

# THE SUN THE SEA & THE SKY

**Music:** Manuel & The Music of the Mountain  
[www.amazon.com/The-Ultimate-Ballroom-Album-4/dp/B000B5KWLQ](http://www.amazon.com/The-Ultimate-Ballroom-Album-4/dp/B000B5KWLQ)  
Track # 9 Time 3:12 Available from choreographer

**Rhythm:** Waltz Phase: V+2 (Chckd Reverse & Slip + Outsd Spin & Twist)

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

**Release Date:** July 23

**Choreo:** Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium

**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence:** INTRO AB AB END



## INTRO

### 01-04 CP DLC LEAD FOOT FREE WAIT 2 MEASURES ; ; DOUBLE REVERSE SPIN to DLW ; HOVER TELE ;

{Wait} CP DLC ld ft free wt 2 meas ; ; {Dbl Reverse Spin to DLW} [1,2-/W1,&2,3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif) to CP DLW ; {Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP DLW ;

## PART A

### 01-04 NATURAL WEAVE ; ; FORWARD SYNCOPATED VINE ; OP NATURAL ;

{Natural Weave} Fwd R trng RF, sd L, bk R (W fwd L, R btwn M's ft, fwd L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn fwd L to BJO DLW ; {Fwd Sync Vine} [1,2&3] Fwd R trng to fc ptr, sd L/XRib (W bk L trng RF to fc ptr, sd R/XLib, sd L), sd L to SCP LOD ; {OP Natural} Thru R stg RF trn, contg RF trn sd L ifo W, bk R (W fwd L, fwd R btwn M's ft, fwd L) to BJO DRC ;

### 05-08 OUTSIDE SPIN & TWIST ; ; BACK & CHASSE to SCP ; CHAIR & SLIP ;

{Outsd Spin & Twist} Bk L pvtg RF, fwd R heel to ball cont trn, sd L twds DLW (W fwd R betw M's ft pivot RF, bk L cont trn, cl R) ; [1,-,3/W 1,&2,3] M hook Rib w/partial wgt, unwind RF chng wgt to R, cont unwind stp sd & bk L (W fwd L/R around M, fwd L trng RF, fwd R btwn M's ft) to CP DLW ; {Bk & Chasse to SCP} [1,2&3] Bk R trng LF, sd L/cl R, sd & 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 swvlg 5/8 LF, fwd L) to CP DLC ;

### 09-12 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Trn/ W Insd Trns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; [Raisg ld hnds staying in BJO] Trng LF bk R, compg ¼ LF trn sd L, fwd R (W fwd L comm LF trn under 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 TURN LEFT & R CHASSE to BJO ; OUTSIDE SPIN INTO RIGHT TURNING LOCK to SCP ; ; SLOW SIDE LOCK ;

{Trn Left & R Chasse to BJO} [1,2&3] Fwd L start LF trn, sd R/cl L, sd & bk R to BJO DRC ; {Outsd Spin} Repeat meas 5 Part A ; {Right Trng Lock to SCP} [1&2,3] 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 ;

## PART B

### 01-04 CHECKED REVERSE & SLIP ; CURVED FEATHER ; OUTSIDE SPIN & TURNING LOCK to BJO ; ;

{Ckd Reverse & Slip} Fwd L, fwd R trng LF around W risg strongly & chkg (W heel trn), trng RF slip L bk sml step to end CP DLW ; {Curved Feather} Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L) ckg to BJO DRW ; {Outsd Spin} Repeat meas 5 Part A ; {Trng Lock BJO} [1&2,3] Bk R w/ rt sd leadg/XLif, bk R blendg to CP trng LF, sd & fwd L (W fwd L w/ lft sd leadg/XRib, fwd L blendg to CP trng LF, sd & bk R) to BJO DLW ;

### 05-08 OP NATURAL ; OUTSIDE CHANGE to SCP ; CROSS HESITATION ; HESITATION CHANGE ;

{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 Chg to SCP} Comm LF trn bk L, bk & sd R cont LF trn, sd & fwd L (W fwd R, L, R) to SCP 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 ; {Hesitation Chng} [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

## Page 2: The Sea ,The Sun, The Sky

### **09-12 VIENNESE TURNS ; ; WHISK ; START WEAVE 6 ;**

**{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 ; **{Whisk}** Fwd L, fwd & sd R stg rise to ball of ft, XLib (*W XRib*) cont to full rise to SCP DLC ; **{Start Weave 6}** Fwd R DLC, 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*) ;

### **13-16 FINISH WEAVE 6 to BJO ; OP NATURAL ; BACK TIPPLE CHASSE PIVOT INTO PIVOT 3 to SCP ; ;**

**{Finish Weave 6 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 ; **{OP Natural}** Repeat meas 5 Part B ; **{Bk Tipple Chasse Pivot}** [1,2&3] Bk L comm RF trn, cont RF trn sd R/cl L, cont slight RF trn fwd R btwn W's ft and pvt ½ RF to CP almost 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 ;

### **17-20 FALLAWAY RONDE & SLIP ; CHANGE of DIRECTION ; OP REVERSE TURN ; HOVER CORTE ;**

**{Fallaway Ronde & Slip}** [123] Correcting sway and turng LF on R foot lower into knee and ronde L CCW, bk L in Fallaway, trng LF slip bk R trn to CP (*W trng RF on L ft lower into knee and ronde R CW, bk R in fallaway, trng LF fwd L toe to flat*) to CP fcg DLW ; **{Change Of Direction}** [12-] Fwd L twds LOD comm LF trn no rise, sd R cont LF to end in CP fcg DLC, draw L ; **{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 ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ;

### **21-24 BACK & CHASSE to SCAR ; FORWARD CHECKG/W DEVELOPE ; HOVER CORTE w/ SLIP ACTION ; TELEMARK to SCP ;**

**{Bk & Chasse to SCAR DRW}** [1,2&3] Trn RF bk L CP shape to lft, sd R/cl L trn RF, fwd R lose shape pvt RF to SCAR DRW ; **{Fwd Chkg/W Develope}** Fwd L outsd W checkg, -, - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) to DRW ; **{Hover Corte w/ Slip Action}** Bk R, trng ½ LF sd & fwd L to LOD leavg R leg in pl, w/ slight LF upper bdy trn slp R bhd L contg bdy trn (*W fwd L, swvlg ½ LF sd & fwd R & brush L to R, fwd L outsd M's R ft*) to CP DLC ; **{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 ;

## ENDING

### **01-04 WEAVE 3 to BJO ; OUTSIDE SPIN ; BACK to HINGE & EXTEND ARMS ; ;**

**{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 ; **{Outsd Spin}** Repeat meas 5 Part A ; **{Bk to Hinge & Extend Arms}** Bk R to CP, trng LF sd & fwd L LOD leave R leg extended relax L knee & trn body LF w/ bk poise (*W fwd L to CP, sd R, XLib, lower into L knee w/ LF upper body rotation*) ; M's & W's lft hnd extended sd ;