

BREATHLESS



Choreographers: Brent & Judy Moore,

10075 McCormick Place, Knoxville, TN 37923

(865) 694-0200 Internet: DanceMoore@aol.com

Music: Parandi Sound Rimini Open Vol 5., Balls of Fire, Ballroom CD-202, Track 17

Footwork: Opposite, directions for man (lady as noted)

Phase & Rhythm: Phase VI - Foxtrot

Difficulty: Average

Sequence: Intro, A, B, A(1-8), C, B, A(1-8), End

2006

INTRODUCTION

1-4 WAIT 1; TWIST VINE 4; HOVER CROSS ENDING; TELEMAR to HALF OPEN;

1 [Wait SS] bfly fc sdcR LOD, lead feet free;

2 [Twst Vine 4 QQQQ] Fwd XLIFR (XRIBL) in sdcR, slght trn LF sd & bk R, XLIBR (XRIFL), trn RF sd & fwd R bfly sdcR DLW slght lft sway;

3 [Hover Cross End QQQQ] Toe ck fwd L sdcR lft sway, rec R lose sway, sd & fwd L DLC, fwd R blnd to bjo DLC;

4 [Telemark Half Opn SQQ] Fwd L trn LF,-, sd & fwd R trn LF (lady heel trn), release lead hnds sd & fwd L in half opn DLW;

PART A

1-8 OPEN IN & OUT RUNS;; RUNNING OPEN NATURAL; BACK WAVE; BACK TIPPLE CHASSE w/LEFT SWAY & PIVOT; BACK FEATHER; FEATHER FINISH; CHANGE of DIRECTION;

1-2 [Opn In & Out Run SQQSQQ] Trn RF thru R across lady,-, sd & bk L trn RF slight sway right (fwd R), sd & fwd R to ½ opn LOD; fwd L body trn R (fwd R trn RF across man) ,-, sd & fwd R cont body trn RF (sd & bk trn RF), sd & fwd L to blnd semi LOD;

3 [Run Open Nat S&QQ] Trn RF thru R,-/ slight sway right sd & bk L trn RF chnge to lft sway, sd & bk R to bjo, bk L in bjo bkng LOD;

4 [Bk Wave SQQ] Bk R to cp,-, bk L left sd lead (lady heel lead) slight curve to left, bk R in cp fc RLOD;

5 [Tipple Chasse Pvt SQ&Q] Trn RF bk L cp DCR shape to lft,-,sd R/cl L trn RF, fwd R DLW lose shape pvt RF & chnge to rght shape;

6 [Bk Feather SQQ] Sd & slght fwd L DLW trng body RF to bjo slght lft shape,-, bk R in bjo, bk L in bjo bkng DLC;

7 [Feather Finish SQQ] Bk R to cp trn LF,-, sd & fwd L slight LF trn, fwd R bjo DLW;

8 [Chng Dir SS] Fwd L trng body to cp fc DLW,-, trn LF fwd R on inside edge cont trn LF to whole foot draw L toward R to fc DLC slght rise ,-;

9-16 REVERSE WAVE 3 to CHECK & WEAVE 3;; DOUBLE LILT; WEAVE ENDING; THREE STEP; NATURAL WEAVE;; CHANGE of DIRECTION;

9-10 [Rev Wave Ck & Weave 3 SQQSQQ] Fwd L trn LF,-, fwd & sd R trn LF (lady heel trn), bk L cp fc DRC; bk R cking,-, rec fwd L trn LF, sd & bk R in bjo bkng DLC;

11 [Dble Lilt S&S&] bk L in bjo rise,-/sml stp R & lwr, bk L in bjo rise,-/sml stp R & lwr bjo mvg DLC;

12 [Weave End QQQQ] Bk L in bjo, bk R to cp trn LF, sd & fwd L DLW to bjo, fwd R in bjo DLW;

13 [3 Step SQQ] Fwd L trng LF to cp DLW,-, fwd R on heel slight right sd lead, fwd L toe heel to cp DLW;

