

ADAGIO (SONATE Nr 8)

Music: Alfred Hause

Cd: Traumerei

www.amazon.com/Träumerei-Famous-Melodies-Alfred-Hause/dp/B0011GYRT2

Track # 10 Time 3:06 For Intro copy 2.37,8 - 2.52,2 to Start
& Slow Down w/ -5% to Time 3:32 Available from choreographer

Rhythm: Slow Two Step Phase: V+Several U

Footwork : Opposite except where (Noted)

Release Date: Jan 25

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Sequence: INTRO ABCD AB END



INTRO

01-03 BFLY POS WALL LEAD FOOT FREE WAIT 3 MEASURES ; ; ;

{Wait} Bfly Pos Wall ld ft free wt 3 meas ; ; ;

04-07 SIDE & CHECK to BJO DLW/W DEVELOPE & HOLD ~; QUICK BACK to FACE ; SIDE & CHECK to SCAR DRW/W DEVELOPE & HOLD ~; QUICK BACK to FACE ;

{Sd Check to BJO DLW/W Developpe & ~ Hold} [S,-,S,-;S,-,Q] Sd L, -, XRif trng LF to BJO DLW, - (W sd R, -, XLib trng to BJO DRC bring L ft up R leg to insd of R knee, extend L ft fwd) ; Hold, -, -, {Qck Bk to Fc} [Q] Rec L swiv Rf to fcg WALL ; {Sd & Check to SCAR DRW/W Developpe & ~ Hold} [S,-,S,-;S,-,Q] Sd R, -, XLif trng RF to SCAR DRW, - (W sd L, -, XRib trng to SCAR DLC bring L ft up R leg to insd of R knee, extend L ft fwd) ; Hold, -, -, {Qck Bk to Fc} [Q] Rec R swiv LF to BFLY WALL ;

PART A

01-04 FULL BASIC to Pickg Up ; ; LEFT TURN/W INSIDE ROLL ; BASIC ENDING ;

{Full Basic} Sd L, -, XRib (W XLib), rec L ; Sd R, -, XLib, rec R trng LF (W sd L, -, XRib, fwd L stg to fold ifo M) to BFLY WALL & Pickg Up ; {Left Trn w/ Insd Roll Fwd L leadg W Xg ifo M and trng the W LF fc, -, sd R, XLif (W fwd R Xg ifo M strtg a 1 ¼ LF trn under jnd rt hnds, -, fwd L cont LF trn, fwd & sd R compg LF trn) to BFLY COH ; {Basic Ending} Sd R, -, XLib, fwd R com RF trn ifo W (W sd L, -, XRib, rec L trng to fc RLOD) to CP COH ;

05-08 LEFT TURNING BOX w/ INSIDE TWIRL ; ; ;

{Lft Trng Box w/ Insd Twirl} Fwd L comm trng LF, -, sd R cont trn LF, XLif (W bk R comm trng LF, -, sd L cont trn LF, XRif) to CP RLOD ; Bk R cont trng LF raisg ld hnds, -, sd L cont trn LF, XRif (W fwd L cont LF twirl under ld hands, -, cont twirl R, L) to CP WALL ; Repeat meas 5,6 to LOD & COH ; ;

09-12 TWISTY VINE 3 ; MANUEVER PIVOT to COH ; RIGHT TURN/W OUTSIDE ROLL ; HIP LIFT :

{Twisty Vine 3} Trng RF sd L, -, XRib, trng LF sd & fwd L LOD to BJO DRC ; {Manuever Pivot to Coh} Fwd R trng RF to CP DLC, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R RLOD pivot ¼ RF to CP COH ; {Right Trn w/ Outsd Roll} Sd & bk L ifo W, -, raisg jnd ld hnds sd & bk R trng ¼ RF, XLif to fc ptr (W fwd R com roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp roll to fc ptr) to Low Bfly WALL ; {Hip Lift} Sd R bring L ft alongsd R ft, -, w/ pressure on L toe lift L hip, lwr hip ;

13-16 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL ; ;

{Strollg Vine & Insd Roll} [S,-,S,-;S,-,Q,Q] Sd L, -, XRib, - (W sd R, -, XLif, -) ; Sd & fwd L trng LF raisg ld hnds, -, fwd R, XLif to fc COH (W fwd R across LOD trng LF, -, roll LF under ld hnds L, R to fc ptr) ; {Strollg Vine & Outsd Roll} [S,-,S,-;S,-,Q,Q] Sd R, -, XLib, - (W sd L, -, XRif, -) ; Sd & fwd R trng RF raisg ld hnds, -, fwd L, XRif to fc WALL (W fwd L across LOD trng RF, -, roll RF under ld hnds R, L to fc ptr) to Low Bfly WALL & Pickg Up ;

