



EMILY

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Record: "Emily" – Ross Mitchell DLD190 Track # 1

Phase: PH V +1 (sm ft lng) WALTZ

Degree of Difficulty: AVERAGE

Sequence: Intro – A – B – B – END

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses)

Timing: Standard Waltz unless noted

MEAS:

INTRO

1-4

CP/DRW W 1 MEAS; SL CONTRA CHK; SYNC PVT TO SCP; SL SD LK;

1-2 In CP DRW wt 1 meas lead feet free; **[contra chk]** Soften R knee fwd L w/R shoulder lead (W Soften L knee bk R look well to L), -, -, -;

3-4 **[sync pvt scp]** Rec R commence RF pvt leave L ft in plc/step in plc L cont RF pvt, small fwd R Between W's ft cont RF pvt to CP DW rising and brush L to R, fwd & sd L DC (W rec L commence RF pvt/fwd R between M's ft cont RF pvt, sd L arnd M conty RF pvt rise and brush R to L, fwd & sd R) to SCP/DLC; **[sl sd lk]** Thru R, fwd & sd L rising w/slight LF upper body trn, XRIB of L (W thru L, fwd & sd R trn LF, XLIF of R) to CP/DLC;

PART A

1-4

OPEN TELEMARQUE; RIPPLE CHASSE; CURV FEATHER; TIPPLE CHASSE;

1-2 **[op tele]** Fwd L, commence LF trn sd & bk R, cont LF trn sd & fwd L (W bk R, commence LF trn bring L beside R no wgt, trn LF on R (heel trn) chg wgt to L, sd & fwd R) to SCP/DLW;

12&3

[ripple chasse] Thru R trn head to R, change to R sway sd L/cl R holding sway, lose sway sd L to SCP;

3-4 **[curv feat]** Fwd R, commence RF trn fwd L, fwd R (W fwd L, commence RF trn sd & bk R, bk L) BJO/DRW; **[tipple chasse]** Bk L, trn RF sd R, cl L/cont trn fwd R (W fwd R, trn RF sd L/cl R, cont trn sd & bk L) CP/DLC;

12&3

5-8

RUMBA X TWICE;; HOVER; CHAIR REC SLIP;

12&3

5-6 **[rumba x]** Fwd L/trn RF XRIB, cont trn bk L, fwd R (W bk R/trn RF XLIF, cont trn fwd R, bk L); **[rumba x]** Repeat meas 5;

7-8 **[hvr]** Fwd L, fwd & sd R rising to ball of ft trn W to SCP sd & fwd L SCP/DLC; **[chair & slip]** Thru R, rec L w/slight LF upper body trn, cont trn slip R in bk of L (W thru L, rec R, trn LF on R & slip L fwd) to CP/DLC;

9-12

REV FALLAWAY SLIP; DBL REV; WHISK; RIPPLE CHASSE;

12&3

9-10 **[rev fall & slip]** Fwd L/commence LF trn sd R, cont trn bk L, cont trn slip R in bk of L (W bk R, bk L/XRIB well under body, trn LF on R & Slip L fwd) to CP/DLC; **[dbl rev]** Fwd L trn LF, fwd & sd R trn LF, spin LF on R tch L to R (W bk R comment LF trn on R heel transfer wgt to L/fwd & sd R trn LF, cont trn XLIFR) to CP/DLW;

12&3

11-12 **[whisk]** Fwd L, sd & fwd R, XLIF of R on toes knees soft (W bk R, sd & bk L, XRIB of L on toes knees soft) SCP/DLC; **[ripple chasse]** Thru R trn head to R, change to R sway sd L/cl R holding sway, lose sway sd L to SCP;

13-16

MANUEVER; OT SPIN TRN (FC RLOD); RT TURNING LK; SL SD LK CP/DLC;

13-14 **[manv]** Fwd R, commence RF trn, fwd & sd L cont RF trn, cl R to L to CP/RLOD;

[ot spn trn] Bk L commence RF pvt ½, fwd R heel to toe cont RF trn, cont trn sd & bk L (W commence RF trn fwd R heel to toe between partners feet, cl L to R spin RF, sd & fwd R) CP/DRW;

15-16 **[rt trn lk]** Bk R w/R shoulder lead/XLIF of R cont RF trn, cont RF trn sd & slightly fwd R between W's feet rise to CP trn RF, sd & fwd L (W fwd L/XRIB of L cont RF trn fwd & sd L, fwd R) SCP/DLC;

[sl sd lk] SCP/DLC Thru R, sd & fwd L to CP, XRIB w/slight LF upper body trn (W thru L, trn LF sd & bk R cont trn XLIF) CP/DLC;

