

# DANCE AND DREAM

**Music:** Gunter Noris  
Crème De La Crème Vol.1 – Cd 1  
[www.amazon.co.uk/Gunter-Noris-Creme-CD/dp/B00WJPRKKC](http://www.amazon.co.uk/Gunter-Noris-Creme-CD/dp/B00WJPRKKC)  
Track # 7 Time 2:56 Available from choreographer

**Rhythm:** Foxtrot **Phase:** V

**Footwork:** Opposite except where (Noted)

**Release Date:** Oct 23

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** ABC AB (1-15) END



## INTRO

**01 CP DLC LEAD FOOT FREE WAIT ONE MEASURE ;**  
{Wait} CP DLC ld ft free wt 1 meas ;

## PART A

**01-04 CLOSED TELEMARK ; CURVED FEATHER ; QUICK DBL OUTSIDE SWIVELS ; WEAVE ENDING ;**  
{Closed Telemark} Fwd L comm LF trn, -, fwd & sd R arnd W close to W's ft trng LF, fwd & sd L (W bk R comm LF heel trn on R heel bringing L beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L, bk & sd R) to BJO DLW ; {Curved Feather} Fwd R (W bk L) stg RF trn, -, cont RF trn sd & fwd L, cont upper bdy RF trn fwd R outsd W to BJO DRW ; {Qk DBL Outsd Swiv} [S,S] Bk L Xg Rif w/ no wgt, -, fwd R, pnt L to R (W fwd R & swvl ½ RF to SCP DRC, -, fwd L & swvl ½ LF) to BJO DRC ; {Weave Ending} [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ;

**05-08 HOVER TELE ; IN & OUT RUNS ; ; CHAIR & SLIP ;**  
{Hover Tele} Fwd L, -, fwd & sd R w/ lft shldr lead, sd & fwd L to SCP DLW ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R) to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvl LF on R fwd L) to CP DLC ;

**09-12 DIAMOND TURN/W INSIDE TURN ; ; ;**  
{Diamond Trn/W Insd Trns} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R [raisg ld hnds], -, compg ¼ LF trn sd L, fwd R (W fwd L comm LF trn under jnd ld hnds fc RDC, -, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 9,10 Part A to BJO DLW & DLC ; ;

**13-16 FORWARD & RUN 2 ; OP NATURAL ; OUTSIDE SPIN ; FEATHER FINISH to DLC ;**  
{Fwd & Run 2} Fwd L, -, fwd R, L ; {OP Natural} Fwd R btwn W's ft trng RF ifo W, -, sd L, bk R w/ rt shldr lead BJO (W bk L, -, cls R heel trn, fwd L outsd M to BJO) ; {Outsd Spin} Very small step bk L pivot ¼ RF on L keep shldrs parallel, -, fwd R heel lead around Lady rise on toe cont RF trn, sd & bk L (W fwd R around M, -, cl L toe trn, fwd R btwn M's ft) to CP RLOD ; {Feather Finish to DLC} Bk R trn LF, -, sd & fwd L compg 5/8 LF trn, fwd R outsd W to BJO DLC ;

## PART B

**01-04 TELEMARK to SCP ; THRU RIPPLE CHASSE ; PROMENADE WEAVE ; ;**  
{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; {Thru Ripple Chasse} [SQ&Q] Thru R, -, swaying & lookg twd DRW ovr next 2 steps sd L/cl R, sd & fwd L loosg sway & blendg to SCP DLC ; {Promenade Weave} [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (W fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ;

**05-08 DRAG HESITATION ; IMPETUS to ½ OP LOD ; OP IN & OUT RUNS ; ;**  
{Drag Hesitation} [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ; {Impetus to ½ OP LOD} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to ½ OP LOD ; {OP In & Out Runs} Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R (W fwd L, R, L) to ½ LOP LOD [w/ trl arms out to sd] ; Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R) to ½ OP DLC [w/ ld arms out to sd] ;