PART B

01-04 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ;

{Trav X-Chasse} [Jng both hnds low] Trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; {Passing X-Chasse} Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif of W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {W Passing X-Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; {Trav X-Chasse to WALL} Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ;

05-08 FOREARM SPIN to COH ; OP BREAK ; FOREARM SPIN to WALL ; SPOT TURN ;

{Forearm Spin to Coh} Fwd L catchg her rt forearm w/palm of rt hand push against her arm leadg her RF spin, -, fwd R trng LF, rec L to fc ptr & COH (W fwd R comm RF spin 1-1/2, -, L cont spin RF, R cont spin RF to fc ptr & Wall) ; {OP Break} Sd R, -, apt L raisg ld arms to sd, rec R ; {Forearm Spin to Wall} Repeat meas 5 Part B to BFLY WALL ; {Spot Trn} Sd R, -, XLif trn RF ½, rec R cont RF trn to fc ptr & BFLY WALL ;

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09-12 TURN INTO ROMANTIC SWAY'S ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{**Trn Into Romantic Sway's**} Relsg ld hnds Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hnds btwn ptrs to lead hip, -, sd L, rec R BFLY WALL ; {**Fence Line w/Armsweep x 2**} Sd L, -, [circg trl arm full CCW (W CW)] XRif (W XLif) on soft knee, rec L ; Sd R, -, [circg trl arm full CW (W CCW)] XLif (W XRif) on soft knee, rec R to CP WALL & Manvrg ;

13-16 CONTINUOUS TRAVELING RIGHT TURNS ; ; FORWARD FACE CLOSE ;

{**Cont Travg Right Trns**} Foldg RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg) to BJO M fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot) to approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg) to BJO M fcg DLW ; {**Fwd Fc Cl**} Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R, cl L to R) to BFLY WALL & Pickg Up ;

PART C

01-04 START TRIPLE TRAVELER ; ; BOTH ROLL IN to FACE ; REVERSE UNDERARM TURN ;

{**Start Triple Traveler**} Trng LF sd & fwd L twd LOD, -, cont LF trn, fwd & sd R raise jnd ld hnds & relg ptr from trlg arm, fwd & acrs L (W trng LF sd & bk R, -, cont LF trn, fwd & sd L, fwd R cont trng LF undr jnd ld hnds to fc M) ; Fwd & sd R, spiral 7/8 LF under jnd ld hnds, fwd L comm to bring ld hnds down, fwd R cont to sweep ld hnds down & bk (W fwd & sd L shaping RF to M, -, fwd & acrs R, fwd & sd L) ; {**Both Roll In to Fc**} Fwd L bringing joined hnds down & bk, relg hnds comm LF trn, fwd & sd R trng LF, cont LF trn sd & fwd L trng to fc COH (W fwd R, rel hnds comm RF trn, fwd & sd L, cont RF trn sd & fwd L trng to fc WALL) ; {**Reverse Underarm Trn**} [Relg trl hnds] Sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY COH ;

05-08 SPOT TURN ; HORSESHOE TURN ; ; OP BASIC ENDING ;

{**Spot Trn**} [Relsg both hnds] Sd L, -, XRif trng LF ½, rec L to fc ptr & BFLY COH ; {**Horseshoe Trn**} [Rel trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (W [Rel trl hnds & extd to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk) to BFLY WALL ; {**OP Basic Ending**} Sd R trng to ½ LF rlsng ld hnds OP LOD, -. XLib (XRib), rec R startg to fold ifo W ;

09-12 THE SQUARE ; ; ;

{**The Square**} [Like a switch] M Xg ifo W sd L, -, trng RF to step sd R twd COH in ½ LOP, XLif (W fwd R, -, sd L twd COH, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd RLOD, XRif startg to Xg ifo W (W [like a switch] Xg ifo M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif) ; [Like a switch] M Xg ifo W sd L, -, trng RF to step sd R twd WALL in ½ LOP, XLif (W fwd R, -, sd L twd WALL, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] Xg ifo M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif) to BFLY WALL ;

13-14 SIDE LUNGE ; SIDE LUNGE & ONE SINGLE RIFF TURN ;

