

ESTASI 3

Music: **Stefano Parnasso**

www.amazon.com/Liscio D.O.C. Vol.13

Track # 10 Time 2:49 Speed up w/ +5%

Available from choreographer

Rhythm: **Waltz Phase: III + 1 (Diamond Turn)**

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

Release Date: Sept 18

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Sequence: **INTRO AA B INTRO*(1-8) B(9-16) INTRO*(1-8) END**



INTRO

CP WALL LEAD FOOT FREE START AFTER A FUE INTRO NOTES

01-04 LEFT TURNING BOX ; ; ; ;

{**Left Trng Box**} Fwd L & trn ¼ LF, sd R, cl L to CP LOD ; Bk R & trn ¼ LF, sd L, cl R to CP COH ; Fwd L & trn ¼ LF, sd R, cl L to CP RLOD ; Bk R & trn ¼ LF, sd L, cl R to CP WALL ;

05-08 HOVER ; MANEUVER ; SPIN TURN ; 1/2 BACK BOX to LOD ;

{**Hover**} Fwd L, sd & fwd R rising, sd & fwd L (*Bk R, sd & bk L rising, sd & fwd R*) to SCP DLC ; {**Maneuver**} Fwd R (*W bk L*) comm RF trn, cont RF trn sd L, cl R CP RLOD ; {**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 ; {**Half Bk Box**} Bk R, sd L trng 1/8 LF, cl R to CP LOD ;

05-08 HOVER ; MANEUVER ; OVERSPIN TURN ; BACK ½ BOX to WALL ;

{**Hover**} Repeat meas 5 Intro ; {**Maneuver**} Repeat meas 6 Intro ; {**Over Spin Turn**} Trng upper bdy RF bk L pvtg ½ RF & leavg R in frt, fwd R heel to toe btw W's ft contg RF trn, rec sd & bk L compg ¾ RF trn (*W trng upper bdy RF fwd R btw M's ft pvtg ½ RF, bk L contg trn & brush R to L, contg RF trn sd & fwd R*) to CP DRW ; {**Half Bk Box**} Repeat meas 8 Intro to BFLY WALL ;

PART A

01-04 FORWARD WALTZ ; MANEUVER ; TWO RIGHT TURNS ; ;

{**Fwd Waltz**} Fwd L, fwd & sd R, cl L ; {**Maneuver**} Repeat meas 6 Intro ; {**2 Right Turns**} Startg RF trn bk L, sd R cont trn, cl L ; Cont RF trn fwd R, sd L, cl R to BFLY WALL ;

05-08 TWIRL VINE ; THRU TWINKLE TWICE ; ; THRU FACE CLOSE ;

{**Twirl Vine**} Raisg joined lead hnds Sd L, XRib, sd L (*W sd R start trng RF on ball of R under lead hnds, cont RF trn bk L to fc COH, sd R*) to SCP LOD ; {**Thru Twinkle x 2**} Thru R twd LOD, sd L trng RF, cl R ; Thru L twd RLOD, sd R trng LF, cl L to SCP LOD ; {**Thru Fc Cl**} Thru R, sd L turn to fc, cl R to CP WALL ;

09-12 LEFT TURNING BOX ; ; ; ;

{**Left Trng Box**} Repeat meas 1,2,3 & 4 Intro ; ; ; ;

13-16 HOVER ; MANEUVER ; SPIN TURN ; BACK ½ BOX to LOD ;

{**Hover**} Repeat meas 5 Intro ; {**Maneuver**} Repeat meas 6 Intro ; {**Spin Turn**} Repeat meas 7 Intro ; {**Half Bk Box**} Repeat meas 8 Intro ;

PART B

01-04 DIAMOND TURN ; ; ; ;

{**Diamond Turn**} Fwd L comm LF trng, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & cont trng LF bk R, compg ¼ LF trn sd L, fwd R to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & DLC ; ;

05-08 TWO LEFT TURNS ; ; WHISK ; THRU SIDE BEHIND ;

{**2 Left Turns**} Fwd L stg LF trn, sd R contg LF trn, cl L ; Contg LF trn bk R, sd L contg LF trn, cl R to CP WALL ; {**Whisk**} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {**Thru Sd Behind**} Thru R, sd L to fc prtn, XRib (*W XLib*) to BFLY WALL ;

09-12 BALANCE L & R ; ; TWIRL VINE ; PICK UP to SCAR ;

{Balance L & R} In BFLY Sd L, XRib (*W XLib*), rec L ; Sd R, XLib (*W XRib*), rec R ; **{Twirl Vine}** Repeat meas 5 Part A ; **{Pick Up to SCAR}** Trng to fc LOD fwd R, sm fwd L to fc DLW, cl R (*W trng LF fwd L, sd R Xg in front of ptr, cl L*) to SCAR DLW ;

13-16 4 PROGRESSIVE TWINKLES ; ; ; to FCG WALL ;

{4 Progressive Twinkles to Fcg Wall} XLif (*W XRib*), sd R trn LF to BJO DC, cl L ; XRif (*W XLib*), sd L trn RF to SCAR DW, cl L ; Repeat meas 13 Part B ; XRif (*W XLib*), sd L trn RF to wall, cl R to CP WALL ;

ENDING

01 SIDE CORTE & HOLD ;

{Sd Corte & Hold} [S] Sd L to CP & LOD flexing L knee & trn to RSCP RLOD leave R leg extended toe pt to floor, -, -, -;