

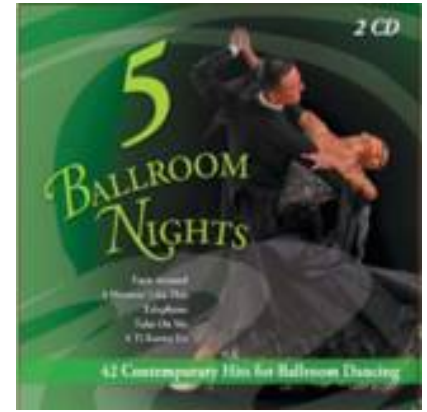
ANTICIPATION

Music: DanceHouse
www.amazon.co.uk/ *Ballroom Nights 5*
Track # 4 Time 3:44
Available from choreographer

Rhythm: Waltz Phase: IV+1 (DBL Reverse Spin)

Footwork: Opposite except where (Noted)

Release Date: Nov 16
Choreo : Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
Email: jos.dierickx@telenet.be
Sequence: INTRO A(5-16) BRIDGE-1 AB AB BRIDGE-2 A(9-16) END



INTRO

01-04 CP DLC LEAD FOOT FREE WAIT 2 MEASURES ; ; DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ;
{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 ; {Chng of Direction} [1,2-] Fwd L, fwd R trng LF 1/4, draw L to CP DLC ;

PART A

01-04 DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ; DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ;
{DBL Reverse Spin to DLW} Repeat meas 3 Intro ; {Chng of Direction} Repeat meas 4 Intro ; {DBL Reverse Spin to DLW} Repeat meas 3 Intro ; {Chng of Direction} Repeat meas 4 Intro ;

05-08 REVERSE WAVE ; ; SPIN TURN ; BOX FINISH ;
{Reverse Wave} Fwd L starting LF bdy trn 1/4, sd R LOD, back L (*W Bk R starting LF bdy trn 1/4, cl L to R [heel trn], fwd R*) CP M fcg COH ; Bk R to WALL comm curving left face, bk L curving LF, bk R to end fcg RLOD (*W fwd L comm curving LF, fwd R curving LF, fwd L to end fcg LOD*) CP RLOD ; {Spin Turn} Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R between M's ft*) to CP DLW ; {Box Finish} Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

09-12 VIENNESE TURNS TWICE ; ; ; ;
{Viennese Turns} 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 ; Repeat meas 9,10 Part A ; ;

13-16 HOVER TELE to SCP ; CROSS HESITATION ; BACK BACK/LOCK BACK ; HESITATION CHANGE ;
{Hover Tele} Fwd L, fwd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {Cross Hesitation} [S,-,-/SQQ] Fwd R, w/o chg wgt trn 1/4 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 ; {Bk Bk/Lk Bk} (12&3) Bk L, bk R/lk Lif, bk R to BJO ; {Hesitation Chng} [SS] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

BRIDGE 1

01-03 TURN LEFT & R-CHASSE to BJO ; IMPETUS to SCP ; CHAIR & SLIP ;
{Trn Left & R Chasse to BJO} [SQ&Q] Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO RLOD ; {Impetus to SCP} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; {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 ;

REPEAT PART A

PART B

01-04 DIAMOND TURN ; ; ; ;
{Diamond Turn} Fwd L trng LF, compg 1/4 LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg 1/4 LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, compg 1/4 LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg 1/4 LF trn, fwd R to BJO DLC ;

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05-08 TELEMARK to SCP ; NATURAL HOVER FALLAWAY ; CHECK BK & REC to WHIPLASH BJO ; IMPETUS to ½ OP :

{**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 ; {**Natural Hover Fallaway**} Fwd R, fwd L risg & trng RF, rec R (*W fwd L, trng RF fwd R, rec L*) to SCP DRW ; {**Chk Bk & Rec to Whiplash BJO**} [SS] Bk L in SCP in fallaway ckg, rec R pt L to DRW trn body LF to swivel W (*W bk R in SCP ckg, rec L swivel LF ronde R CCW*) to BJO DRW, - ; {**Impetus to ½ OP**} Repeat meas 2 Bridge 1 to ½ OP ;

09-12 OP IN & OUT RUNS TWICE ; ; ; ;

{**Op In & Out Runs x 2**} Fwd R begin RF trn, sd & fwd L XIF of W cont trn, sd & fwd R to 1/2 LOP LOD w/ free arms out to sd (*W fwd R, L, R*) ; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L XIF of M cont trn, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; Repeat meas 9,10 Part B ; ;

13-16 OP NATURAL ; OVER SPIN TURN ; BACK & CHASSE to SCP ; SLOW SIDE LOCK :

{**OP Natural**} Thru R stg RF trn, contg RF trn sd L in frt of W, bk R (*W fwd L, fwd R btwn man's feet, fwd L*) to BJO RLOD ; {**Over Spin Turn**} Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; {**Bk & Chasse to SCP**} [SQ&Q] Bk R trng LF, sd L/cl R, sd & fwd L to SCP LOD ; {**Slow Sd Lk**} Thru R, fwd & sd L rising trng LF, cl R (*W Thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

17-20 OP REVERSE TURN ; HOVER CORTE ; SLOW OUTSIDE SWIVEL ; CHAIR & SLIP :

{**OP Reverse Turn**} 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 in pl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; {**Outsd Swivel**} [S] Bk L trng body RF, draw R across L (*W fwd R, swivel RF*) to SCP LOD, - ; {**Chair & Slip**} Repeat meas 3 Bridge 1 ;

REPEAT PART A & B

BRIDGE 2

01-02 PROGRESSIVE BOX ; ;

{**Progressive Box**} Fwd L, fwd & sd R, cl L w/ R-sd Stretch ; Fwd R, fwd & sd L, cl R w L-sd stretch to BJO DLC ;

REPEAT PART A (9-15)

ENDING

01-03 TELEMARK to SCP ; THRU to PROMENADE SWAY ; SLOW CHANGE to OVERSWAY :

{**Telemark to SCP**} Repeat meas 5 Part B ; {**Thru to a Promenade Sway**} [SS] Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; {**Chng to Oversway**} With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ;