

BORN AGAIN

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Music: With You I'm Born Again by Ross Mitchell, His Band & Singers
From the CD album The Best Of The Dansan Years, Vol. 3
Available from iTunes Music Downloads

Rhythm/Phase: Waltz Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B C Bridge A B C (1-12) Ending

..... INTRODUCTION (4 Measures)

BFLY POS FCNG WALL W/ LEAD FEET FREE WAIT 2 MEAS;; TWIRL VINE 3; PKUP IN 3;

[1 & 2] In bfly pos fcng wall with lead feet free wait 2 measures;; [3] With partners fcng M's left and W's right hands joined sd L, XRIB, sd L; (W sd & fwd R turning 1/2 rf under joined hands, sd & bk L turning 1/2 rf, sd R;) [4] Toward LOD thru R picking up W clsd pos, sd L, cl R;

..... PART A (16 Measures)

OPN REVERSE TURN; STEP BK & CHASSE BJO; CURVED FEATHER CHKNG; BACK PASSING CHNG; BOX FINISH WALL; HOVER SEMI; PKUP IN 3; MINI TELESPIIN DRC;; CONTRA CHK, REC, & SWITCH; NATURAL TELEMAR SDCAR; HOVER CROSS ENDING; TOP SPIN BJO CHKNG; TO ANOTHER TOP SPIN; BACK WHISK; PKUP IN 3;

[1] In clsd pos fwd L turning lf 1/8 to 1/4, continue lf turn sd R, bk L to CBMP; [2] Commence lf turn toward wall step bk R, sd L/cl R, sd L blnd bjo pos DLW; [3] Fwd R in CBMP commence rf turn, with left side stretch continue rf turn sd & fwd L, continue upper body turn to right with left side stretch fwd R outside partner in CBMP end fcng DRW; [4] Bk L, bk R, bk L; [5] Commencing lf turn toward wall sd & bk R, continue lf turn sd L fc wall, cl R; [6] Fwd L, fwd & sd R rising to ball of foot, rec L to tight semi-clsd pos; [7] Toward LOD thru R picking up W clsd pos, sd L, cl R; [8 & 9] Fwd L commence to turn lf, sd R turning approx 3/8, bk & sd L no weight light pressure inside edge of toe keeping left side in towards W/turn body lf with no weight to lead W to clsd pos commence spin lf; Fwd L continue spin lf on left drawing R to left under body, cl R flexing knees, hold fcng DRC; (W bk R commence to turn lf, cl L to right heel turn 1/2 lf, fwd R keep right side in toward M/fwd L turning lf toward partner head to the right; Fwd R to clsd pos head to the left spinning lf draw L to right under body, cl L flexing knees, hold;)
[10] Commence lf upper body turn flexing knees with strong right side lead check fwd L in CBMP, rec R commence strong rf turn, bk L continuing strong rf turn with up to 5/8 turn ending clsd pos LOD;
[11] Fwd R commence to turn rf, sd L with left side stretch, continue rf turn sd & fwd R small step ending sdcAR pos DLW; [12] With right side stretch fwd L across right on toe, rec R/with left side lead sd & fwd L, with left side stretch fwd R outside partner in CBMP DLC; [13] Commence lf turn stepping bk L, continue turn bk R/sd & slightly fwd L toward wall continue turn, fwd R bjo pos DLW chkng;
[14] Commence lf turn stepping bk L, continue turn bk R/sd & slightly fwd L toward RLOD, continue lf turn sd & bk R to end bjo pos fcng DLW [overturned top spin]; [15] Bk L, bk & sd R, XLIB of right finish semi-clsd pos; [16] Toward LOD thru R picking up W clsd pos, sd L, cl R;

..... PART B (9 Measures)

2 LT TURNS FC LOD;; REVERSE FALLAWAY & SLIP; FWD WALTZ; CURVED FEATHER CHKNG; OUTSIDE SPIN; BACK TURNING LOCK; MANUV; HESITATION CHNG;

