

ALEXANDROVSKI

[Russian Folk Dance Music]



Choreo : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music : PEPE PD-0009 CD Track 7 e-mail : d-doi@tcp-ip.or.jp
available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Waltz Phase V + 2 [Traveling Hover Cross, Same Foot Lunge] + 1 [Tipple Chasse Pivot]
Sequence : Intro - A - B - A - B(1-14) - Ending **Speed** : 29 MPM
Timing : 123 unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 4 WAIT;; LUNGE & SIT LINE REC SCP; PICK UP DBL LKS;

- 1-2 {Wait} LOP Fcg Pos fc Wall lead ft free wait 2 meas;;
3 {Lunge & Sit Line Recover SCP} Flex R knee slight body trn LF move L leg sd & bk free arm extended up & bk look at ptr, rise on R, sd & fwd L (W sm bk R relax knee leave L leg fwd free arm extended up, rec L, sd & fwd R) end SCP LOD;
12&3& 4 {Pick Up Double Locks} Thru R, comm pick W up fwd L/lk RIB, cont pick up fwd L/lk RIB (W thru L comm trn LF, sd & slightly bk R/cont trn lk LIF, bk R/cont trn lk LIF) end CP DLC;

PART A

1 - 4 REV FALLAWAY TO BJO; BK TO QK RISING LK; TRN L & R CHASSE; W ACROSS TO SCAR;

- 12&3 1 {Reverse Fallaway To Bjo} Fwd L trn LF with right sd stretch, sd R cont stretch/XLIB in CBMP with right shoulder lead, bk R lead W to trn LF to Bjo (W bk R trn LF, sd L/XRIB, trn LF fwd L outsd ptr in CBMP) end Bjo RLOD;
123& 2 {Back To Quick Rising Lock} Bk L, bk R comm trn LF, sd & fwd L cont trn/lk RIB to CP DLC;
12&3 3 {Turn Left & Right Chasse} Fwd L trn 1/8 LF, sd R/cl L, sd R trn 1/8 LF end Bjo DRC;
4 {W Across To Scar} Bk L in CBMP, bk & sd R blend to CP lead W to step outsd ptr, bk L in CBMP (W fwd R, fwd L, fwd R) end Scar RLOD;

5 - 8 REV IMPETUS; BK TO VIEN X; DBL REV; CHG OF DIR;

- 5 {Reverse Impetus} Bk R comm trn 7/8 LF, with left sd stretch cl L heel trn then rise on ball of L, cont trn with left sd stretch sd & bk R (W fwd L outsd ptr comm trn LF, stay well into M's right arm with right sd stretch cont trn sd R around M with rising on ball of R, cont trn with right sd stretch sd & fwd L) end Bjo DRC;
123& 6 {Back To Viennese Cross} Bk L well under body in CBMP comm trn LF, bk R cont trn, sd L/cont trn cl R (W fwd R outsd ptr in CBMP comm trn LF, fwd L cont trn, sd R/cont trn lk LIF) end CP DLC;
(123&) 7 {Double Reverse Spin} Fwd L comm trn LF, sd R, spin LF on ball of R bring L beside R with no wgt flex knees (W bk R comm trn LF, cl L heel trn, cont trn sd R/cont trn lk LIF) end CP DLW;
8 {Change Of Direction} Fwd L, fwd R with right shoulder lead trn LF, draw L to R end CP DLC;

9 - 12 CL TELE; SYNC NAT TELE; HAIRPIN; SYNC ROYAL SPIN;

- 9 {Closed Telemark} Fwd L, fwd & sd R around W trn LF, cont trn sd & fwd L (W bk R, cl L heel trn, cont trn sd & bk R) end Bjo DLW;
- 123& 10 {Syncopated Natural Telemark} Fwd R outsd ptr comm trn RF, sd L with left sd stretch cont trn, sd & fwd R/XLIF outsd ptr (W bk L comm trn RF, cl R heel trn with right sd stretch, cont trn sd & slightly bk L/XRIB) end Scar DLW;
- 11 {Hairpin} Fwd R between W's feet to CP, fwd L, with strong curve to right with left sd stretch fwd R outsd ptr chkg on toe (W sd & bk L, bk R, with strong right curve bk L high on toes in contra Bjo Pos) end Bjo DRW;
- 12&3 12 {Syncopated Royal Spin} Comm RF upper body trn sm bk L toe in with right sd lead, cont trn fwd R outsd ptr/cont trn sd & fwd L, cont trn chk fwd R outsd ptr (W comm RF upper body trn fwd R outsd ptr, cont trn ronde L CW/cont ronde, cl L) end Bjo RLOD;

13 - 16 TIPPLE CHASSE PVT; SPIN OVRTRN; BK CHASSE SCP; CHAIR & SLIP;

