

Choreographer : Jos.Dierickx	ELEGIA
Beverlosestwg. 14 B 2	Music : Prandi Sound – Cd.: Vihren's Collection for Dancing - Standard 09 - Track # 9 Time: 2:18 Speed: 29 Bpm
3583 – Paal - Belgium	Rhythm : Waltz (28 bpm)
Phone : 0032/474.67.83.84	Phase : V + 0 + 1U (Lace Box)
Email:	Footwork : Opposite, except where noted.
Jos.Dierickx@telenet.be	Release Date : Feb.2012
	SEQUENCE : INTRO ABC A(8-15) END

INTRO

01-02	Wait 2 Meas CL POS DLW	- Wait 2 Meas.in CP DLW ; - Wait ;
03	FWD Hover	- Fwd L, sd & fwd R, bk L (<i>W Bk R, sd & bk L, fwd R</i>) ;
04	Closed Finish	- Bk R com LF trn, contg LF trn sd L to mom CP, cl R to CL DLC ;

PART A

01-02	Viennese Turns	- Fwd L comm LF turn, sd R cont LF turn, XLIFR ; - Bk R cont LF turn, sd L cont LF turn, cl R to left fc DLC ;
03	OP Telemark	- Fwd L comm LF trn to diag, fwd and sd R around ptr trng LF, fwd and sd L (<i>W bk R comm LF trn bringing L to R with no weight, cont LF trn on R (heel turn) change weight to L, sd and fwd R</i>) to SCP/DLW;
04	Nat Hover Fallaway	- Forw.R, fwd L with rise & turn RF, rec.bk R (<i>W fwd L, fwd R with Rise & turn Rf to semi, rec.bk L</i>) in fallaway backing LOD) ;
05	To a OP Impetus	- Bk L trng RF, cl R heel turn, fwd L (<i>W bk R under body, Bk L across ptr & LOD brush R to L trng RF, sd & fwd R</i>) end SCP/DLC ;
06-07	In & Out Runs	- Fwd R comm RF trn, sd and bk L twd DLW to CP, bk R to CBMP ; - Bk L trng RF, sd and fwd R Between W's feet cont RF trn, fwd L to SCP ;
08	Whiplash to Bjo LOD	- Thru R, trng LF (<i>W LF</i>) start drawing L toe in an arc to pt to LOD, cont trng BJO/DLW ;
09	Back Whisk	- Bk L slight body trn LF, sd & bk R slight body trn RF, XLIBR to SCP/ DLC ;
10	Fwd & Prom.Sway & Change Sway	- Thru R, sd & fwd L tng to SCP/DLC stretch lft sd upward to look over joined lead hands, relax L knee begin to chg head to look twd wall, cont to chg head to look twd wall chg to rgt sd stretch ;
11	Body Roll to a Hover Semi	- Roll upper body RF, sd & bk R rise on R, fwd & sd L to SCP/ LOD ;
12	OP Natural	- Fwd R, fwd & sd L turn RF, cont sd & bk R to cbdrc w/rt shoulder lead ;
13-14	Bk & Tipple Chasse Pivot to a Spinturn	- Comm upper body trn RF bk L, cont trn sd R with left sd stretch/cl L, cont trn sd & fwd R twd LOD Pivot 1/2 RF end CP RLOD ; - Cont RF pivoting action bk L pivot 1/2 RF, fwd R cont trn, sd & bk L to CP/LOD;
15	Bk Feather to DRC	- Bk R comm Trng LF, sd & bk L cont trng LF, Fwd R to Bjo DRC ;
16	Top Spin	- With toe spin LF on R bk L twd DLC, slip bk R/cont trn sd & fwd L, cont trn fwd R outsd ptr end BJO/LOD ;