[1 & 2] Fwd L commence up to 1/4 lf turn, continue turn sd R diag across line of progression turning up to 1/4 lf, cl L; Bk R commence up to 1/4 lf turn, continue turn sd L toward line of progression turning up to 1/4 lf, cl R ending clsd pos LOD; [3] Fwd L commence to turn lf, bk R with left side lead in fallaway pos, bk L in CBMP well under body in fallaway pos/turning lf slip right past left toeing in with small step bk R leaving left foot fwd in CBMP continuing lf turn 1/4 and flexing into right knee; (W bk R, bk L with left side lead in fallaway pos, bk R in CBMP well under body in fallaway pos 5/8 turn lf/continue lf turn slip left past right fwd L in CBMP into clsd pos flexing left knee;) [4] Fwd L, fwd R, fwd L; [5] Fwd R in CBMP commence to turn rf, with left side stretch continue rf turn sd & fwd L, continue upper body turn to right with left side stretch fwd R outside partner in CBMP DRW; [6] Prepare to lead W outside partner

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commence rf body turn toeing in with right side lead bk L in CBMP small step 3/8 turn to right, fwd R heel to toe continue rf turn, sd & bk L to end clsd pos fcng RLOD; (W commence rf body turn with left side lead staying well in the M's right arm fwd R in CBMP outside partner heel toe, cl L to right on toes of both feet 5/8 turn, continue rf turn fwd R between M's feet to end clsd pos;) [7] Bk R with right side lead and right side stretch/XLIF of right, bk & slightly sd R starting lf turn, sd & slightly fwd L to CBMP making 1/4 lf turn as body turns slightly less; [8] Fwd R commence rf upper body turn, continue rf turn to fc partner sd L, cl R; [9] Commence rf upper body turn bk L, sd R continue rf turn, draw L to right;

..... PART C (16 Measures)

VIENNESE TURNS TWICE;;; FWD WALTZ; MANUV; IMPETUS SEMI; PKUP IN 3;
LEFT TURNING BOX;;; OPN TELEMAR; THRU & SEMI CHASSE TWICE;; PKUP
IN 3;

[1 - 4] Fwd L commence lf turn, sd R continue lf turn, XLIF of right; Bk R continue lf turn, sd L continue lf turn, cl R to left ending clsd pos LOD; Repeat measures 1 & 2;; [5] Fwd L, fwd R, fwd L; [6] Fwd R commence rf upper body turn, continue rf turn to fc partner sd L, cl R; [7] Commence rf upper body turn bk L, cl R heel turn continuing rf turn, complete turn fwd L in tight semi-clsd pos; [8] Toward LOD thru R picking up W clsd pos, sd L, cl R; [9 - 12] Fwd L commence 1/4 lf turn, complete turn sd R, cl L; Bk R commence 1/4 lf turn, complete turn sd L, cl R; Repeat measures 9 & 10 ending clsd pos LOD;; [13] Fwd L commencing to turn lf, sd R continue lf turn, sd & slightly fwd L to end loose semi-clsd pos; [14 & 15] Toward LOD thru R, fwd L/cl R, fwd L; Thru R, fwd L/cl R, fwd L; [16] Toward LOD thru R picking up W clsd pos, sd L, cl R;

..... BRIDGE (3 Measures)

DRAG HESITATION; IMPETUS SEMI; PKUP IN 3;

[1] Fwd L commence lf turn, sd R continue lf turn, draw L toward right end bjo pos; [2] Commence rf upper body turn bk L, cl R heel turn continuing rf turn, complete turn fwd L in tight semi-clsd pos; [3] Toward LOD thru R picking up W clsd pos, sd L, cl R;

..... ENDING (2 Measures)

FWD WALTZ; SLOW RT LUNGE;

[1] Fwd L, fwd R, fwd L; [2] Fwd & slightly sd R with soft lunging action flexing right knee rotating upper body slightly lf, hold, hold;