALL on L to CP, bk R to BJO;
- 15-16 Bk L trng RF, sd & fwd between pptrs fe cont RF trn, fwd L SCP LOD; Repeat meas 8 of Part A;
- 17-18 Bk L LOD piv ½ RF, fwd R heel lead LOD betw W's feet rising w/slight RF trn, sd & bk L to CP DW; Bk R comm LF trn, sd & fwd L cont LF trncl R to L CP DC;

A-

1 – 8 OPEN REVERSE; HOVER CORTE BACK WHISK; SYNOP WHISK; CHAIR REC SLIP; DOUBLE REV SPIN; HOVER TELEMAR; ½ NATURAL;

9 – 16 OPEN IMPETUS; THRU PROM SWAY; CHANGE TO OVERSWAY; HOVER OUT SCP; PICKUP; TELESPIN SCP;; CROSS PIVOT SCAR; CROSS HOVER SCP; SLOW SIDE LOCK;

-END-

1 – 8 3 FALLAWAYS;;; OUTSIDE CHANGE SCP; SIDE TO SLOW THROWAWAY OVERSWAY;,,,

1-2 Repeat meas 1-2 of Part B;;

3-4 Repeat meas 3 of Part B; Bk L twd Dc, bk R trng LF, trng to SCP sd & fwd L twd LOD;

5-6 Sd & Fwd L, using hips to trn W to CP LOD, (W sd & fwd R, swiveling LF to CP)d & fwd L LOD, using hips to trn W to CP LOD, (W fwd L, sd & fwd R, swiveling LF to CP); Then softeing in L knee extending line over measure by bringing R sd thru to W leaving R foot bk to RLOD (W keeping L toe on floor extend L ft bk twd LOD trng head to lead),,,;