14-15 [Nat Weave SQQQQQQ] Trn RF fwd R,-, sd & fwd L trn RF slight sway right (lady heel trn), cont RF trn chng to slight left sway sd & bk R to bjo bkng DLC; bk L in bjo, bk R to cp trn LF, sd & fwd L pointng DLW slight body trn to bjo, fwd R in bjo DLW;

16 [Chng Dir SS] Fwd L trng body to cp fc DLW,-, trn LF fwd R on inside edge cont trn LF to whole foot draw L toward R to fc DLC slght rise ,-;

PART B

1-8 HOVER TELEMAR; FEATHER; COUNTER PROMENADE to EXTENDED FALLAWAY to BACK WING;;; CROSS SWIVELS to SAMEFOOT LUNGE & SHAPE CHANGE;;; TELESPI to HALF OPEN;

1 [Hover Telemark QSQ] Slght body trn LF fwd L, sd & fwd R trn RF,-, sd & fwd L in semi DLC;

2 [Feather SQQ] Thru R,-, slight trn LF fwd L, fwd R bjo DLC (thru L trn LF,-, sd & bk R, bk L bjo);

3-5 [Rev Prom Extnd Fallaway Bk Wing SQQQQQQQQS] Fwd L trn LF to rev prom LOD lady in front, -, fwd R in rev prom, fwd L body trn LF; sd R to fallaway, bk L in fallaway bkng LOD, rise trn LF slip action to bjo bk R, bk L in bjo; body trn LF to CP sd & bk R, body trn LF bk L to sdcR, bk R cking in sdcR bkng LOD,-; (bk R trn LF to rev prom,-, fwd L in rev prom, fwd R body trn RF, sd L to fallaway, bk R in fallaway, slip LF to bjo fwd L, fwd R in bjo, body trn LF to cp fwd L, fwd R body trn LF to sdcR, fwd L in sdcR cking head well left,-;)

BREATHLESS (continued)

- 6 [Cross Swivels S&S&(S&S&a)] Fwd L DRW,-/swvl LF to bjo fc DLW pnt R to sd slightly bk slght lft sway, fwd R LOD lose sway, - /swvl RF to samefoot pos rise - (bk R,-/swvl LF to bjo opn head pnt L sd & fwd, bk L,- /swvl RF to samefoot pos head opn/cl R);
- 7 [Samefoot Lunge SQQ] Slght sway left/lwr on R soften R knee extnd L leg sd & bk,-, change sway to right look at lady, change sway bk to left head left (lwr on R soften R knee head opn,-, strng shape to left look well left cl head, chnge shape body trn RF opn head);
- 8 [Telespin Half Opn - - &QQ(S&QQ)] Body trn LF (fwd L trn LF to CP cl head),-/ fwd L trn LF, sd & fwd R trn LF (lady toe trn), release lead hnds sd & fwd L in half opn DLW;

Repeat PART A (1-8)**PART C****1-8 REVERSE FALLAWAY & SLIP; CONTRA CHECK & SWITCH; RUDOLPH RONDE SLIP; OPEN TELEMAR; CURVED FEATHER CHECK; BACK FEATHER; BACK to SLOW THROWAWAY;:**