PART B

01-04	Lace Box	- Fwd L trng LF to RDC, sd R, cl L to R ; - Bk R trng LF to RDW, sd L, cl R to L (<i>W fwd L,R,Lunder lead arm</i>) ; - Fwd L trng LF to DLW, sd R, cl L tot R (<i>W under lead arm fwd R trng RF,fwd L cont RF trn to fc prtn, cl R to L</i>) ; - Bk R trng LF to DLW, sd L, cl R to L ending CP/DLC ;
05	Close Telemark	- Fwd L start LF trn, fwd & sd cont LF trn R, fwd L (<i>W bk R, bring L to R no wgt trng. LF on R heel trans wgt to L, bk & sd R</i>) to Bjo/DLW ;
06	OP Natural	- Repeat meas 12 Part A ;
07-08	Outs. Spin to Turn. Lock	- Trn body RF toe in bk L small stp, fwd R cont trn outsd ptr, sd & bk L (<i>W Trn Body RF fwd R outsd ptr, cl L to R cont trn, fwd R CP</i>) to CP DRC ; - Bk R with right sd lead and right sd stretch/lk LIF, bk & slightly sd R trn 1/4 LF, sd & fwd L ,- (<i>W fwd L with left sd lead and left sd stretch/lk RIB, fwd & slightly sd L trn 1/4 LF, sd & bk R</i>) end BJO/DLW ;
09	Cross Pivot	- Fwd R DW outsd ptr comm RF trn, sd DW L cont RF trn, trng strongly RF on L step sd R (<i>W bk L comm RF trn, close R no wgt for heel trn and cont trn chngng wgt to R, sd L</i>) to SCAR/DLW ;
10-12	3 Cross Hovers end in Semi	- XLIFR, sd R rise, rec L BJO ; - XRIFL, sd L rise, rec R SCAR ; - XLIFR, sd R rise, rec L to SCP/LOD ;
13-14	Weave 6 to BJO	- Thru R, fwd L comm LF trn to CP (<i>W trn LF to PU</i>), cont trng LF sd and bk R to BJO/RL0D ; - Bk L, cont LF trn bk R, Sd and fwd L cont trn to BJO/DLW ;
15-16	Nat. Hover Cross w/ Syncop. Ending	- Repeat Meas 9 Part B ; - Fwd L across R to SCAR/rec R, sd & fwd L to BJO/DLC, fwd R to BJO/DLC ;
17	Turn Left & R Chasse Bjo	- Fwd L comm LF trn, cont trng LF sd R/cl L, sd & bk R to BJO/DRC ;
18	Hesitation Change	- Comm RF trn bk L, sd R cont trn, draw L to R CP/DLC ;
19	Double Reverse Spin	- Fwd L comm LF trn, sd R cont turn, spin LF on ball of R (<i>W Bk R comm LF trn, close L to R [heel (12&3) turn] /sd & bk R cont LF trn, XLIFR</i>) ;

PART C

01-04	Diamond Turn	- Fwd L trn LF to DRC, sd R,XLIBR CBJO ; - Bk R trng LF to DRW, sd L, XRIFL ; - Repeat meas 1-2 Part CBJO/DLC ; ;
05	Fwd Waltz	- Fwd L, sd & fwd R, cl L ;
06	OP Natural	- Repeat meas 12 Part A ;
07-08	Outs. Spin & R. Turn. Lock	- Repeat meas 7 Part B ; - Bk R DW w/R sd lead comm to trn R/XLIFR, cont R trn sd & fwd R between W's ft, fwd L (<i>W Fwd L w/L sd lead comm to trn R/XRIBL, fwd & sd L cont trng R, fwd R</i>) to SCP/LOD ;
09	Manuver/Pivot 2	- Fwd R strt trn RF, trn RF sd L pvt action, fwd R pvt RF ;
10	Pivot 2 & Step to Semi	- Cont trn RF sd L pvt action, fwd R pvt RF rise, sd & fwd L to SCP/LOD ;
11	Thru Ripple Chasse	- Thru R trn RF, sd & slightly fwd L with slight left sd stretch/cont stretch into sway right cl L look right, sd & fwd L losing sway end SCP DLW ;
12	Thru Side Behind	- Thru R, trn to fc sd L, XRIBL w/ right sway ;
13	Roll 3 to Semi	- Start LF trn (<i>W RF</i>) sd & fwd L, sd & fwd R cont LF trn, sd & fwd L cont LF trn to SCP/LOD ;
14	Manuver	- Comm RF trn Thru R, cont RF trn sd L to CP/RL0D, cl R ;
15	OP Impetus	- Repeat meas 5 Part A ;

ENDING

01	M Rice & Close to High Line & Lower to a Hinge	- Cl L to R fcg prtn & rice to High Line, lowering to a Hinge <i>relax L knee & pt R ft thru (W Rice on L, lwrng to a Hinge relax L knee & pt R ft thru)</i> -;
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Elegia (Jos Dierickx)

Waltz V+0+1U (Lace Box)

Intro ABC A(8-15) End

Intro (Cp Dlw)

Wait ; ; Fwd Hover ; Cls Finish ;

A

Viennese Turns ; ; Op Telemark ;

Nat Hover Fallaway to Op Impetus ; ; In & Out Runs ; ; |7

Whiplash to Bjo ;

Bk Whisk ; Fwd to Prom Sway & Chg Sway ;

Body Roll to Hover Scp ; Op Nat ;

Bk Tipple Chasse Pivot ; Spin Turn ;

Bk Feather Finish (Drc) ; |15

Top Spin ;

B

Lace Box ; ; ;

Cls Telemark ; Op Nat ; Outsd Spin to Trng Lk ; ;

Cross Pivot ; Cross Hover 3x ; ; (Scp) ;

Weave 6 ; ; Nat Hover Cross ; Sync the Ending

Turn Left & Chasse Bjo ; Hes Chg ; Dbl Rev Spin ;

C

Diamond Turn ; ; ;

Fwd Waltz ; Op Nat ; Outsd Spin to R Trng Lk ; ;

Manuver & Pivot 2 ; Pivot 2 Step Scp ;

Thru Ripple Chasse ; Thru Side Behind ;

Roll 3 to Scp ; Manuver ; Op Impetus ;

End

M Rise & Cls to High Line & Lower to a Hinge ;