

SUPERMARKET FLOWERS

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MUSIC: Supermarket Flowers by Ed Sheeran, CD: ÷ (Deluxe), Track12 https://www.amazon.com/Supermarket-Flowers/dp/B01NASAH2P/ref=sr_1_3?ie=UTF8&qid=1547496200&sr=8-3&keywords=supermarket+flowers+by+ed+sheeran
RHYTHM/PHASE: Slow Two-Step RAL Phase IV+2 [Triple Traveler, Riff Turn**see note*]+1U [Alternate (*not Alternative*) Basic w/ Ronde**]
FOOTWORK: Opposite for woman except where noted. **TIMING:** SQQ except where noted.
TIME/SPEED: 3:41 @45RPM as downloaded. Increase speed 3-5% **DEGREE OF DIFFICULTY:** Average
SEQUENCE: INTRO - A B INTL A (1-12) B C END **REL DATE:** Jan 7, 2019 V1.1, Feb 3 2019**

INTRODUCTION

1-4 **CP WALL WAIT;; DIP & TWIST; REC BFLY TCH;**
1-2 {Wait} CP WALL w/ ld foot free. Wait 2 meas;;
S-- 3 {Dip & Twist} Bk L (W Fwd R) with knee flexed leaving R fwd (W L bk) twist upper body LF, -, -, -;
SS 4 {Rec to BFLY} Rec fwd R, -, tch L, to BFLY WALL (W Rec L to Bfly) -;

PART A

1-4 **BFLY WALL SOLO TURN IN 6 W/ CROSS IN FRONT;; CRAB WALK 6;;**
1-2 {Solo Trn in 6 w/ XIF} Comm LF (W RF) trn fwd L, -, fwd cont LF trn, cont slight LF trn bk L to fc RLOD with ld hnds briefly jnd; Bk R (W L) LOD, -, trng LF sd L, cont slight LF trn XRIF (W XLIF) to BFLY WALL;
3-4 {Crb Wik 6} Sd L, -, XRIF, sd L; XRIF, -, sd L, XRIF BFLY WALL;
5-8 **SIDE BASIC; CHANGE SIDES; SIDE BASIC; CHANGE SIDES;**
5 {Sd Bas} BFLY WALL Sd L, -, XRIB, (W XLIB) rec L;
6 {Chg Sds} Fwd R bringing hnds down to low BFLY leading W to trn RF to briefly fc RLOD, -, sd L (W sd R) contg RF trn to fc COH XRIF, (W XLIF);
7 {Sd Bas} Repeat meas 5 fcg COH;
8 {Chg Sds} Repeat meas 6 to BFLY Wall;
9-12 **ALTERNATE BASIC W/ RONDE; REV UNDERARM TRN; OP BASIC TWICE;;**
9 {Alternate Bas w/ Ronde} BFLY Stp sd L w/ a sm left-side stretch, -, rondé R a sm CW circle (W rondé L CCW) and XRIB, ronde L a sm CCW circ (W rondé R CW) and XLIB;
10 {Rev Undrarm Trn} Sd R w/ jnd ld hnds palm-to-palm, -, XLIF, rec R (sd L, -, XRIF comm trng LF, rec L cont trng LF to fc ptr);
11-12 {Op Bas 2x} Stp sd L & op body to 1/2 LOP RLOD, -, XRIB, (W XLIB) rec L to end fcg ptr; Stp sd R & op body to 1/2 OP LOD, -, XLIB, (W XRIB) rec R to BFLY WALL;
13-16 **ALTERNATE BASIC W/ RONDE; REV UNDERARM TRN TO WRAPPED LOD; SWEETHEART RUNS 2X TO BFLY WALL;;**
13 {Alternate Bas w/ Ronde} Repeat Meas 9;
14 {Rev Undrarm Trn To WRAPPED LOD} BFLY Sd R retaining dbl hndhold, -, XLIF, rec R trng ¼ LF (W Sd L comm LF trn undr jnd ld hnds, -, X hnds R ovr L cont trng LF, rec fwd on L comp 3/4 trn) to wrapped LOD;
15-16 {Sweetheart Runs 2X To BFLY WALL} In WRAPPED pos Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R to trn ¼ RF to BFLY WALL, (W Fwd R, -, fwd L, fwd R; Fwd L, -, fwd R, fwd L trng ¼ LF to fc ptr in BFLY);
17-20 **BASIC;; OP BASIC TWICE;;**
17-18 {Bas} BFLY WALL Sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R;
19-20 {Op Bas 2x} Repeat meas 11-12;;

