

A NATURAL WOMAN

DANCE BY RON & JAN BETZELBERGER

535 MAYFAIR DRIVE, LINCOLN, IL. 62656

CD EK 34946 "CAROLE KING TAPESTRY" TRACK # 12

FOOTWORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED

RHYTHM WALTZ PH III + 2 [DIA TRN, IN & OUT RUNS]

SEQUENCE INTRO A B C BRG A B C D C D END

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AVAILABLE AT "WAL-MART"

SPEED TO SUIT

DATE 10-09

INTRO

1-4 WAIT;; HVR SCP; THRU CHASSE SCP;

CP/WALL Wait;; Fwd L, fwd R rise, rec L SCP; Fwd R trn, sd L/cl R, sd L SCP;

5-8 MANUV; 2 R TRNS CP/LOD;; CANTER SCAR;

Fwd R trn, fwd L trn, cl R CP/RLOD; Bk L trn, sd R trn, cl L; Fwd R trn, sd L trn, cl R CP/LOD;
Stp L, draw R, cl R SCAR/LOD;

PART A

1-4 X HVR BJO; X HVR SCAR; X HVR BJO; MANUV;

XLIF, sd R rise, rec L BJO; XRIF, sd L rise, rec R SCAR; XLIF, sd R rise, rec L BJO;
Fwd R trn, fwd L trn, cl R CP/RLOD;

5-8 BK WALTZ; BK WALTZ; SPN TRN; BOX BK;

Bk L, bk R, cl L; Bk R, bk L, cl R; Bk L pvt, fwd R rise, sd & bk L; Bk R, sd L, cl R CP/LOD;

PART B

1-4 TRN L & R CHASSE; BK BK/LK BK; OP IMP; P/UP;

Fwd L trn, sd R/cl L, sd R; Bk L, bk R/lk L, bk R;
Bk L, cl R trn, fwd L SCP; Fwd R trn, fwd L, cl R CP/LOD

5-8 DIA TURN SCAR/LOD;;;;

Fwd L, sd R, bk L; Bk R, sd L, fwd R; Fwd L, sd R, bk L; Bk R, sd L, fwd R SCAR/LOD;

PART C

1-4 X HVR BJO; X HVR SCAR; X HVR SCP; START IN & OUT RUNS;

REPEAT 1-2 PART A;; XLIF, sd R rise, rec L SCP; Fwd R trn, sd & bk L, bk R;

5-8 FIN IN & OUT RUNS; P/UP CP/LOD; 2 L TURNS CP/WL;;

Bk L trn, sd & fwd R, fwd L; Fwd R trn, fwd L, cl R CP/LOD;
Fwd L trn, sd R trn, cl L; Bk R trn, sd L trn, cl R CP/WL;

BRIDGE

1-4 TWIST BAL L & R;; HVR SCP; THRU CHASSE SCP;

Sd L, XRIB, in ple L; Sd R, XLIB, in ple R; REPEAT 3-4 INTRO;;

5-8 MANUV; 2 R TRNS CP/LOD;; CANTER SCAR;

REPEAT 5-8 INTRO;;;;

PART D

1-4 WALTZ AWY; X WRAP; BK WALTZ; ROLL W ACROSS;

Fwd L trn, fwd R, cl L; Fwd R trn, fwd L trn, cl R FC/RLOD; Bk L, bk R, cl L; Bk R, sd L, cl R LOP/RLOD;

5-8 THRU TWKL; MANUV; 1 R TURN CP/LOD; FWD WALTZ (W DRIFT APT);

XLIF, sd R, cl L; REPEAT 5-6 INTRO;; Fwd R, fwd L, cl R (W bk L, bk R, cl L);

9-12 THRU TWKL; THRU TWKL CP/LOD; 2 L TURNS CP/LOD;;

XLIF, sd R, cl L; XRIF, sd L cl R CP/LOD; REPEAT 7-8 PART C CP/LOD;;

13-16 DIA TURN;;;;

REPEAT 5-8 PART B CP/LOD;;;;

ENDING

1 SD CORTE;

Sd L, melt & look RLOD,-;