

RESEDA

Music: Gunter Gollasch Orch.
Vinyl: Das Porträt
<https://recordsale.de/en/artists/gunter-gollasch/albums/das-portrat>
Site:1 Track # 6 Time 3:04 Available from choreographer

Rhythm: Waltz Phase: V+1(Link to SCP)
Footwork: Opposite except where (Noted)
Release Date: Dec 24
Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium
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Sequence: INTRO AB(1-16) C A B(9-15 + 2^{de} TIME 16,17) A(1-6) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TWIRL/VINE ; PICK UP to SCAR DLW ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Twirl/Vine} [Raisg jnd ld hnds] Sd L, XRib, sd L (W sd R start trng RF on ball of R under jnd ld hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {Pick Up to SCAR} Trng to fc LOD fwd R, sm fwd L to fc DLW, cl R (W trng LF fwd L, sd R Xg ifo M, cl L) to SCAR DLW ;

05-08 FWD CHECK/W DEVELOPE ; SLOW BACK HOVER to SCP ; THRU CHASSE to SCP ; CHAIR & SLIP ;

{Fwd Check/W Developpe} [1--] Fwd L outsd lft sd W chckg, -, - (W bk R bring L ft up R leg to insd of R knee, extend L ft fwd) ; {Slow Bk Hover to SCP} [1-2] Bk R, hoverg L to R swiv 3/8 LF, fwd L (W fwd L, hoverg R to L & swiv 3/8 RF, fwd R) to SCP LOD ; {Thru Chasse to 1/2 OP} [12&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; {Chair & Slip} Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swiv 5/8 LF, fwd L) to CP DLC ;

PART A

01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Trn 1/2} Fwd L comm trng LF, compg 1/4 LF trn sd R, bk L to BJO ; Staying in BJO & cont trng LF bk R, compg 1/4 LF trn sd L, fwd R ; {Qk Diamond 4} [12&3] Fwd L stg to trn LF, sd R contg LF trn/bk L compg 1/4 LF trn to BJO DLW, bk R to CP LOD ; {Dip Bk & Rec} [12,-] Bk L w/ flexed knee, -, rec R swiv RF to CP LOD ;

05-08 OP REVERSE TURN ; HOVER CORTE ; BACK CHASSE/TWIRL to SCAR DRW ; CROSS SWIVEL to BJO DLW ;

{OP Reverse Trn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; {Hover Corte} Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg 1/2 LF trn rec R (W fwd L, trng LF sd & fwd R & brush L to R, fwd L) to BJO DLW ; {Bk Chasse/Twirl SCAR DRW} [12&3] Bk L, comm RF trn sd R/cl L, sd & fwd R (W fwd R toeing to ptr, twirlg RF sd L to fc RLOD/bk R to fc LOD, sd & bk L to SCAR) to loose BFLY SCAR DRW ; {Cross Swiv to DLW} [1--] Fwd XLif (W XRib) comm trng LF, swvl LF on L to CP, cont LF swvl to BJO DLW leave R leg extnd bk ;

09-12 FWD FWD/LOCK FWD ; OP NATURAL ; OUTSIDE SPIN ; BACK & CHASSE to SCP ;

{Fwd Fwd/Lk Fwd} [12&3] Fwd R, fwd L/lk Rib, fwd L to BJO DLW ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (W bk L trng RF, fwd R btwn M's ft, fwd L) to BJO DRC ; {Outsd Spin} Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DRW ; {Bk & L Chasse to SCP} [12&3] Bk R trng LF, sd L/cl R, sd & fwd L to SCP LOD ;

13-16 THREE IN & OUT RUNS ; ; ; HESITATION CHANGE ;

{3 In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, cont 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 ; Repeat meas 13 Part A ; {Hesitation Chng} [12-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

PART B

01-04 VIENNESE TURNS ; ; HOVER TELE ; SLOW SIDE LOCK ;

{Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {Hover Tele} Fwd L, fwd R risg & trng 1/8 RF, sd & fwd L to SCP LOD ; {Slow Sd Lk} Thru R, fwd & sd L risg trng LF, cl R (W thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

05-08 REVERSE FALLAWAY & SLIP ; DOUBLE REVERSE SPIN to DLW ; HOVER TELEMAR ; CHAIR & SLIP ;

{Reverse Fallaway & Slip} [123&] Fwd L comm LF trn, sd R cont LF trn, XLib w/ rt sd lead fallaway pos cont LF trn/cont trn slip R past L toeing in w/ small stp bk on R & L ft stays fwd (*W bk R comm LF trn, sd & bk L cont LF trn, XLib w/ lft sd lead fallaway pos cont LF trn/cont trn slip L past R fwd L*) to CP LOD ; **{Dbl Rev Spin to DLW}** [12-/12&3] Fwd L comm LF trn, cont trn sd R, spin LF on ball of R bring L ft under body beside R no weight fc Wall (*W bk R comm LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLif*) to CP DLW ; **{Hover Telemark}** Fwd L, fwd R rise w/ rt shldr lead slightly [hoverg], fwd L sm stp on toes (*W bk R, bk L w/ hvr action lft shldr lead, fwd R sm stp on toes*) to SCP LOD ; **{Chair & Slip}** Repeat meas 8 Intro ;