PART B

1-4 **RIFF TRN* ; LUNGE LOD w/ HIP CK REV TWIRL 2; FWD 3 RLOD; FWD 3 / LADY IN 2;**
QQQQ 1 {Riff Trn* *see options below*} BFLY WALL Sd L raising ld hnds start W RF spin, cl R to L as W comp spin, sd L keeping ld hnds high, cl R to L (W Sd and fwd R spin RF comp one full turn under jnd ld hnds, cl L to R, sd and fwd R spin RF comp one full turn under jnd ld hnds, cl L to R);
2 {Lunge LOD w/ Hip Ck Rev Twirl 2} Lunge sd L ckg W w/ M's R hnd on W's R hip, -, raising ld hnds rec R leading W to twrl LF, XLIF to LOP RLOD (W lunge sd R ckg, -, twirl LF L, R to LOP RLOD);
3 {Fwd 3} LOP RLOD ld hnds fwd R, -, L, R;
SQQ / (SS) 4 {Fwd 3 / Lady in 2} LOP RLOD fwd L, -, R, L releasing hnds (W fwd R, -, L, -) to end in LOP RLOD;
5-8 **SOLO RT TRN 2X (TANDEM DRW); SOLO LUNGE BAS; LADY PU LOW BFLY/MAN IN 2;**
5-6 {Solo Rt Trn 2x (Tandem DRW)} Same footwork for both on next 3 meas with no hnds jnd. Fwd R trng RF twd DRC, -, bk and sd L comm RF trn twd COH, bk R twd DLW; bk L trng RF twd Wall, -, sd and fwd R cont slight RF trn to DRW, fwd L to end in Tandem pos w/ W in front;
7 {Solo Lunge Bas} With the lady in front of M both sd R w/ slight lunge action & extendg both arms out to sides, -, rec L, XRIF twd LOD;
SS / (SQQ) 8 {Lady PU low BFLY / M in 2} Trng LF to LOD sd L, -, cl R to low BFLY LOD, - (W fwd L trng LF twd COH, -, fwd R cont trn twd RLOD, cl L to end in low BFLY fcg RLOD);

INTERLUDE

- 1-4 TRAV CROSS CHASSE 4X TO FC WALL;;;;;**
1-4 {Trav X Chasse 4x Fc WALL} Hnds jnd in low BFLY Sd & fwd L w/ R shldr lead, -, sd & fwd R, XLIF DC (W Bk R w/ L shldr lead, -, sd & bk L, XRIF DW); Sd & fwd R w/ L shldr lead, -, sd & fwd L, XRIF DW (W Bk L w/ R shldr lead, -, sd & bk R, XLIF DC); Sd & fwd L w/ R shldr lead, -, sd & fwd R, XLIF DC (W Bk R w/ L shldr lead, -, sd & bk L, XRIF DW); Sd & fwd R w/ L shldr lead, -, sd & fwd L trning to fc WALL, XRIF DW (W Bk L w/ R shldr lead, -, sd & bk R trng to fc COH, XLIF);

REPEAT PART A(1-12)

REPEAT PART B

PART C

- 1-4 TRAV CROSS CHASSE 4X (DLW);;;;;**
1-4 {Trav X Chasse 4x DLW} LOW BFLY LOD Repeat Interlude to end fcg DLW (W fcg DLC);;;;;
- 5-8 TRIPL TRVLR;;;;; BASIC ENDING;**
5-7 {Tripl Trvlr} Fwd L com LF upper body trn raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (W bk R trng ¼ LF, -, Sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to OP LOD); Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L); Fwd L bring jnd hnds down & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLIF (W Fwd R com RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr);
8 {Bas Ending} Sd R, -, XLIB (W XRIB), rec R to BFLY COH;
- 9-12 BASIC;; LEFT TRN INSD ROLL; BASIC ENDG;**
9-10 {Bas} Repeat Part A, meas 17-18 fcg COH (W On 2nd meas end fcg LOD);;
11 {L Trn Insd Roll} Fwd L comm ¼ LF trn, -, sd R, XLIF to fc ptr and WALL (W Bk R comm ¼ LF trn, -, sd L trng LF undr lead hnds, cont trng LF sd R to fc ptr);
12 {Bas Ending} Repeat meas 8 to WALL;
- 13-16 ALTERNATE BASIC W/ RONDE; REV UNDERARM TRN; OP BASIC 2X BFLY WALL;;**
13 {Alternate Bas w/ Ronde} Repeat Part A meas 9;
14 {Rev Undr Arm Trn} Repeat Part A meas 10;
15-16 {Op Basic 2x} Repeat Part A meas 11-12 to BFLY WALL;;