- 12&3 13 {Tipple Chasse Pivot} Comm RF upper body trn bk L, cont trn sd R with left sd stretch/cl L, cont trn sd & fwd R twd LOD pivot 1/2 RF end CP RLOD;
- 14 {Spin Overturn} Comm RF upper body trn bk L pivot 1/2 RF to fc LOD, fwd R between W's feet cont trn 3/8 to fc DRW leave L leg extend bk & sd, rec sd & bk L (W fwd R between M's feet pivot 1/2 RF, bk L toe cont trn brush R to L, sd & fwd R) end CP DRW;
- 12&3 15 {Back Chasse To SCP} Bk R trn LF to fc Wall, sd L/cl R, sd L to SCP DLW;
- 16 {Chair & Slip} Lunge thru R, rec L no rise, slip bk R (W swivel LF on R step fwd L) end CP DLC;

PART B

1 - 4 MINI TELESPIN;; SLO CONTRA CHK; SLO REC SWITCH;

- 1-2 {Mini Telespin} Fwd L comm trn LF, sd R cont trn, bk & sd L no wgt;
- 1&23 trn body LF no wgt lead W to CP/fwd L spin LF draw R to L, cl R flex knees, hold (W bk R comm trn LF, cl L heel trn, fwd R; fwd L trn LF/fwd R cont trn to CP head to left draw L to R, cl L flex knees, hold) end CP DRC;
- 3 {Slow Contra Check} Comm upper body trn LF flex knees with strong right sd lead move L ft fwd in CBMP, shift wgt to L, extend;
- 4 {Slow Recover Switch} Rec R comm trn RF, cont trn leave L ft almost in place, cont trn rec L with soft knees end CP DLW;

5 - 8 TRAVELING HVR X;; OPN TELE; THRU TO HINGE;

- 5-6 {Traveling Hover Cross} Fwd R comm trn RF, sd L with left sd stretch, cont trn sd R to Scar DLC (W bk L comm trn RF, cl R heel trn with right sd stretch, cont trn sd L);
- 12&3 XLIF, fwd R between W's feet blend to CP/sd & fwd L, fwd R outsd ptr in CBMP (W XRIB, sd & bk L/bk R, bk L in CBMP) end Bjo DLC;
- 7 {Open Telemark} Fwd L comm trn LF, sd R cont trn, sd & fwd L (W bk R, cl L heel trn, sd & fwd R) end SCP DLW;
- (12&3) 8 {Thru To Hinge} Thru R, sd & slightly fwd L, relax L knee sway right look at ptr (W thru L, trn LF sd R/XLIB keep left sd twd ptr, relax L knee head to left extend R ft twd RLOD);

**9 - 12 REC W SWVL TO SM FT LUNGE LINE;; TELEMAR END SCP;
THRU CHASSE BJO;**

- 9-10 {Recover W Swivel To Same Foot Lunge Line} Rec R, rise on R, draw L to R; flex R knee extend L leg twd LOD, cont lower with right sd stretch look ptr,- (W rec R, swivel RF on R, draw L to R; flex R knee extend L leg twd LOD, cont lower look well left,-);
- 1&23 11 {Telemark Ending To SCP} Take partial wgt to L with body rotation LF/trn LF on L, sd R cont trn, sd & fwd L (W fwd L comm trn LF/sd R cont trn, cl L heel trn, cont trn sd & fwd R) end SCP LOD;
- 12&3 12 {Through Chasse To Bjo} Thru R trn RF to fc ptr, sd L/cl R, sd & slightly fwd L to Bjo DLW;

13 - 16 NAT FALLAWAY WEAVE;; MANUV; HESIT CHG;

- 13-14 {Natural Fallaway Weave} Fwd R outsd ptr trn 1/4 RF, sd L with left side stretch, sd & bk R twd DLC; with right side stretch bk L in CBMP lead W to Fallaway Pos, bk R comm trn LF lead W to CP, with left side stretch sd & fwd L (W bk L comm trn RF, cl R heel trn, sd & fwd L; cont trn XRIB to Fallaway Pos, slip pivot LF sd & fwd L, cont trn sd & bk R) end Bjo DLW;
- 15 {Maneuver} Fwd R outsd ptr trn 1/4 RF, sd L cont trn to fc RLOD, cl R end CP RLOD;
- 16 {Hesitation Change} Comm RF upper body trn bk L, cont trn sd R, draw L to R end CP DLC;

REPEAT PART A

REPEAT PART B MEAS 1 THRU 14

END

1 - 2 MANUV PREP TO R LUNGE & EXTEND;;

- 1 {Maneuver Preparation} Fwd R outsd ptr comm trn RF, sd L cont trn to fc COH, tch R to L (W bk L comm trn RF, sd R cont trn to fc Wall, tch L to R) end CP COH;
- 2 {Right Lunge & Extend } Flex L knee move R ft sd & fwd, shift wgt to R, flex R knee slight body trn LF look at ptr (W look well left);