{**Sd Lunge**} Sd lunge L, -, rec R, XLif (W XRif) ; {**Sd Lunge & One Single Riff Trn**} Sd lunge R, -, raisg ld hnds sd L leadg W to spin RF, cl R (W sd Lunge L, -, rec R spinning RF 1 full trn, cl L) to BFLY WALL ;

PART D

01-04 OP BASICS ; ; TWO SWITCHES ; ;

{**OP Basics**} Sd L ½ LOP, -, XRib, rec L ; Sd R ½ OP, -, XLib, rec R ; {**Switches x 2**} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg ifo M, fwd R to ½ OP, fwd L) to ½ OP LOD ;

05-08 UNDERARM TURN ; LARIAT HALF ; OUTSIDE ROLL ; BASIC ENDING ;

{**Underarm Trn**} [Raisg ld hnds] Sd L to fcg ptr, -, XRib, rec L (W sd R comm RF trn under jnd ld hnds, -, XLif cont RF trn, rec fwd R to fcg Rlod) ; {**Lariat ½**} Cl R to L, -, sd L, rec R ¼ LF trn fc LOD (W fwd L circle CW around man, cont circle CW R, L) to LOP fc LOD ; {**Outsd Roll**} Fwd L bring jnd hnds down and bk in a cont circular motion to lead W into a RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm RF trn, -, sd L cont RF trn under ld hnds, fwd R to fc ptr) ; {**Basic Ending**} Repeat meas 4 Part A ;

09-10 CROSS BODY ; OP VINE 3 ;

{**Cross Body**} Sd & bk L trng LF, -, bk R w/ slipping action, fwd L trng LF (W sd & fwd R, -, fwd L Xg ifo M trng LF, small sd R) to BFLY WALL ; {**OP Vine 3**} Sd & fwd R, -, trng to OP LOD L, sd R to fc ptr & BFLY WALL ;

ENDING

01-04 RIGHT SPOT TURN WITH RONDES ; ; ;

{**Right Spot Trn w/ Rondes**} Comm a ½ RF trn M sd L to loose CP & ronde R CW, -, XRib cont RF trn, sd L cont RF trn (W comm ½ RF trn XRif btwn M's ft, -, sd L cont RF trn, XRif cont RF trn) ; Comm another ½ RF trn XRif btwn W's ft, -, sd L cont RF trn, XRif cont RF trn (W sd L ronde R CW cont RF trn, -, XRib cont RF trn, sd L cont RF trn) ; Repeat Meas 1,2 Ending to BFLY WALL ; ;

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05-08 START TRIPLE TRAVELER WITH HORSESHOE ENDING ; ; ; OP BREAK ;

{Start Triple Traveler w/ Horseshoe Endg} Fwd L comm LF upper body trn to lead W to M's lft sd raise ld hnds to lead W to insd roll, -, fwd R, fwd L (*W bk R comm insd roll, -, fwd L twd LOD cont roll, bk R comp roll to fc LOD*) end LOP LOD ; Fwd R spiral LF under jnd ld hnds, -, fwd L w/ checkg action, XRib (*W [rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib*) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (*W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk*) to BFLY WALL ; **{OP Break}** Sd R, -, apart L [extndg ld arm out to sd], XRif to Low Bfly WALL ;

09-11 SLOW ROCK TWO ; SIDE & CHECK to BJO DLW/W DEVELOPE & HOLD ~; QUICK BACK to FACE ;

{Slow Rock 2} [S,-,S,-] Sd L w/ sway to LOD, -, sd R w/ sway to RLOD, -; **{Sd Check to BJO DLW/W Developpe & ~ Hold}** Repeat meas 4 Intro ; **{Qck Bk to Fc}** Repeat meas 5 Intro ;

12-15 SIDE & CHECK to SCAR DRW/W DEVELOPE & HOLD ~; QUICK BACK to FACE ; PROMENADE SWAY ;

SLOW CHANGE to OVERSWAY & EXTEND ARMS ;

{Sd & Check to SCAR DRW/W Developpe & ~ Hold} Repeat meas 6 Intro ; **{Qck Bk to Fc}** Repeat meas 7 Intro ; **{Promenade Sway}** [S] Sd & fwd L, -, w/ lft sway stretch body upward to look over jnd ld hnds ; **{Slow Change to Oversway & Extend Left arms}** Slowly change sway to the R, -, extend Left arms [M place lady's ld hnd on his lft shldr leadg W to rel & extend lft arm as he extends his lft arm] ;