

# The Big Bicep

Jim Hemphill

Becket

Advanced

- A1** (8) Circle left  $3/4$   
(4) step to an ocean wave ladies by the left in center  
(4) Balance forward & back, step forward
- A2** (8) Next Neighbor Allemande right  $1/2$ , Men Allemande left  $1/2$ ,  
Partner Allemande right  $1/2$ , ladies Allemande left  $1/2$ (double swing thru)  
(8) Neighbor Swing
- B1** (8) Men Allemande left  $1\ 1/2$   
(8) Partner pull by Right. Ladies Allemande left 1x
- B2** (16) Partner Balance and Swing

Notes :