

A WHITER SHADE OF PALE

Choreograph: Takao & Setsuko Ito 4-2-43 Honcho Odawarashi Kanagawaken
250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp
Record : "A Whiter Shade Of Pale" CD: SARAH BRIGHTMAN "DIVA" track 10
Rhythm : BOLERO (ph V) Speed: As on CD
Footwork : Opposite, directions for man(lady as noted) Date : Nov 2012 Ver.1.0
Sequence : Intro - A - B - C - A - B - Ending



Meas

INTRO

1~ 8 LOP-FC/Wall Wait 2 meas;; Fwd Break; W Spiral & Nat Top; Sync Insd Trn fc COH; Lunge Break; R Pass fc Wall; Hip Rk 3;

- 1- 2 OP-Fc fc Wall lead hands joined trail foot free for both wait 2 meas;;
3 (Fwd Break) Sd & fwd R body rise, -, fwd L with like contra ck action, rec bk R;
4 (W Spiral & Nat Top) Fwd L commence RF trn lead W LF spiral, -, cont RF trn XRIB of L, sd L fc DC(W fwd R LF spiral on R under right hand fc LOD, -, commence RF trn sd L, XRIF of L fc RDW);
- SQ&Q 5 (Sync Insd Trn) Cont RF trn XRIB of L lead W RF trn under lead hand, -, sd L/XRIB of L, sd R fc COH(W sd L commence RF trn under lead hand, -, cont RF trn R/L, R fc Wall);
6 (Lunge Break) Sd & fwd R body rise, -, lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec(W sd & bk L body rise, -, small stp bk R sit line, rec fwd L);
7 (R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L(W fwd R, -, fwd L commence LF trn, cont LF trn sd R under raised lead hands to fc partner) to Bfly/COH;
8 (Hip Rk 3) Rk sd R hip roll RF, -, rec L hip roll LF, sd R hip roll RF;

Meas

PART A

1~ 8 (CP/Wall) Basic;; Underarm Trn; Prep Aida; Aida Line w/Rks; Swivel Fc & Serpiente;; Thru Spiral & Roll;

- 1- 2 (Basic) Blend CP sd L body rise, -, bk R slip action, rec fwd L; Sd R, -, fwd L slip action, rec bk R;
3 (Underarm Trn) Sd L, -, small stp bk R, rec fwd L(W sd R, -, XLIF of R commence RF trn under lead hand, rec fwd R cont RF trn fc COH);
4 (Prep Aida) Sd & fwd R body rise, -, thru L, sd R commence LF trn fc LOD;
5 (Aida Line w/Rk) Bk L, -, rk fwd R, rec L;
6- 7 (Swivel Fc & Serpiente) Fwd R swivel RF on R fc partner, -, blend Bfly thru L, sd R; XLIF of R, R foot fan CW on L, XRIB of L, sd L;
8 (Thru Spiral & Roll) Thru R LF spiral on R, -, sd & fwd L twd LOD commence LF roll, sd & bk R cont Roll fc partner & Wall;

9~16 Trning Basic;; (handshake)Cross Body W Overtrn(Shadow/Wall); Sweet Heart 3 times;;; W Swivel to Spot Trn; (CP/Wall) Hip Lift;

- 9-10 (Trning Basic) Blend CP sd L body rise strong body RF trn, -, bk R slip action LF trn, cont LF trn rec fwd L fc COH; Sd R body rise, -, fwd L slip action, rec bk R;
11 (Cross Body W Overtrn Shadow) R hands joined sd & bk L LF trn body rise, -, bk R slip action, fwd L LF trn fc Wall(W sd & fwd R body rise, -, fwd L crossing in front of man trning LF, small stp sd R 1/2 LF spin fc Wall);
12-14 (Sweet Heart) Still R hands joined sd R, -, XLIF of R, rec R(W sd L, -, XRIB of L, rec R); Chg L hands joined sd L, -, XRIF of L, rec L(W sd R, -, XLIF of R, rec L); Rejoined R hands sd R, -, XLIF of R, rec R(W sd L, -, XRIB of L, rec R);
15 (W Swivel to Spot Trn) Sd L lead W RF swivel, -, XRIF of L commence LF trn, cont LF trn rec L fc partner & Wall;
16 (Hip Lift) Sd R blend CP, -, slight pressure on left foot lift hip, lower left hip;