09-12 LINK to SCP ; WEAWE 6 to BJO ; ; CROSS HESITATION ;

{Link to SCP} Rise on L blend to CP, cont rise cl R on toes, sd & fwd L to SCP DLW ; **{Weave 6 to BJO}** Fwd R, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; **{Cross Hesitation}** [1--/123] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (*W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ;

13-16 OUTSIDE SPIN INTO RIGHT TURNING LOCK to SCP ; ; SLOW SIDE LOCK ; DOUBLE REVERSE SPIN to LOD ;

{Outsd Spin} Repeat meas 11 Part A ; **{Right Trng Lock to SCP}** [1&23] Bk R right sd lead comm RF trn/ XLif to fc COH, slight lft sd lead cont RF trn sd & fwd R btwn W's ft, cont RF trn fwd L (*W fwd L comm RF trn/XRib, fwd & sd L cont RF trn, fwd R*) to SCP DLC ; **{Slow Sd Lk}** Thru R, fwd & sd L risg trng LF, cl R (*W thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ; **{Dbl Reverse Spin to LOD}** (12/W 12&3) Fwd L comm LF trn, cont trn sd R, spin LF on ball of R bring L ft under body beside R no weight fc LOD (*W bk R comm LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLif*) ;

2^{de} TIME

16-17 DOUBLE REVERSE SPIN to DLW ; CHANGE of DIRECTION & HESITATION ;

{Dbl Reverse Spin to DLW} Repeat meas 16 Part B to DLW ; **{Chng of Direction & Hesitation}** [1,2,&] Fwd L, fwd R trng ¼ LF, Slow draw L to CP DLC ;

PART C

01-04 TURN LEFT & R CHASSE to BJO ; BACK CHASSE/TWIRL to SCAR ; SLOW FORWARD & RIGHT LUNGE ; SLOW ROLL & SLIP ;

{Trn Left & R Chasse to BJO} [12&3] Fwd L comm LF trn, cont trng LF sd R/cl L, sd & bk R to BJO DRC ; **{Bk Chasse/Twirl SCAR}** [12&3] Bk L, comm RF trn sd R/cl L, sd & fwd R (*W fwd R toeing to ptr, twirlg RF sd L to fc RLOD/bk R to fc LOD, sd & bk L*) to BFLY SCAR DLW ; **{Slow Fwd & Right lunge}** Fwd L, flexg L-knee sd & fwd R twd WALL sway R look at W (*W look well L*) , - ; **{Slow Roll & Slip}** Rec L rotatg body RF, swiv LF on L slip R bk undr body end CP DLC, - ;

05-08 LACE BOX ; ; ; ;

{Lace Box} Fwd L trng LF ¼ to fc DRC, sd R, cl L ; [Raisg jnd ld hnds] Bk R trng LF ¼ to fc DRW, sd L, cl R (*W sm fwd L,R,L twds WALL under ld arms [not passing thru & no trn]*) ; Fwd L trng LF ¼ to fc DLW, bringing arms down sd R, cl L (*W fwd R startg ½ RF circ trn passing thru under raised arms, contg circ as arms come down fwd L, fwd R*) to CP DLW ; Bk R trng LF ¼ to fc DLC, sd L, cl R to CP DLC ;

09-12 TELEMAR to SCP ; CURVED FEATHER ; BACK & SYNCOPATED VINE ; BACK HOVER TELE ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{Curved Feather}** Fwd R stg to trn RF, w/ lft sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ lft sd stretch fwd R (*W small step fwd L, sd & bk R trng RF w/ strong rt sd ld, bk L*) ckg to BJO DRC ; **{Bk Sync Twisty Vine}** (12&3) Bk L trng slightly RF, sd R/XLif, sd & bk R to fc DLW (*W fwd R trng RF, sd & bk L, cont trng XLib, sd & fwd L to BJO*) ; **{Bk Hover Tele}** Bk L DW comm RF trn, sd & fwd R DW btwn ptr's ft cont RF trn to fc DLW brushg L to R and risg, sd & fwd L (*W fwd R DLW outsd M comm to trn RF, sd L Wall cont RF trn brushg R to L and risg, sd & fwd R*) to SCP DLC ;

13-17 WEAWE 3 to BJO ; IMPETUS to SCP ; THRU to PROMENADE SWAY ; CHANGE to OVERSWAY ; FALLAWAY RONDE & SLIP ;

{Weave 3 to BJO} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD*) to BJO DRC ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Thru to a Promenade Sway}** [12-]Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over jnd ld hnds usg full meas ; **{Chng to Oversway}** [With no chg wgt] Relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ; **{Fallaway Ronde & Slip}** Rec bk R, ronde L CCW XLib, slip bk R trn ¼ to CP DLC ;

ENDING

01-04 BACK WHISK ; THRU SYNCOPATED VINE to SCP ; THRU to PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Bk Whisk} Bk L, bk & sd R, XLib (*W fwd R, fwd & sd L trng RF, XLib*) to SCP LOD ; **{Thru Sync Vine}** [12&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{Thru to a Promenade Sway}** Repeat meas 15 Part C ; **{Chng to Oversway}** Repeat meas 16 Part C ;