

De La Mer Waltz

Choreographers: Bob & Sally Nolen
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Rhythm & Phase: Waltz IV + 2 (Outside Spin & Change of Sway) + 1 (Sync Rev Fallaway Weave)
Music: Theme De La Mer - Aldo Capicchioni
Casa Musica MP3 Download [http://www.casa-musica-shop.de/search.aspx?query=theme de la mer](http://www.casa-musica-shop.de/search.aspx?query=theme+de+la+mer)
Speed: Unchanged from Casa Musica MP3 Download site
Sequence: Introduction A A B End

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Introduction

1-4 Wait; Wait; Wait; Change of Direction;

- 1 {Wait} Wait CP LOD/W;
- 2 {Wait} Wait CP LOD/W;
- 3 {Wait} Wait CP LOD/W;
- 4 {Change of Direction} Fwd L diagonally line & wall, fwd R diagonally line & wall R shoulder leading & turn LF, draw L to R & brush; (bk R diagonally line & wall, bk L diagonally line & wall L shoulder leading turn LF, draw R to L & brush;)

Part A

1-4 Open Reverse Turn ; Bk Chassé to BJO LOD/W ; Maneuver ; Open Impetus ;

1,2&3

- 1 {Open Reverse Turn} In CP fwd L turning LF 1/8 to 1/4, cont LF turn sd R, bk L to CBMP; (In CP bk R turning L 1/8 to 1/4, cont LF turn sd L, fwd R to BJO;)
- 2 {Bk & Chassé BJO} BJO R/W - Bk R in BJO R/W, sd & fwd L/W left shoulder leading/cl L to R, fwd R left shoulder leading L/W; (BJO L/COH - fwd L in BJO L/COH trng LF, sd & bk R CPW right shoulder leading/cl L to R, bk R right shoulder leading BJO L/W;)
- 3 {Maneuver} In BJO comm RF turn fwd R, cont RF turn to fac prtnr sd L, complete turn close R CP/RLD; (Small fwd L, sd R, close L CP/LOD;)
- 4 {Open Impetus} CP fcng RLOD - Back L trng RF, cont trng cl R to L to fc DLC, fwd L to end in SCP L/C; (CP fcng LOD - Fwd R trng RF, cont turn side L, brush R to L stepping side on R to end in SCP;)

5-8 Whiplash ; Back Whisk ; Open Natural ; Outside Spin ;

- 5 {Whiplash} From semi-CP thru R, turning body RF point L to LOD hold ending in CP, -; (From semi-CP thru L, swivel on L to fac prtnr & point R to LOD hold ending in CP, -;)
- 6 {Back Whisk} Continue to lead lady to BJO from the whiplash bk L, bk & sd on R, X L in bk of R finishing in semi-CP; (continue LF body rotation from whiplash fwd R, fwd & sd L, X R in bk of L finishing in semi-CP;)
- 7 {Open Natural Turn} In Semi-CP comm RF upper body turn fwd R heel to toe, sd L aX LOD, cont slight RF upper body turn to lead prtnr to stp outsd bk R with R sd leading to BJO pos; (In Semi-CP fwd L, comm LF rotation fwd R, outsd prtnr with L sd leading to BJO pos;)
- 8 {Outside Spin} In BJO preparing to lead woman outsd prtnr comm RF body turn toeing in with L sd lead bk L in BJO small stp 3/8 turn to L on stp 1, fwd R in BJO heel to toe cont to turn RF, [3/8 RF turn between stps 2 & 3] sd & bk L to end in CP 1/4 RF turn on 3; (comm RF body turn with R sd lead staying well in the M's L arm R ft fwd in BJO outsd prtnr heel toe, L ft closes to R ft on toes of both ft 5/8 turn between stps 1 & 2, cont to turn RF 1/4 between stps 2 & 3 fwd R between M's ft to end in CP 1/8 RF turn on stp 3;)

9-12 Syncopated Outside Change SCP ; Sync Vine ; Pkup Fwd Rt Lnge ; Rec Roll & Slip ;