Meas

PART B

1~ 8 Sync Trning Basic Overtrn; to A Hinge; & Ronde Lariat; Swivel Fence Line w/Arm; Horseshoe Trn;; (handshake) Shadow Break Bk; W Sync Roll Out(Fc LOD);

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- SQ&Q 1 (Sync Trning Basic Overtrn) Sd L body rise strong body RF trn, -, bk R slip action LF trn/cont LF trn fwd L, fwd & sd R cont LF trn fc Wall (W sd R body rise strong body RF trn, -, fwd L slip action LF trn/bk R cont LF trn, cont LF trn cl L fc LOD);
- Q--- 2 (to A Hinge) Sd L lead W LF swivel, -, -, - (W fwd L twd LOD swivel LF on L, -, relaxing (SS) L knee R foot thru pt head to L, -);
- S- 3 (& Ronde Lariat) Lead W rec/sd & fwd R between woman's feet lead W ronde, -, -, - (W (&SQQ) rec R commence RF trn/sd & fwd L, ronde R foot CW, XRIB of L, sd L twd COH)
- 4 (Swivel Fence Line w/Arm) Sd L LF swivel fc partner & COH body rise, -, XRIF of L bent knee right arm circle CCW in front of body, rec bk L (W fwd R RF trn fc partner & Wall body rise, -, XLIF of R bent knee left arm circle CW in front of body, rec bk R);
- 5- 6 (Horseshoe Trn) Sd & fwd R with right side stretch, -, thru L, rec R raising lead hands; Fwd L commence LF trn, -, fwd R commence circle walk, fwd L complete circle walk to fc partner & Wall (W fwd R commence RF trn, -, fwd L continue RF circle walk under lead hands, fwd R complete circle walk to fc partner & COH);
- 7 (Shadow Break Bk) R hands joined sd R LF trn fc LOD, -, small stp bk L, rec fwd R;
- SQ 8 (W Sync Roll Out) Fwd ck L lead W LF trn, -, small stp bk R, rec fwd L (W fwd R body (SQ&Q&) rise slightly RF body trn, -, fwd L commence LF roll/ cont roll R, L/R fc RLOD);

Meas

PART C

- 1~ 8 **Fwd Break; W Spiral & Nat Top; Sync Insd Trn fc Wall;**
Lunge Break; Checked R Pass; M Swivel & Fwd Break; Riff Trns;
(CP/Wall) Sync Hip Rks;

- 1 (Fwd Break) Sd & fwd R body rise, -, fwd L with like contra ck action, rec bk R;
- 2 (W Spiral & Nat Top) Fwd L commence RF trn lead W LF spiral, -, cont RF trn XRIB of L, sd L fc RDC (W fwd R LF spiral on R under right hand fc COH, -, commence RF trn sd L, XRIF of L fc DW);
- SQ&Q 3 (Sync Insd Trn) Cont RF trn XRIB of L lead W RF trn under lead hand, -, sd L/XRIB of L, sd R fc Wall (W sd L commence RF trn under lead hand, -, cont RF trn R/L, R fc COH);
- 4 (Lunge Break) Sd & fwd R body rise, -, lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec (W sd & bk L body rise, -, small stp bk R sit line, rec fwd L);
- 5 (Checked R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L (W fwd R, -, XLIF of R, sd & bk R) mod wrap both fc COH;
- 6 (M Swivel & Fwd Break) Fwd R swivel RF on R body rise, -, fwd L with contra ck like action, rec bk R;
- QQQQ 7 (Riff Trns) Sd L lead W RF spin under lead hands, cl R, sd L lead W RF spin under lead hands, cl R (W sd & fwd R RF spin on R, cl L, sd & fwd R RF spin on R, cl L);
- SQ&Q 8 (Sync Hip Rks) Blend CP rk sd L hip roll LF, -, rec R hip roll RF/sd L hip roll LF rec, R hip roll RF;

Meas

ENDING

- 1+ **OP Contra Ck; & Extend**

- SS 1 (OP Contra Ck) R hands joined sd & fwd R commence upper body LF trn, -, flexing knees with strong R side lead ck fwd L, -; & Extend