

A MOMENT TO REMEMBER

(Astrid's Anniversary Waltz)

RELEASED: 17th Sept 2011
Vers 2

CHOREO: Åke & Birgitta Grahm
ADDRESS: Backstigen 9, 370 30, Rödeby, Sweden
PHONE: +4645548716
MUSIC: Song: A moment lost
Artist: Aidana
Music Modified: No
Same as:
E-MAIL: grahm@telia.com
Music Media Source: Downloadable at Casa Musica
Flip of:
MPM: 30 **TIME @ 30 MPM:** 2.48

FOOTWORK: Opposite unless indicated, Woman's footwork in parenthesis
RHYTHM: Waltz **RAL PHASE:** V (Soft)
SEQUENCE: **INTRO, A, A, B, A MOD, ENDG**

MEAS.

INTRODUCTION

- 1-6 **WAIT;; TOGETHER TO CP AND SHAPE; BOX FINISH; DOUBLE REVERSE SPIN;
CHANGE OF DIRECTION;**
1-2 Wait in LOP-FCG DLW;; fwd L (W fwd R)to CP, slightly trn upper body RF, hold; Bk R, trng
LF sd L, cl R/DLC;
3-4 Fwd L comm LF trn, sd R cont trn (W heel trn), spin LF (W sd R/XLIF); Fwd L DLW, fwd R
trng ¼ LF to fc DLC, drw L to R ;

PART A

- 1-4 **TELEMARK TO SEMI; NAT HOVER FALLAWAY; SLIP PIVOT TO BJO; MANUVER;**
1-2 Fwd L comm LF trn, sd R cont trn (W heel trn),sd & fwd L in SCP; Fwd R DLW, fwd L rise &
trn ¼ RF to fc DRW, rec bk R DLC;
3-4 Bk L (W bk R comm LF trn), bk R trng LF (W bk L cont trng LF to CP), fwd L to BJO; Fwd R
outsd ptr, fwd L trng RF to fc RLOD, cl R CP/RLOD;
- 5-8 **SPIN TURN; BOX FIN; DOUBLE REVERSE SPIN TWICE;;**
5-6 Bk L trng ½ RF to fc LOD, fwd R btwn W's ft cont trng, bk L to CP/DLW; Bk R trn LF ¼, sd
L to fc DLC, cl R;
7-8 Fwd L comm LF trn, sd R cont trn (W heel trn), spin LF (W sd R/XLIF); Fwd L comm LF trn,
sd R cont trn (W heel trn), spin LF (W sd R/XLIF) to fc DLW;
- 9-12 **HOVER TELEMARK; CROSS PIVOT TO SCAR; CROSS HOVER TO BJO; CROSS
HOVER TO SCAR;**
9-10 Fwd L, fwd & slightly sd R (W bk & slightly sd L trng RF to SCP), fwd L in SCP; Fwd R
comm RF trn, sd L cont trn arnd W (W fwd R trng ½), fwd R in SCAR LOD;
11-12 Fwd L DLW, fwd & sd R rising & trng LF ¼ , fwd L to BJO/DLC; Fwd R DLC, fwd & sd L
rising & trng RF ¼ , fwd R to SCAR/DLW;
- 13-15 **CROSS HOVER TO SCP; SLOW SIDE LOCK; TELEMARK TO BJO;**
13-15 Fwd L DLW, fwd & sd R rising & trng LF 1/8 , fwd L to SCP LOD; Thru R (W thru L comm
LF trn), sd& fwd L (W cont trn sd & bk R) to CP, XRIB to fc DLC; Fwd L comm LF trn, fwd &
sd R cont trn (W heel trn), fwd L in BJO/DLW;
- 16-18 **FORWARD, FORWARD/LOCK, FORWARD; MANUVER ; HESITATION CHANGE TO
CP/DLC;**
16-18 Fwd R outsd ptr, fwd L/XRIB, fwd L; Fwd R outsd ptr, fwd L trng RF to fc RLOD, cl R
CP/RLOD; Bk L trn RF to fc DLC, sd R, draw L to R (no weight) to CP/DLC;

