

## We Were Solid Gold

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Rhythm/Phase: Cha, Phase 3+1 (alemana)  
Degree of Difficulty: Easy  
Music: "Solid Gold" by Nicholas McDonald, 2014, at Amazon.com  
Time/Speed: as downloaded 2:57@45 (may increase speed for comfort)  
Footwork: directions for M (W opposite, or as noted)  
Timing: QQQ&Q unless noted  
Sequence: Intro A B Interlude A B C B End

### INTRO

**1-4**      **WAIT; ; OPEN BREAK; THRU VINE 5;**  
1-2      fc ptr & wall in BFLY position, lead foot free, wait 2 measures ; ;  
3        rock apart L, rec R to BFLY, sd L/cl R, sd L;  
4        (on strong beat of music) thru R to LOD, sd L, XRIB, sd L, XRIF  
          (W thru L to LOD, sd R, XLIB, sd R, XLIF);

### PART A

**1-4**      **BASIC; ; BREAK BK TO OP; WALK & CHA;**  
1        BFLY Wall fwd L, rec R, sd L/cl R, sd L;  
2        bk R, rec L, sd R/cl L, sd R;  
3        trng LF bk L to OP LOD, rec R, fwd L/XRIB, fwd L;  
4        fwd R, fwd L, fwd R/XLIB, fwd R;

**5-8**      **SLIDING DOOR OVER & BACK; ; CIRCLE CHA AWAY & TOG; ;**  
5        chk sd L, rec R, sliding behind W XLIF/sd R, XLIF to LOP LOD;  
6        chk sd R, rec L, sliding behind W XRIF/sd L, XRIF to OP LOD;  
7        start LF circle (W RF) fwd L, fwd R, fwd L/XRIB, fwd L to fc RLOD;  
8        cont circle back to ptr fwd R, fwd L, fwd R/XLIB, fwd R to BFLY Wall;

**9-12**     **2 SD CL; FWD BASIC; 2 SD CL to RLOD; BACK BASIC to BFLY WALL;**  
9      QQQQ      sd L, cl R, sd L, cl R;  
10     fwd L, rec R, bk L/cl R, bk L;  
11    QQQQ      to RLOD sd R, cl L, sd R, cl L;  
12     bk R, rec L, fwd R/cl L, fwd R to BFLY Wall;

### PART B

**1-4**      **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
1        BFLY Wall L ft toe, heel, XLIF/sd R, XLIF;  
2        sd R with pushing action, rec L, in place R/L, R;  
3        drop trail hands fwd L trng ½ RF keep lead hands joined, fwd R COH, fwd L/XRIB, fwd L  
          (W bk R, rec L, fwd R/XLIB, fwd R);  
4        rk bk R lead W to turn under lead hands, rec L, sd R/cl L, sd R  
          (W fwd L, fwd R trng LF under lead hands fc M, sd L/cl R, sd L);

**5-8**        **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
5        BFLY COH L ft toe, heel, XLIF/sd R, XLIF;  
6        sd R with pushing action, rec L, in place R/L, R;  
7        drop trail hands fwd L trng ½ RF keep lead hands joined, fwd R Wall, fwd L/XRIB, fwd L  
      (W bk R, rec L, fwd R/XLIB, fwd R);  
8        rk bk R lead W to turn under lead hands, rec L, sd R/cl L, sd R  
      (W fwd L, fwd R trng LF under lead hands fc M, sd L/cl R, sd L);

**9-12**       **ALEMANA; ; LARIAT; ;**  
9        BFLY Wall fwd L, rec R, bk & sd L/cl R, bk & sd L raising lead hands  
      (W bk R, rec L, fwd & sd R to M's L side);  
10       bk R slightly beh L lead W under joined hands, rec L, sd R/cl L, sd R  
      (W fwd L DC trn RF under lead hands, fwd R DRW trng RF, sd & fwd L/cl R, sd L to M's R sd);  
11       sd L with pushing action, rec R, in plc L/R, L  
      (W circle around M with lead hands joined fwd R, fwd L, fwd R/XLIB, fwd R);  
12       sd R with pushing action, rec L, in plc R/L, R  
      (W cont circle around M fwd L, fwd R, fwd L/XRIB, fwd L BFLY Wall);