- 1 [Rev Fallaway & Slip QQQQ] Fwd L cp DLC trn LF, sd R trn LF, bk L in fallaway bkng DLC, rise trn LF slip pvt action LF to cp bk R sml stp to fc DRW;
- 2 [Contra Ck & Swtch SQQ] Lwr & body trn LF/ fwd L contra ck action,-, rec R sft knee strt strng rise trn RF, rec bk L toe-heel action cp DLC;
- 3 [Rudolph Ronde Slip SQQ] Fwd R btwn W's feet lwer leave L leg extended trn body RF & lead W to ronde CW,-, rec bk L in fallaway, rise slip pvt action bk R to cp DLC (W bk L ronde R cw,-, XRIBL in fallaway, trn LF slip pvt fwd L cp);
- 4 [Open Telemark SQQ] Fwd L trn LF, sd & fwd R trn LF (lady heel trn), sd & fwd L in semi DLW;
- 5 [Curve Feather Ck SQQ] Trn RF thru R,-, fwd & sd L to cp trn RF, strng trn RF sml step fwd R to bjo DRW cking (thru L, trn LF sd R to cp, strng trn RF sml step bk in bjo cking);
- 6 [Bk Feather SQQ] Bk L slght trng body RF (lady opn head),-, bk R in bjo, bk L in bjo bkng DLC;
- 7-8 [Throwaway SSSS] Bk R trn LF,-, sd & fwd L trn LF relax L knee trn LF,- (fwd L trn LF, -, fwd & sd R shrp trn LF swvl foot LF extnd lft leg bk DLC hd rght); slwly comm hip trn LF & sway R (lady slwly develop sway L & extend top up & out closng head) shape to DLC, -, -;

9-16 FALLAWAY RONDE SLIP; DOUBLE REVERSE; HOVER TELEMAR; NATURAL HOVER CROSS & QUICK HOVER CORTE;: ZIG ZAG; OPEN IMPETUS; FEATHER;

- 9 [Fallaway Ronde Slip SQQ] Body trn RF rec bk R /ronde L CCW,-, complete ronde to fallaway bk L, trn LF slip pivot to cp bk R to fc DLC (trn RF sd & bk L/ronde R CW,-, bk R in fallaway, leave L fwd no weight rise trn LF to cp fwd L);
- 10 [Double Reverse SQ&Q] Fwd L trn LF,-, fwd & sd R trn LF/spin LF on R, tch L to R CP DLW (Bk R,-, trn LF on R heel transfer weight to L/fwd & sd R, trn LF XLIFR);
- 11 [Hover Telemark SQQ] Slght body trn LF fwd L,-, sd & fwd R trn RF, sd & fwd L in semi DLW;
- 12-13 [Nat Hover Cross Qk Hover Corte SQQQQQQ] Trn RF fwd R,-, trn RF fwd & sd L, trn RF fwd & sd R to sdcr DLW sway left; toe ck fwd L in sdcr, lose sway rec R trn LF, sd & fwd L to bjo RLOD rise to lady with qk hvr action, rec bk R bjo bkng LOD ;
- 14 [Zig Zag QQQQ] bk L in bjo, trn RF heel pull sd sml stp R to sdcr, fwd L in sdcr mvng LOD, trn LF sd & bk R to bjo mvng LOD;
- 15 [Open Impetus SQQ] Com RF trn Bk L in bjo DLW,-, trn RF on L heel cl R, cont body trn RF sd & fwd L to semi DLC (W trn RF fwd R,-, sd & fwd L trn RF brush R to L, sd & fwd R in semi DLC);
- 16 [Feather SQQ] Thru R,-, slight trn LF fwd L, fwd R bjo DLC (thru L trn LF,-, sd & bk R, bk L bjo);

Repeat PART B
Repeat PART A (1-8)

END**1-3 HOVER TELEMAR; CHECK & ROLL lady TO LUNGE; CROSS ROLL TO LUNGE;**

- 1 [Hover Telemark QSQ] Slght body trn LF fwd L, sd & fwd R trn RF,-, sd & fwd L in semi DLC;
- 2 [Lady Roll to Lunge QQS] Ck thru R strt lady rollout LF retain lead hnds, cl L, sd R DRW lunge line in lft open fc DLW shpe to ptrn,- (fwd L strt LF roll , sd & fwd R trn LF, sd L DLC to lft open DLW lunge line shpe to ptrn,-);
- 3 [Cross Roll QQS] Fwd L comm LF roll DLC (lady RF DRW), sd R cont roll LF (RF), sd L DLC in lunge line (lady DRW) look & shpe to ptrn jn trail hnds;

Sequence: Intro A, B, A(1-8), C, B, A(1-8), End