ENDING

- 1-4 RIFF TRN* ; LUNGE LOD w/ HIP CK REV TWIRL 2; FWD 3 RLOD; FWD 3 / LADY 2;**
SS 1 {Riff Trn} Repeat Part B meas 1;
2 {Lunge LOD w/ Hip Ck Rev Twirl 2} Repeat Part B meas 2;
3 {Fwd 3 RLOD} Repeat Part B meas 3;
SQQ / (SS) 4 {Fwd 3 / Lady in 2} Repeat Part B meas 4;
- 5-9 SOLO RIGHT TRN 2X (TANDEM DRW);; SOLO LUNGE BASIC; LADY PU / MAN IN 2 CP LOD; DIP & TWIST;**
5-6 {Solo Rt Trn 2x (Tndm Wall)} Repeat Part B meas 5-6;;
7 {Solo Lunge Bas} Repeat Part B meas 7;
SS / (SQQ) 8 {Lady PU / M in 2 CP LOD} Repeat Part B to CP LOD;
S--- 9 {Dip & Twist} Bk L twd RLOD (W Fwd R) with knee flexed leaving R fwd, (W L bk) twist upper body -, -, -;

* *Options* – To eliminate twirling for the woman, Side Close Twice can be substituted for the Riff Turn. Alternately, a Slow Riff Turn can be substituted for Riff Turn. The M would do one side close (SS) in one measure while the W completes one full turn in 2 slow turning steps, thus minimizing W's turn. These options are at the cuer's discretion.

** Rev 1.1 – Updated to rename cue and to provide clarification to the Unphased Alternate Basic w/ Ronde. The STS Unphased Alternate Basic w/ Ronde is **not** the Alternative Basic in Rumba.

SUPERMARKET FLOWERS HEAD CUES

Tammy & Marvin Lee

Slow Two-Step; PH IV+2 [Triple Traveler, Riff Turn**see note*] +1U [Alternate (not Alternative) Basic w/ Ronde**]

SEQ: INTRO A B INTL A(1-12) B C END

INTRO

CP WALL LEAD FOOT FREE, WAIT 2 MEAS;; DIP & TWIST; REC BFLY TCH;

A

SOLO TRN IN 6 W/ X IN FRONT;; CRAB WLK 6;;

SD BAS; CHG SDS; SD BAS; CHG SDS;

ALTERNATE BAS W/ RONDE; REV UA TRN; OP BASIC TW;;

ALTERNATE BAS W/ RONDE; REV UA TRN TO WRAPPED LOD; SWEETHEART RUNS 2X TO FC;;

BASIC;; OP BAS TW;;

B

RIFF TRN*; LUNGE LOD w/ HIP CK REV TWIRL 2; FWD 3 RLOD; FWD 3 / LADY IN 2;

SOLO RT TRN TW TO TANDEM DRW);; SOLO LUNGE BAS; LADY PU LOW BFLY LOD / M IN 2;

INTL

TRAV X CHASSE 4X FC WALL;;;;

A(1-12)

SOLO TRN IN 6 W/ X IN FRONT;; CRAB WLK 6;;

SD BAS; CHG SDS; SD BAS; CHG SDS;

ALTERNATE BASIC W/ RONDE; REV UA TRN; OP BAS TW;;

B

RIFF TRN*; LUNGE LOD w/ HIP CK REV TWIRL 2; FWD 3 RLOD; FWD 3 / LADY IN 2;

SOLO RT TRN TW TO TANDEM DRW WALL);; SOLO LUNGE BAS; LADY PU LOW BFLY LOD / M IN 2;

C

TRAV X CHASSE 4X (DLW);;;

TRIPL TRVLR);; BASIC ENDG;

BASIC (PU TO RLOD);; L TRN INSD ROLL; BASIC ENDG;

ALTERNATE BAS W/ RONDE; REV UA TRN; OP BAS TW;;

END

RIFF TRN*; LUNGE LOD w/ HIP CK REV TWIRL 2; FWD 3 RLOD; FWD 3 / LADY IN 2;

SOLO RT TRN TW TO TANDEM DRW);; SOLO LUNGE BAS; LADY PU / M IN 2 CP LOD;

DIP & TWIST;

* *Options* – To eliminate twirling for the woman, Side Close Twice could be substituted for the Riff Turn. Alternately, a Slow Riff Turn could be substituted for Riff Turn. On the Slow Riff Turn, the M does one side close (SS) in one measure while the W completes one full turn in 2 slow turning steps, thus minimizing W's turn. These options are at the cuer's discretion.

** Rev 1.1 – Updated to supply clarification to the Unphased Alternate Basic w/ Ronde. The STS Unphased Alternate Basic w/ Ronde is **not** the Alternative Basic found in Rumba.