

FEAR OF FALLING

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Record "Fear Of Falling" CD: Ballroom Symphony/Casa Musica

Track 1 time 3:02

Rhythm : Waltz ph VI Speed : As on CD Date : September 2015 Ver.1.1

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - C - D - C - Ending



Meas

INTRO

Bk to Bk M fc DC(W fc RDW) trail foot free pt bk wait pickup note

1~ 4 Swivel Fc; W Sync Roll In; to Hinge; Fallaway Ronde & Slip(CP/DC);

Bk to bk position man fc DC(W fc RDW) trail foot free pt bk Wait pickup note

1 (Swivel Fc) Swivel RF on L(W swivel LF on R),-, -;

2 (W Roll In) Hold,-,-(W fwd L commence LF roll, cont LF roll R/L,R)blend CP/Wall;

(12&3)

3 (Hinge) Hold,-,-(W XLIB of R, relaxing L knee head to L,-);

(1--)

4 (Fallaway Ronde & Slip) Sd R ronde L CCW, XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R(W rec R/sd L ronde R CW, XRIB and rise commence LF trn, slip L fwd cont LF trn on ball of L) end to CP/DC;

123
(&123)

Meas

PART A

1~ 8 OP Telemark; Running OP Nat; Rising Lk; Double Rev Spin; Split Ronde(CP/Wall); Contra Ck Rec SCP; Thru Chasse Bjo; Manuv;

1 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/LDD(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);

12&3

2 (Running OP Nat) Thru R commence RF trn, cont RF trn sd and bk L/right sd lead bk R lead W outsd partner, right sd stretch bk L(W thru L, fwd R/left sd lead fwd L, left sd stretch fwd R outsd partner)Bjo fc RDW;

3 (Rising Lk) Bk R commence LF trn, cont LF trn sd & fwd L, cont body trn XRIB of L to CP/DC(W fwd L commence LF trn, cont LF trn sd & bk R, cont body trn XLIF of R);

12-
(12&3)

4 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);

-23
(123&)

5 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, cont LF trn XLIB of R, cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/Wall;

6 (Contra Ck Rec SCP) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, rec R, sd & fwd L SCP/LOD;

12&3

7 (Thru Chasse Bjo) Thru R fc partner, sd L/cl R, sd & fwd L to Bjo/DW;

8 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RLOD;

9~16 Pivot Hairpin; Bk Prep; Same Foot Lunge; Telespin Ending(SCP/DC); Weave 6 to Bjo; ; Fwd Fwd/Lk Fwd; Manuv;

12&3

9 (Pivot Hairpin) Bk L pivoting 1/2 RF, fwd R/L strong curve to right with left sd stretch, fwd R outsd partner checking on toe in Contra Bjo with left sd stretch(W fwd R pivoting 1/2 RF, bk L/R curving RF, bk L strong right curve high on toes in Contra Bjo)Bjo/RDW;

1--
(12-)

10 (Bk Prep)Bk L cont RF trn w/left sd stretch, cont RF tch R fc COH(W fwd R commence RF trn w/right sd stretch, cont trn sd L),-;

1--

11 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, extend(W bk R well under body trning body to L and looking well to L, extend),-;

123
(&123)

12 (Telespin Ending) Lead W Pickup fc RLOD/ fwd L commence LF trn, sd R cont LF trn, sd & fwd L(W rec L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/DC;

13-14

(Weave 6 to Bjo) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R fc RDC; Bk L twd DC contra Bjo, bk R cont LF trn CP, cont LF trn sd & fwd L contra Bjo/DW; (W fwd L, LF trn sd R to CP, commence trn sd & fwd L; fwd R contra Bjo, fwd L commence LF trn to CP, cont LF trn sd & bk R contra Bjo;)

12&3

15 (Fwd Fwd/Lk Fwd) Fwd R, fwd L/XRIB of L, fwd L;

16 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R to L CP/RLOD;

Meas

PART B

1~ 8 Spin Trn; Box Finish; Double Rev Spin; Hover Telemark; Nat Hover Cross; Sync Hover Corte Ending; Bk Bk/Lk Bk; Hesitation Chg(CP/DC);

- 1 (Spin Trn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
- 2 (Box Finish) Bk R commence LF trn, cont LF trn sd L, cl R to L fc DC;
- 12- (12&3) 3 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
- 4 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/DW;
- 5 (Nat Hover Cross) Fwd R commence RF trn, sd L cont RF trn, cont trn sd R fc DC (W bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L);
- 12&3 6 (Sync Hover Corte Ending) XLIF of R outsd partner, rec R commence LF trn/sd & fwd L twd RLOD, rec R Bjo/RLOD;
- 12&3 7 (Bk Bk/Lk Bk) Bk L, bk R/XLIF of R, bk R;
- 12- 8 (Hesitation Chg) Bk L commence RF trn, cont RF trn sd R fc DC, draw L to R;

Meas

PART C

1~ 8 OP Rev Trn; Hover Corte; Royal Spin; Manuv; Spin Overtrn; R Trning Lk; Prom Weave; Sync Ending(Bjo/DW);

