

# ESTASI 4

Music: **Stefano Parnasso**  
[www.amazon.com/Liscio D.O.C. Vol.13](http://www.amazon.com/Liscio D.O.C. Vol.13)  
Track # 10 Time 2:49 Speed up w/ +5%  
Available from choreographer

Rhythm: **Waltz Phase: IV + 1 (Inside Turn)**

Footwork: **Opposite except where (Noted)**

Release Date: Apr 19

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Sequence: **INTRO AA B A\*(9-16) B(9-16) A\*(9-16) END**



## INTRO

### CP WALL LEAD FOOT FREE START AFTER A FUE INTRO NOTES

#### 01-04 DIAMOND TURN / W INSIDE TURN ; ; ; ;

{**Diamond Turn / W Insd Turn**} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn under lead hands fc RDC, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 1,2 Intro to BJO DLW & DLC ; ;

#### 05-08 TELEMARK to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{**Telemark to SCP**} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; {**In & Out Runs**} Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L in frnt of M, cont trn fwd & sd R*) to SCP LOD ; {**Chair & Slip**} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

## PART A

#### 01-04 OP REVERSE TURN ; HOVER CORTE ; RUGW HOVER to SCP ; THRU & CHASSE to SCP ;

{**OP Reverse Turn**} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; {**Hover Corte**} Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; {**Bk Hover to SCP**} Bk L, bk & sd R w/ rise & slight LF trn, rec fwd L (*W fwd R, fwd & sd L trng RF to CP, fwd R*) to SCP LOD ; {**Thru Chasse to SCP**} [12&3] Thru R, sd to fc prtn L/cl R, fwd L to SCP LOD ;

#### 05-08 WEAVE 6 to BJO ; ; OP NATURAL ; HESITATION CHANGE ;

{**Weave 6 to BJO**} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; {**OP Natural**} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet, fwd L*) to BJO DRC ; {**Hesitation Chng**} [12-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

#### 09-12 DIAMOND TURN / W INSIDE TURN ; ; ; ;

{**Diamond Turn / W Insd Turn**} Repeat meas 1,2,3 & 4 Intro ; ; ; ;

#### 13-16 TELEMARK to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP ;

{**Telemark to SCP**} Repeat meas 5 Intro ; {**In & Out Runs**} Repeat meas 6,7 Intro ; ; {**Chair & Slip**} Repeat meas 8 Intro ;

## PART B

#### 01-04 VIENNESE TURNS TWICE ; ; ; ;

{**Viennese Turns x 2**} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; Repeat meas 1,2 Part B ; ;

**05-08 HOVER TELE ; NATURAL HOVER FALLAWAY ; OUTSIDE CHANGE to SCP ; SLOW SIDE LOCK :**

**{Hover Tele}** Fwd L, fwd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; **{Natural Hover Fallaway}** Fwd R, fwd L risg & trng RF, rec R (*W fwd L, trng RF fwd R, rec L*) to SCP DRW ; **{Outsd Chg to SCP}** Comm LF trn bk L, bk & sd R cont LF trn, sd & fwd L (*W fwd R, L, R*) to SCP DLW ; **{Slow Sd Lk}** Thru R, fwd & sd L rising trng LF, cl R (*W Thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

**09-12 TURN LEFT & R-CHASSE To BJO ; BACK BACK/LOCK BACK ; IMPETUS to SCP ; THRU FACE CLOSE :**

**{Trn Left & R Chasse to BJO}** [12&3] Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO RLOD ; **{Bk Bk/Lk Bk}** (12&3) Bk L, bk R/lk Lif, bk R to BJO ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Thru Fc Cl}** Thru R, sd L turn to fc, cl R to CP DLW ;

**13-16 WHISK ; WEAWE 3 to BJO ; SPIN TURN ; BOX FINISH .**

**{Whisk}** Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; **{Weave 3 to BJO}** Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD*) to BJO DRC ; **{Spin Turn}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

**ENDING**

**01 THRU & RISE to a CHAIR & HOLD ;**

**{Thru & Rise to a Chair}** [1&2] Fwd R/small fwd L w/ rise, strong fwd R lunge action bending knee , -;