

Flying



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Music : Casa Musica - Vol 22 "The Best Of Ballroom - Part 10" - Track 1
(Edited - contact choreographer)

Footwork : Lady opposite (except as noted) **Rhythm :** Waltz **Phase:** V+2 **Speed:** per CD

Timing : 6/8 (described as 3/4)

Sequence : Intro, A, B, A, B Mod, C/End

Ver 1.01

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INTRO

1 - 2 WAIT ; APT WITH ARM SWEEP ;

- 1 {Wait} Wait fcg ptr & DLW - both on R ft - w/L ft crossed loosely behind R - arms at sides w/palms down;
- 2 {Apart w/Arm Sweep} Both lwr into R & step apt L as X arms in frnt of body and then up and out, -, -;

PART A

1 - 4 WHEEL/2 RONDE ; VINE 2 (LADY SPIRAL) TO SKTRS & ; FEATHER ; CHASSE RIGHT;

- 1 {Forward/side Ronde} Step fwd R join R-R hnds palm to palm about shoulder height comm RF trn/fwd L swivel RF when fcg ptr chg to L-L hnds, Ronde R CW prepare to pass behind W, -, - (Fwd R to R-R hnds comm RF trn/fwd L swivel RF when fcg ptr chg to L-L hnds, Ronde R CW -, -);
- 2 {Vine 2 & hold (Vine 2 & Spiral) to Sktrs} XRIB trng RF to pass bhd W as raise jnd L hnds over W's head, sd & fwd L, lead W's Spiral as press R toe thru twd DLC end in Sktrs Pos (XRIB to Vine in front of M fcg nearly DRW, sd L/XRIF small step, swivel LF on R to end with L toe & L sd twd DLC);
- 3 {Feather} Fwd R, sd & fwd L, fwd R IF of L (Fwd L, fwd & sd R, XLIB) CBJO;
- 4 {Turn Left & Chasse Right} Fwd L trng LF, sd R/cl L, sd & bk R (Bk R, sd L/cl R, sd & fwd L);

5 - 8 OUTSD CHG (BJO) ; PROM RUN W/PVT & ; RUDOLPH TO OPN SIT LINE ; ;

- 5 {Outside Change to BJO} Bk L, bk R trng LF, sd & fwd L in CBJO DLW (Fwd R, fwd L trng LF, sd & bk R);
- 6 {Promenade Run & Pivot 12&3} Thru R, fwd & sd L/fwd R swivel RF to end in CP bkg twd DLW, bk L pivot RF to fc DLC (Bk L, sd R/fwd L to CP, fwd R pivot RF);
- 7 - 8 {Rudolph Ronde - to end in Open Sit Line} With R sd leading stp sd & fwd R twd LOD lifting R hip to start a Rudolph, -, wait until W has achieved Fallaway position then rel R sd hold; and swivel RF on ball of R no rise to nearly face ptr & RLOD then stp bk L twd LOD as extend ld hnds leading W to Sit Line, sweep R arm up & out to end in Open Sit Line, - (Bk L, Ronde R CW, XRIB; take wgt onto R ft w/L toe pointed fwd & lwr into R leg in Sit Line fcg ptr & nearly LOD, sweep L hnd up and back, -);

9 -12 LADY SYNC INSD ROLL (BJO) ; MANEUVER ; HESIT CHG (DLC) ; REV FALWY & SLIP ;

- 9 {Back Chase to BJO (Syncopated Inside Roll) 12&3} Bk R trng LF lead W's LF roll, sd L/cl R, sd & fwd L (Fwd L, fwd & sd R trng LF/cont trn as cl L, sd & bk R completing 1 & 3/8 LF trn) to CBJO DLW;
- 10 {Half-Natural} Fwd R, fwd & sd L, cl R (Bk L, bk & sd R, cl L) CP fcg RLOD;
- 11 {Hesitation Change} Bk L comm RF trn, sd R, draw L twd R (Fwd R, sd L, draw R twd L) DLC;
- 12 {Reverse Fallaway & Slip 123& } Fwd L comm LF trn, sd & bk R/XLIB, bk R & swivel LF to CP with L sd lead near LOD (Bk R, sd & bk L/XRIB, L fwd & swivel LF);

13-16 OPN REV TURN TO ; SLOW THROWAWAY ; ; & CHG TO SAME FT LUNGE LN (DLC) ;

- 13 {Open Reverse Turn} Fwd L LOD, sd & bk R Contra BJO, bk L (Bk R, sd & fwd L, fwd R);
- 14-15 {to Slow Throwaway Oversway} Bk R twd LOD, bk & sd L twd DLW well over the L foot looking twd DLW, - ; retain upper bodies nearly square as rotate LF, relax L knee to end with hips twd ptr and upper body fcg btw LOD & DLW with "stretched" upward and slightly back, and R toe pointed twd RLOD (Fwd L trng LF, fwd & sd R btw M's feet allow L foot to pass slightly behind R foot, -; as the M lowers with LF turn slowly press L toe bk towards LOD, while looking up and well to L, -);
- 16 {Change to Same Foot Lunge Line} In a continuous motion across measure . . . trn body RF as rise on L with slight L sway until fully up fcg DLW with W square then cl R to L and lower into R as extend L twd DLC trng body RF to end in Same Foot Lunge Line (Turn body RF as rise & draw L to R trng square to M w/head R then press L thru twd DLC and lower into R leg changing head to L ending in Same Foot Lunge Line);