PART B

- 1-4 **DBL REV TWICE;; DRAG HESITATION; BK BK/LK BK;**
- 1-2 (12&3) [dbl rev] Fwd L trn LF, fwd & sd R trn LF, spin LF on R tch L to R (W bk R comment LF trn on R heel transfer wgt to L/fwd & sd R trn LF, cont trn XLIFR) to CP/DLW;
[dbl rev] Repeat meas 1 part B;
- 3-4 [drag hest] Fwd L DLC commence LF trn, sd R cont trn, draw L to R to BJO/DRC;
[bk lk] Bk L, bk R/lk LIF of R (W lk IB), bk R;
- 5- 8 **BK HVR TELE; WEAVE 6 BJO;; MANUVER;**
- 5 – 6 [bk hvr tele] Bk L commence RF trn, sd & fwd R DLW between ptr's feet cont RF trn to fc DW brushing L to R rising, sd & fwd L DLC (W fwd R outside M commence RF trn, sd L cont Rf trn brushing R to L rise, sd & fwd R) to SCP/DLC; [weave 6] Thru R DLC, blending to CP fwd L trn LF, sd & bk R;
- 7 – 8 [finish weave] Bk L to BJO, bk R cont LF trn, sd & fwd L to BJO/DLW;
[manv] Fwd R, commence RF trn, fwd & sd L cont RF trn, cl R to L to CP/RL0D;
- 9 – 12 **BK TIPPLE CHASSE PVT; OT SPN TRN; BK CHASSE BJO; FWD TO QK CHG OF DIR;**
- 12&3 9 – 10 [tipple chasse pvt] Commence RF upper body trn bk L, cont trn sd R with L sd stretch/cl L, cont trn sd & fwd R twd LOD pivot ½ RF CP/RL0D; [ot spn trn] Bk L commence RF pvt ½, fwd R heel to toe cont RF trn, cont trn sd & bk L (W commence RF trn fwd R heel to toe between partners feet, cl L to R spin RF, sd & fwd R) CP/DRW;
- 12&3 11-12 [bk chasse bjo] Bk R trn LF fc wall, sd L/cl R, sd & fwd L to BJO/DLW; [qk chg of dir] Fwd R outside ptr, fwd L to CP/fwd R with R shoulder lead trn LF, draw L to R end CP/DLC;
- 13-16 **DIAMOND TRN;;;;**
- 13-14 [diamond trn] Fwd L DLC trn LF, sd R, XLIB of R; bk R trn LF, sd L, XRIF of L BJO/DRW;
- 15-16 [fin diam trn] Repeat meas 1 & 2;;
- 17-20 **OP TELEMAR; RIPPLE CHASSE; NAT PREP; SM FT LUNGE;**
- 17-18 [op tele] Fwd L, commence LF trn sd & bk R, cont LF trn sd & fwd L (W bk R, commence LF trn bring L beside R no wgt, trn LF on R (heel trn) chg wgt to L, sd & fwd R) to SCP/DLW;
[ripple chasse] Thru R trn head to R, change to R sway sd L/cl R holding sway, lose sway sd L to SCP;
- 19-20 [nat prep] Comm RF trn fwd R, fwd arnd ptr L shape twd ptr, pt R (W commence RF trn fwd L, fwd R between ptr's ft cont RF trn to slight "L" pos fc slight RLOD, cl L to R fc RLOD) fc COH;
[sm ft lng] Lower into R knee with slight RF upper body trn with R sd sway pt L leave L extended hold (W lower into L knee with & sway R, bk R head to L, chg sway);
- 21-24 **REC TO HINGE LN; OP IMP SCP; RIPPLE VINE; SL SD LK;**
- 21-22 [rec to hinge ln] Rec L losing stretch, hold soften L knee commence LF stretch, lower into L knee (W rec L swvl to fc ptr, lower into L knee, pt R to LOD); [op imp] Commence RF upper body trn leading W to recover and take partial wt on R, take full weight on R cont trn, sd & fwd L (W recover R trn RF, cont RF trn sd L, cont trn fwd R) SCP/DLC;
- 12&3 23-24 [ripple vn] Thru R trn head to R. change to R sway sd L/XRIB, lose sway sd L SCP/DLC;
[sl sd lk] SCP/DLC Thru R, sd & fwd L to CP, XRIB w/slight LF upper body trn (W thru L, trn LF sd & bk R cont trn XLIF) CP/DLC;

REPEAT PART B

END

- 1-2 **DBL REV; CONTRA CHECK w/SLOW EXTEND LEFT ARMS;**
- 1-2 (12&3) [dbl rev] Fwd L trn LF, fwd & sd R trn LF, spin LF on R tch L to R (W bk R comment LF trn on R heel transfer wgt to L/fwd & sd R trn LF, cont trn XLIFR) to CP/DLW;
[contra chk & extend] Soften R knee fwd L w/R shoulder lead release joined lead hds(W Soften L knee bk R place lead hand on M's L shoulder look well to L) both extend Larms,-,-,-;

AB B

	WAIT SYNCO PIVOT SCP	CONTRA CHECK & HOLD SLOW SIDE LOCK
A	TELEMARK TO SCP CURVED FEATHER RUMBA CROSS TWICE HOVER REVERSE FALLAWAY SLIP WHISK MANEUVER RIGHT TURNING LOCK	RIPPLE CHASSE TIPPLE CHASSE ---- CHAIR & SLIP DOUBLE REVERSE RIPPLE CHASSE OVERSPIN TURN SLOW SIDE LOCK
B	DOUBLE REVERSE TWICE DRAG HESITATION BACK HOVER TELEMARK ----- TIPPLE CHASSE PIVOT BACK CHASSE TO BJO DIAMOND TURN ---- TELEMARK TO SCP NATURAL PREPARATION HINGE RIPPLE VINE	---- BACK BACK LOCK BACK WEAVE TO BJO MANEUVER OVERSPIN TURN FWD & CHANGE OF DIRECTION ---- RIPPLE CHASSE SAME FOOT LUNGE IMPETUS TO SCP SLOW SIDE LOCK
	END DOUBLE REVERSE	CONTRA CHECK & EXTEND ARMS

EMILY (BLACKFORD) 3275
(CP DRW LEAD FOOT FREE)