

ETERNALLY

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RECORD STAR 176

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM WALTZ PH IV + 2 [CHG OF SWAY-CRVD FTHR] DATE 9-2011

SEQUENCE A B A B [1-15] END

INTRO

1-4 CP LOD 1 NOTE;; DIP BK LEG CRAWL; REC TCH;

Wait;; Bk L,-,-; Rec R, tch L,-;

PART A

1-4 DIAM TRN;;;:

Fwd L, sd R, bk L; Bk R, sd L, fwd R; Fwd L, sd R, bk L; Bk R, sd L, fwd R;

5-8 REV WAV;; CL IMP; FTHR FIN;

Fwd L, fwd R trn, bk L; Bk R, bk L, bk R; Bk L trn, heel trn, sd & bk L; Bk R, sd & fwd L, XRif;

9-12 TELE TO SCP; CRV FTHR; BK, BK/LK BK; OUTSD CHG TO SCP;

Fwd L trn, fwd R trn, sd & fwd L; Fwd R trn, fwd L trn, fwd R & ck;

Bk L, bk R/lk L, bk R; Bk L, bk R trn, sd & fwd L;

13-16 I/O RUNS;; THRU CHASSE TO SCP; THRU SD CL;

Fwd R trn, sd & bk L, bk R; Bk L trn, sd & fwd R trn, fwd L; Thru R trn, sd L/cl R, sd L; Thru R trn, sd L, cl R CP WL;

PART B

1-4 WSK; X HES; IMP TO SCP; PU SCAR;

Fwd L, fwd & sd R rise, XLib; Thru R, trn tch L,-; Bk L, cl R trn, fwd L; Thru R trn, trn sd L, cl R SCAR LOD;

5-8 3 X HVR;;; FWD TCH;

XLif, sd & fwd R rise, fwd & sd L; XRif, sd & fwd L rise, fwd & sd R; XLif, sd & fwd R rise, fwd & sd L; Fwd R, tch L,-;

9-12 3 BK X HVR;;; FTHR FIN;

XLib, sd & bk R rise, bk & sd L; XRif, sd & bk L rise, bk & sd R; XLib, sd & bk R rise, bk & sd L; Bk R, sd & fwd L, XRif;

13-16 TELE TO SCP; THRU SD CL; HVR; PU;

Fwd L trn, fwd R trn, sd & fwd L; Thru R trn, sd L, cl R; Fwd L, fwd & sd R rise, rec L; Thru R trn, trn sd L, cl R CP LOD;

END

1-3 THRU SD CL; PROM SWAY; CHG SWAY;

Thru R trn, sd L, cl R CP WL; Sd & fwd L trn,-, relax knee;  
Change stretch of body and head position with body rotation;