Repeat A meas 1-18

PART B

- 1-4 **MINI TELESPIN;; CONTRA CHECK & SWITCH; NATURAL TELEMAR TO SCAR;**
 1-2 Comm LF trn fwd L to DLC, cont trn sd R (W heel trn), bk & sd L no weight (W fwd R/fwd L to spn LF); Fwd L spn LF (W cont spn fwd R to CP), cl R to CP/DRC, hold;
 3-4 LF upper body trn fwd L, rec R comm RF trn leave L almost in pl, bk L to fc DLW; Fwd R comm RF trn, sd L cont trn (W heel trn), fwd & sd R to SCAR;
- 5-8 **TWINKLE TO BJO/RL0D; FWD & POINT; IMPETUS TO SCP; PICK UP, SIDE, CLOSE;**
 5-6 Fwd L, fwd R trng LF to fc RLOD, cl L to R; Fwd R, pt L to RLOD, hold;
 7-8 Bk L comm RF trn, cl R w heel trn (W fwd L arnd M trng to SCP), fwd L in SCP; Fwd R in SCP (W fwd L/swvl to CP), sd L, cl R to L to CP/DLC;
- 9-12 **DIAMOND TURN;;;;**
 9-10 Fwd L, trng ¼ LF sd R to BJO fcg DRC, bk L; Bk R, trng ¼ LF sd L to fc DRW, fwd R;
 11-12 Fwd L, trng ¼ LF sd R to fc DLW, bk L; Bk R, trng ¼ LF sd L to fc DLC, fwd R;
- 13-16 **TWO LEFT TURNS;; HOVER TO SCP; PICK UP, SIDE, CLOSE;**
 13-14 Fwd L to DLC comm LF trn , sd R cont trn to fc RLOD, cl L to R; Bk R, bk & sd L small stp trng LF to fc DLW, cl R to L;
 15-16 Fwd L, fwd & sd R rise & trn ¼ LF, fwd L in SCP/DLC; Fwd R in SCP (W fwd L/swvl to CP), sd L, cl R to L to CP/DLC;

PART A MODIFIED

- 1-18 **TELEMAR TO SEMI; NAT HOVER FALLAWAY; SLIP PIVOT TO BJO; MANUVER; SPIN TURN; BOX FIN; DOUBLE REVERSE SPIN TWICE;; HOVER TELEMAR; CROSS PIVOT TO SCAR; CROSS HOVER TO BJO; CROSS HOVER TO SCAR; CROSS HOVER TO SCP; SLOW SIDE LOCK; TELEMAR TO BJO; FORWARD, FORWARD/LOCK, FORWARD; MANUVER; HESITATION CHANGE;**
 Repeat PART A meas 1-18
- 19-20 **TELEMAR TO SCP; PICK UP, SIDE, CLOSE;**
 19-20 Fwd L comm LF trn, sd R cont trn (W heel trn),sd & fwd L in SCP; Fwd R in SCP (W fwd L/swvl to CP), sd L, cl R to L to CP/DLC;

ENDING

- 1-4 **TWO LEFT TURNS;; CANTER; DIP BACK WITH LEG CRAWL;**
 1-2 Fwd L to DLC comm LF trn , sd R cont trn to fc RLOD, cl L to R; Bk R, bk & sd L small stp trng LF to fc DLW, cl R to L;
 3-4 Sd L to DLC, draw R to L, cl R; Bk L (keep R leg extended), hold (W lift L leg along M's outer thigh with toe pointed to floor);

This dance is dedicated to a very good friend of ours, Astrid Samuelsson, presented at her 60th anniversary party.

She and her husband (Jan-Åke) have been dancing in our group for more than 15 years.