#### INTERLUDE

**1**        **BOTH POINT TO LOD ARMS IN "SAFE";**  
1        point lead foot to LOD arms outstretched to sides in a baseball "safe" position

#### PART A

**1-4**       **BASIC; ; BREAK BK TO OP; WALK & CHA;**  
**5-8**       **SLIDING DOOR OVER & BACK; ; CIRCLE CHA AWAY & TOG; ;**  
**9-12**      **2 SD CL; FWD BASIC; 2 SD CL to RLOD; BACK BASIC to BFLY WALL;**

#### PART B

**1-4**       **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
**5-8**       **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
**9-12**      **ALEMANA; ; LARIAT; ;**

#### PART C

**1-4**       **CHASE; ; ;**  
1        fwd L trng ½ RF, rec R, fwd L/XRIB, fwd L  
      (W bk R, rec L, fwd R/XLIB, fwd R);  
2        fwd R trng ½ LF, rec L, fwd R/XLIB, fwd R  
      (W fwd L trng ½ RF, rec R, fwd L/XRIB, fwd L);  
3        fwd L, rec R, bk L/XRIF, bk L  
      (W fwd R trng ½ LF, rec L, fwd R/XLIB, fwd R);  
4        bk R, rec L, fwd R/XLIB, fwd R to BFLY Wall  
      (W fwd L, rec R, bk L/XRIF, bk L);

**5-8**      **½ BASIC; UNDERARM TRN (BFLY); SHOULDER TO SHOULDER;  
X, HOLD, UNWIND;**

- 5           fwd L, rec R, sd L/cl R, sd L;  
6           XRIB raising lead hands, rec L, sd R/cl L, sd R BFLY Wall  
             (W trn RF fwd L LOD, cont trn under jnd lead hands fwd R to fc RLOD,  
             cont trn to fc ptr sd L/cl R, sd L);  
7           trning slight RF fwd L to BFLY/SCAR, rec R fc ptr, sd L/cl R, sd L;  
8 Q---      XRIF, -, unwind LF on both feet full turn to fc ptr & Wall;

PART B

- 1-4**      **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
**5-8**      **SAND STEP; TRAIL FT CUCARACHA; CHASE WITH UNDERARM PASS; ;**  
**9-12**     **ALEMANA; ; LARIAT; ;**

END

**1-4**      **½ BASIC; UNDERARM TRN (BFLY); SHOULDER TO SHOULDER; BOTH XIF;**

- 1           fwd L, rec R, sd L/cl R, sd L;  
2           XRIB raising lead hands, rec L, sd R/cl L, sd R BFLY Wall  
             (W trn RF fwd L LOD, cont trn under jnd lead hands fwd R to fc RLOD,  
             cont trn to fc ptr sd L/cl R, sd L);  
3           trning slight RF fwd L to BFLY/SCAR, rec R fc ptr, sd L/cl R, sd L;  
4 Q---      XRIF (W XLIF) arms outstretched to sides in a baseball “safe” position, -, -, -;

Head cues:

Intro wait; ; open break; to LOD thru vine 5;

A basic; ; break bk to op; walk & cha;  
sliding door over & back; ; circle cha away & tog; ;  
2 sd cl; fwd basic; 2 sd cl (RLOD); back basic to BFLY WALL;

B sand step; trail foot cucharacha; chase with underarm pass; ;  
sand step; trail foot cucharacha; chase with underarm pass; ;  
½ basic; underarm trn; lariat; ;

Int both point to LOD arms in “safe”;

A basic; ; break bk to op; walk & cha;  
sliding door over & back; ; circle cha away & tog; ;  
2 sd cl; fwd basic; 2 sd cl (RLOD); back basic to BFLY WALL;

B sand step; trail foot cucharacha; chase with underarm pass; ;  
sand step; trail foot cucharacha; chase with underarm pass; ;  
½ basic; underarm trn; lariat; ;

C chase; ; ; ;  
½ basic; underarm trn (BFLY); shldr to shldr; x, hold, unwind;

B sand step; trail foot cucharacha; chase with underarm pass; ;  
sand step; trail foot cucharacha; chase with underarm pass; ;  
½ basic; underarm trn; lariat; ;

End ½ basic; underarm trn (BFLY); shldr to shldr; both xif “safe”;