**09-12 THRU HOVER to BJO ; BACK HOVER to SCP ; OP NATURAL ; PIVOT 3 to SCP ;**

**{Thru Hover to BJO}** Thru R, -, fwd L risg sltly, rec R (*W thru L, -, fwd & sd R trng LF risg & brushg L to R, contg LF trn fwd L*) to BJO DLC ; **{Bk Hover to SCP}** Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; **{OP Natural}** Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ rt sd lead (*W thru L, -, fwd R, fwd L*) to BJO RLOD ; **{Pivot 3 to SCP}** Bk L pivot ½ RF, -, fwd R heel lead btwn W's ft cont RF trn rise & stretch rt sd, sd & fwd L to SCP LOD ;

**13-16 NATURAL WEAVE ; ; HOVER TELE ; SLOW SIDE LOCK ;**

**{Natural Weave}** [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R W to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; **{Hover Tele}** Repeat meas 5 Part A ; **{Slow Sd Lk}** Thru R, -, fwd & sd L risg trng LF, cl R (*W thru L trng LF, -, sd R trng LF, XLif*) to CP DLC ;

**PART C**

**01-04 REVERSE WAVE ; ; BACK FEATHER ; HOVER CORTE ;**

**{Reverse Wave}** Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; **{Bk Feather}** Bk L, -, bk R w/ rt shldr ld, bk L (*W fwd R btw M's ft, -, fwd L, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L risg & compg trn, rec R to BJO LOD ;

**05-08 BACK & CHASSE to SCAR ; SLOW CROSS SWIVEL to BJO ; THRU VINE 4 ; UNDERTURNED MANUEVER ;**

**{Bk & Chasse to SCAR}** [SQ&Q] Bk L, -, trng RF chasse sd R/cl L, sd & fwd R trng to SCAR DRW ; **{Slow Cross Swivel to BJO}** [S] Slow Fwd L, -, swvl LF ½ on L & pnt R to BJO DLW, - ; **{Thru Vine 4}** [QQQQ] Fwd R (*W bk L*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP DLW ; **{Undertrnd Manuever}** Fwd R trng RF, -, sd L, cl R (*W bk L trng RF, -, sd R, cl L*) to BJO DRW ;

**09-12 BACK CROSS HOVER to SCAR ; BACK CROSS HOVER to BJO ; BACK CROSS HOVER to SCAR ; FEATHER FINISH to DLW ;**

**{Bk Cross Hover to SCAR}** XLib (*W XRif*), sd & bk R rise, bk L to SCAR DRC ; **{Bk Cross Hover to BJO}** XRib (*W XLif*), sd & bk L rise, bk R to BJO DRW ; **{Bk Cross Hover to SCAR}** Repeat meas 9 Part C ; **{Feather Finish to DLW}** Bk R, -, bk & sd L trng LF, fwd R cont trn to BJO DLW ;

**13-16 WHISK ; OP NATURAL ; CLOSED IMPETUS ; FEATHER FINISH to DLC ;**

**{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{OP Natural}** Repeat meas 11 Part B ; **{Closed Impetus}** Comm RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; **{Feather Finish to DLC}** Repeat meas 12 Part C to DLC ;

**ENDING**

**01-04 THRU & CHASSE to BJO ; CHECK FORWARD/W DEVELOPE ; RECOVER to HOVER to SCP ; CHECK THRU & HOLD ;**

**{Thru Chasse to BJO}** [SQ&Q] Thru R, -, sd to fc prt L/cl R, sd & fwd L (*W trng LF, -, sd R/cl L, sd & bk R*) to BJO DLW ; **{Fwd Chck/W Develope}** [S] Fwd R outsd W's rt sd checkg, -, - (*W bk L, -, bring R ft up L leg to insd of L knee, extend R ft fwd*) to DRC ; **{Rec to Hover to SCP}** [SS] Bk L, -, bk R brush L to R, fwd L to SCP LOD ; **{Check Thru & Hold}** Thru R relax R knee both fwd poise, -, hold to end of music, -, - ;