1,2&3

1,2&3

- 9 {Sync Outside Change SCP} Bk R, bk L turning LF R/ sd & fwd L to semi-CP; (fwd L, fwd R, fwd L to semi-CP/ fwd R;)
- 10 {Sync Vine} In Semi-CP thru R, sd L, R bhnd L/ sd L to Scp;
- 11 {Pkup Fwd Rt Lnge} In Semi-CP fwd R picking up, Fwd L, sd fwd & R lnge into a relaxed R knee looking at ptr;
- 12 {Roll And Slip} CP L/W in completed rt lnge position - roll body RF then LF as rec L, cont LF trn as slip R bk past L ft to CP LOD/COH; (CP R/COH in completed rt lnge position - looking well to L roll body LF then RF, as rec R, cont RF trn as slip L fwd past R ft to CP R/COH;)

13-16 Telemark to SCP ; Op In & Out Runs ;; Fwd 3 to BJO LOD/COH ;

- 13 {Telemark to SCP} fwd L commcg to turn LF, sd R continuing LF turn, sd & slightly fwd L to end in tight semi-CP; (bk R commcg to turn L bringing L besd R with no wgt, turn LF on R heel (heel turn) & change wgt to L, sd & slightly fwd R to end in tight semi-CP;)
- 14-15 {Op in & Out Runs} Fwd R starting RF turn, sd & bk diagonal LOD & wall on L to momentary CP, bk L continuing rotation RF R to left half open; Fwd L, sd & fwd R between woM's ft continuing RF turn, fwd L to semi-CP; (fwd L, fwd R between M's ft, fwd L outsd prtnr with L sd leading to left half op pos; fwd R starting RF turn continuing RF rotation to CP RLOD, fwd & sd L continuing turn, fwd R to semi-CP LOD;)
- 16 {Fwd 3 to BJO LOD/COH} Fwd R, Fwd L, Fwd R BJO LOD/COH; (fwd L, sd R, BK L;)

Repeat 'Part A

Part B

1-4 Diamond Turn; ; ; ;

1-4 {Diamond Turn} fwd L turning LF on the diagonal, continuing LF turn sd R, bk L with the prtnr outsd the man in BJO; staying in BJO & turning LF stp R, sd L, fwd R outsd prtnr in BJO; fwd L turning LF on the diagonal, sd R, bk L with the woman outsd the man in BJO; bk R continuing LF turn, sd L, fwd R to designated pos & facing direction; (bk R turning LF on the diagonal, continuing LF turn sd L, fwd R outsd prtnr; fwd L turning LF, sd R, bk L; bk R turning LF, sd L, fwd R outsd prtnr; fwd L turning LF, sd R, bk L to designated pos & facing direction;)

5-8 Open Telemark ; Open Natural Turn ; Ck Bk Ladies Develope ; Outside Check ;

5 {Open Telemark} BJO fcg DLC - Fwd L DLC to CP strtg LF trn, cont RF trn sd R, cont LF trn sd & fwd L DLW in SCP; (BJO fcg DRW - Bk R strtg LF trn, cl L to R trn LF (heel trn), cont LF trn sd & fwd R DLW in SCP;)

6 {Open Natural Turn} In SCP/LOD/W comm RF upper body turn fwd R heel to toe, sd L aX LOD, cont RF upper body turn to lead prtnr to stp outsd bk R with R sd leading to BJO pos; (In SCP/LOD/W comm RF upper body turn bk L, sd R, fwd L outsd prtnr with L sd leading to BJO pos;)

7 {Ck Bk Ladies Develope } Bk L BJO DRCOH chking, -, -; (fwd R, bring L ft up R leg to insd of R knee, extnd L ft fwd;)

8 {Outside Check} Fwd R turning LF 1/8 trn, sd & fwd L, chk fwd R outsd prtnr to BJO; (fwd L turning LF 1/8 trn, sd & bk R, chk bk L outsd prtnr to BJO;)

9-12 Open Impetus ; Semi Chassé ; Open Natural Turn ; Outside Spin ;