- 1 (OP Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RLOD;
- 2 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;
- 3 (Royal Spin) Bk L right sd lead commence body trn to right 3/8 RF trn, fwd R outsd partner heel to toe cont RF trn, left sd lead sd & fwd L 5/8 RF trn between 2 and 3 (W fwd R heel to toe outsd partner, cont RF trn as left foot curls in small ronde CW raising knee to bring left foot to right knee toes point down 5/8 RF trn on ball of R between 1 and 2, 3/8 RF trn on ball of R between 2 and 3 tch L to R) end to BJO/DW;
- 4 (Manuv) Fwd R (W bk L) commence RF trn, cont RF trn sd L, cl R CP/RLOD;
- 5 (Spin Overtrn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc RDW, sd & bk L (W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
- 1&23 6 (R Trning Lk) Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W's feet, cont RF trn fwd L to SCP/DC (W fwd L commence RF trn/XRIB of L, fwd & sd L cont trn, fwd R to SCP);
- 7 (Prom Weave) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R contra Bjo/RDC (W fwd L, LF trn sd R to CP, commence trn sd & fwd L contra Bjo);
- 12&3 8 (Sync Ending) Bk L twd DC, bk R cont LF trn CP/ cont LF trn sd & fwd L contra Bjo/DW, fwd R (W fwd R, fwd L twd DC cont LF trn to CP/ sd & bk R contra Bjo, bk L);

9~18 Hover Telemark; OP Nat; Outsd Spin & Twist; to Sway Line; Rec Hi-Line & Slip; Cked Rev & Slip; Double Nat Spin; Curved Feather; Bk Passing Chg; Rising Lk(CP/DC);

- 9 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/DW;
- 10 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R contra Bjo;
- 11-12 (Outsd Spin & Twist to Sway Line) Prepare to lead W outsd partner commence body trn to right with right sd lead bk L small stp 3/8 RF trn, fwd R heel to toe cont 3/8 RF trn, cont 1/4 RF trn sd L twd Wall to end Bjo/RDC (W commence body trn to right with left sd lead fwd R outsd partner heel to toe, cl L to R on toe 5/8 RF trn between 1 and 2, cont 3/8 RF trn fwd R);
- 1- (1&2-) XRIB with only partial weight/unwind RF chging weight to R, cont RF trn, relax R knee lower on R (W fwd L/fwd R around man, fwd L RF trn, relax L knee lower on L) R lunge line man fc DW;
- 1-3 13 (Rec High Line & Slip) Rec sd L trning body RF strong right sd stretch, -, LF trn on L and slip bk R fc DC;
- 14 (Cked Rev & Slip) Fwd L, ck fwd R on toe trning LF right sd stretch, trning RF rec bk on L fc DW (W bk R, cl L rise to toes turning LF, trning RF slip fwd R to CP);
- 12- (12&3) 15 (Dbl Nat Spin) Fwd R trning body RF, fwd & sd L cont RF trn with spin action, tch R (W Bk L trning body RF, cl R for heel trn con RF trn on ball of R/sd & fwd L around man, Fwd R outsd partner) Bjo/DW;

- 16 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fwd L, cont RF trn fwd R fc RDW;
- 17 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo;
- 18 (Rising Lk) Bk R commence LF trn, cont LF trn sd & fwd L, cont body trn XRIB of L to CP/DC(W fwd L commence LF trn, cont LF trn sd & bk R, cont body trn XLIF of R);

Meas

PART D

1~10 Double Telespin; ; Mini Telespin Ending(CP/RDC); Contra Ck & Rec; Pivot 3; Rudolph Ronde & Slip; Telemark to Throwaway Oversway;; Link to SCP; Slow Sd Lk(CP/DC);

- 123 1- 3 (Double Telespin) Fwd L commence LF trn, fwd & sd R cont LF trn, sd & bk L with partial weight(W bk R commence LF turn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
- 123 (&123) Spin L taking weight to L/cont spin, sd R cont LF trn, sd & bk L(W fwd L/fwd R cont LF trn toe spin on R, cl L, fwd R cont LF trn);
- 12- (Mini Telespin Ending) Spin L taking weight to L/cont spin, cl R fc RDC(W fwd L/fwd R cont LF trn toe spin on R, cl L)CP/RDC,-;
- 1-3 4 (Contra Ck & Rec) Commence upper body LF trn flexing knees with strong R side lead ck fwd L,-, rec R;
- 123 5 (Pivot 3) Bk L commence RF pivot, fwd R between W's foot cont RF pivot, sd & bk L cont pivot fc DC;
- 6 (Rudolph Ronde & Slip) Cont RF trn fwd R twd LOD flex knee body trn RF lead W ronde, rec L rise commence LF trn, slip bk R cont LF trn on ball of R(W sd & bk L R foot ronde CW, bk R rise on R commence LF trn, cont trn on R fwd L front of man)end to CP/DC;
- 123 7- 8 (Telemark to Throwaway Oversway) Fwd L commence LF trn, sd R cont LF trn, sd & slightly bk L swivel LF on L; Relax knee and body trn left fc DW keeping right sd and point R bk,-,-(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R swivel LF on R to bring L leg under body; Extend bk L leg twd DW,-,-);
- 23 9 (Link to SCP) Rise on L, cl R to L, fwd L to SCP/LOD;
- 10 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;

Meas

ENDING

1~ 7 Double Telespin; ; Mini Telespin Ending(CP/RDC); Contra Ck & Switch; Slow Rudolph Ronde & Slip; Telemark to Throwaway Oversway;;

- 1- 3 Repeat meas 1-3 of Part D;;;
- 4 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees CP/DW;
- 5 (Rudolph Ronde & Slip) music slow down Fwd R flex knee body trn RF lead W ronde, rec L rise commence LF trn, slip bk R cont LF trn on ball of R(W sd & bk L R foot ronde CW, bk R rise on R commence LF trn, cont trn on R fwd L front of man)end to CP/DC;
- 123 7- 8 (Telemark to Throwaway Oversway) Fwd L commence LF trn, sd R cont LF trn, sd & slightly bk L swivel LF on L; Relax knee and body trn left fc DW keeping right sd and point R bk,-,-(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R swivel LF on R to bring L leg under body; Extend bk L leg twd DW,-,-);