9 {Open Impetus } In Bfly fcnng BJO R/COH - Back L trng RF, cont trng cl R to L to fc DLC, fwd L to end in SCP L/COH; (CP fcnng LOD - Fwd R trng RF, cont turn side L, brush R to L stepping side on R to end in SCP;)

1,2&3

10 {Semi Chasse} Fwd R in SCP LOD, sd & fwd L LOD/W left shoulder leading, cl R to L/ fwd L left shoulder leading LOD/W; (SCP LOD/COH - fwd L in SCP LOD/COH, sd & fwd R LOD/COH right shoulder leading/cl L to R, fwd R right shoulder leading LOD/COH;)

11 {Open Natural Turn} In Semi-CP comm RF upper body turn fwd R heel to toe, sd L aX LOD, cont slight RF upper body turn to lead prtnr to stp outsd bk R with R sd leading to BJO pos; (In Semi-CP fwd L, comm LF rotation fwd R, outsd prtnr with L sd leading to BJO pos;)

12 {Outside Spin} In BJO preparing to lead woman outsd prtnr comm RF body turn toeing in with L sd lead bk L in BJO small stp 3/8 turn to L on stp 1, fwd R in BJO heel to toe cont to turn RF, [3/8 RF turn between stps 2 & 3] sd & bk L to end in CP 1/4 RF turn on 3; (comm RF body turn with R sd lead staying well in the M's L arm R ft fwd in BJO outsd prtnr heel toe, L ft closes to R ft on toes of both ft 5/8 turn between stps 1 & 2, cont to turn RF 1/4 between stps 2 & 3 fwd R between M's ft to end in CP 1/8 RF turn on stp 3;)

13-16 Bk Waltz to BJO R/COH ; Bk & Chasse Twirl to BFLY SDCR/LOD ; Ck Fwd & Ladies Develop ; Bk Turning Hover BFLY BJO/R/COH ;

13 {Bk Waltz to BJO} Bk R, bk L, bk R to bjo;

1,2&3

14 {Bk & Chasse Twirl to BFLY SDCR/LOD} Bk L starting to face partner/ sd R, cls L to R ending in BFLY SDCR/LOD/COH;

15 {Ck Fwd & Ladies Develope } Fwd L outsd prtnr chking, -, -; (bk R, bring L ft up R leg to insde of R knee, extnd L ft fwd;)

16 {Bk Turning Hover to BFLY BJO/R/COH} Bk R turning LF, fwd & sd L rising to ball of ft, rec R to BFLY BJO/R/COH; (fwd L turing RF, fwd & sd R & rising to ball of ft, rec L to BFLY BJO/LOD/W;)

17-20 Open Impetus ; Fwd Waltz ; Sync Reverse Fallaway Weave (12&3 2X) BJO ; ;

17 {Open Impetus } In Bfly fcnng BJO R/COH - Back L trng RF, cont trng cl R to L to fc DLC, fwd L to end in SCP DLC; (BJO fcnng LOD - Fwd R trng RF, cont turn side L, brush R to L stepping side on R to end in SCP;)

18 {Fwd Waltz} Fwd R, fwd L, fwd R;

1,2&3

19 {Sync Reverse Fallaway} Scp fwd L turning LF sd R, X L in bk of R/ bk R to BJO RW; (From Scp fwd R, turning LF to momentary CP sd L/ R bk, bk L to Scp RLOD/W;)

1,2&3

20 {Weave to BJO} Bk L LOD, bk R cont LF turn/ sd & fwd L diagonal LOD & wall, fwd R to BJO/W; (bk R LOD outsd the prtnr in BJO fwd L LOD cont turn/ sd R, bk L to BJO RCOH;)

21-24 Open Reverse Turn ; Hover Corte ; Bk Hover to Scp LOD/COH ; Fwd 3 BJO LOD/COH ;

21 {Open Reverse Turn} In BJO fwd L To CP turning LF 1/8 to 1/4, cont LF turn sd R, bk L to BJO; (In CP bk R turning L 1/8 to 1/4, cont LF turn sd L, fwd R to BJO;)

22 {Hover Corte} Bk R starting LF turn, sd & fwd L with hovering action continuing body turn, rec R with R sd leading to BJO pos; (fwd L turning LF, sd & fwd R with hovering action, rec L with L sd leading to BJO pos;)

23 {Bk Hover Scp LOD/COH} Bk L to CP, bk & sd R rising to ball of ft, rec L totight Semi-CP LOD/COH; (bk R to CP, bk & sd L turning to Semi-CP & rising to ball of ft, rec R to tight Semi-CP;)

24 {Fwd 3 to BJO/DLOD/COH} Fwd R, Fwd L, Fwd R BJO LOD/COH;

End

1-4 Open Reverse Turn; Bk Chassé to BJO LOD/W; Maneuver ; Open Impetus ;

- 1,2&3
- 1 {Open Reverse Turn} In BJO fwd L turning LF 1/8 to 1/4, cont LF turn sd R, bk L to CBMP; (In CP bk R turning L 1/8 to 1/4, cont LF turn sd L, fwd R to BJO;)
 - 2 {Bk & Chassé BJO} BJO DRW - Bk R in BJO R/W, sd & fwd L LOD/W left shoulder leading/cl L to R, fwd R left shoulder leading DLW; (BJO LOD/COH - fwd L in BJO LOD/COH trng LF, sd & bk R CPW right shoulder leading/cl L to R, bk R right shoulder leading BJO LOD/W;)
 - 3 {Manuever} In BJO comm RF turn fwd R, cont RF turn to fac prtnr sd L, complete turn close R CP/RLOD; (Small fwd L, sd R, close L CP/LOD;)
 - 4 {Open Impetus } CP fcng R/LOD - Back L trng RF, cont trng cl R to L to fc L/COH, fwd L to end in SCP DLC; (CP fcng LOD - Fwd R trng RF, cont turn side L, brush R to L stepping side on R to end in SCP;)

5-8 Whiplash; Back Whisk ; Sync Swivel Closes ;;

- 1&2,3
- 1&2,3
- 5 {Whiplash} From semi-CP thru R, turning body RF point L to LOD hold ending in CP, -; (From semi-CP thru L, swivel on L to fac prtnr & point R to LOD hold ending in CP, -;)
 - 6 {Back Whisk} Bk R, bk & sd on L, X R in bk of L finishing in semi-CP; (Bk R, fwd & sd L, X R in bk of L finishing in semi-CP;)
 - 7 {Sync Swivel Closes} In Semi-CP thru R/ small sd L CP/W, cls R to L & swivel to Semi-CP, fwd L ; (thru L/ small sd R CP/COH, cls L & swivel, fwd R to Scp;)
 - 8 {Sync Swivel Closes} In Semi-CP thru R/ small sd L CP/W, cls R to L & swivel to Semi-CP, fwd L ; (thru L/ small sd R CP/COH, cls L & swivel, fwd R to Scp;)

9-12 Sync Swivel Close; Sync Vine; Thru to Promenade Sway ; Change to Oversway ;

- 1&2,3
- 1, 2&3
- 9 {Sync Swivel Closes} In Semi-CP thru R/ small sd L CP/W, cls R to L & swivel to Semi-CP, fwd L ; (thru L/ small sd R CP/COH, cls L & swivel, fwd R to Scp;)
 - 10 {Sync Vine} In Semi-CP thru R, sd L/ R bhnd L, sd L ;
 - 11 {Thru to Promenade Sway} Fwd R, sd & fwd L turning to semi-CP & stretching L sd of body slightly upward to look over joined lead hnds, relax L knee; (Fwd L, sd & fwd R turning to semi-CP & stretching R sd of body slightly upward to look over jned lead
 - 12 {Change to Oversway} Relax L knee leaving R leg extnded & stretching L sd of body & looking in designated direction, (relax R knee leaving L leg extnded & stretching R sd looking well to the L,)