PART B**1 - 4 STRT A TELESPIIN W/PIKUP TO CHG OF DIR ; ; CONTRA CHK REC SCP ; OPN NATRL ;**

- 1 {Start a Telespin with Pickup &123&} Trng body LF lead W to turn nearly to CP/fwd L DLC, fwd & sd R trng LF, sd & bk L with partial weight & toe twd DLW/rec slightly to R trng body LF leading W to turn nearly to CP (Step L trng LF to end with R toe pointed bk twd DLC/bk R, heel trn on R as cl L to R trng LF, sd & fwd R twd DLW in tight SCP/stp fwd L small step with quick LF swivel end with R toe pointing twd DLW);
- 2 {Change of Direction} Fwd L, fwd & sd R to CP fcg nearly COH, cont LF body trn as draw L twd R at same time lwr into R (Bk R, bk & sd L as draw R to L trng LF, cont LF body trn as lwr into L);
- 3 {Contra Check recover SCP} Ck fwd L in CBMP, rec R, sd & fwd L SCP DLW (Ck bk R in CBMP, rec L, sd & fwd R);
- 4 {Open Natural} Thru R, sd & bk L, bk R twd DLW with R side leading (Thru L, fwd R, fwd L);

5 - 8 OTSD SWVL TO WHIPLASH & SLO SWAY CHG ; ; BK, REC, SWITCH (LADY SYNC ROLL TO FC) ; MAN TO SKTRS (LADY HOVER TURN) ;

- 5 - 6 {Outside Swivel to Whiplash & slow sway change} Bk L in CBMP leading W to Outside Swivel, thru R in tight SCP, pt L sd & fwd with slight sway twd RLOD; slowly change sway, while trng body LF, turning W to CBJO (Fwd R/swivel RF to tight SCP - retain shoulders nearly square to M, thru L in tight SCP, quickly point R ft to sd & bk with slight sway twd RLOD; slowly change sway, while trng body LF, to end in CBJO fcg LOD);
- 7 {Check back recover Switch (Syncopated roll 123&)} Ck bk L, apply pressure to lead hnds to start W's roll as rel hold & rec fwd R, swivel LF on R to fc ptr & LOD (Fwd R, fwd L trng RF, fwd R trng RF/ck bk L fcg ptr & RLOD completing 1 & 1/2 RF trn);
- 8 {Forward 3 to Skaters (Lady Hover Turn with Arms)} Fwd L, R, L to Sktrs Pos fcg DLW with L sd lead (Fwd R as fold arms in frnt of body, slight rise on R trng LF, rec L as sweep arms out to end in Sktrs Pos fcg DLW);

Note: Same footwork for next 10 measures

9 - 12 X-PVT ; LADY WHISK ; X-PVT ; LADY WHISK ;

- 9 {Cross-Pivot to Left Skaters} Fwd R comm RF trn, fwd & sd L pivot RF, sd & fwd R DLW rel R hnd hld (Fwd R comm RF trn, cl L toe-pivot RF, sd & fwd R twd DLW);
- 10 {Lady Whisk} XLIF of R with L hnd on W's waist lead W twd DLW - checking motion - , XRIB trng slightly RF, sd & fwd L to end with L sd lead in Sktrs Pos fcg DLW (XLIF of R twd DLW passing in front of M, cont with R sd lead as stp sd & fwd R DLW to end in frnt of M, trng upper body RF allow L to XIB of R to end in Sktrs Pos fcg DLW);
- 11 {Cross-Pivot to Left Skaters} Repeat Meas 9
- 12 {Lady Whisk} Repeat Meas 10

13-16 UNDERARM ROLL ; SHAD FENCLN & HLD ; ROLL 3 RLOD (BK-SD-CL)) ; APT W/ARM SWEEP ;

- 13 {Right Underarm Roll to Shadow} Fwd R comm RF roll twd LOD, raise jnd hnds to pass over W's head as cont roll sd & bk L, cont roll to stp sd & fwd R in Shadow - W behind M - fcg DLC w/L hnds joined bhd M's back;
- 14 {Shadow Fencing Line and hold} Rel jnd hnds as XLIF of R, hold as sweep R arms fwd L hnds bk bk, -;
- 15 {Roll 3 RLOD (Back, -, side/cl)} Rec to R trng LF/fwd L trng LF, sd R draw L to R to fc ptr & DLW (Rec to R trng LF rel jnd hnds, cont trn sd L, draw R to L/cl R to fc ptr & DRC);

Note: Timing feel for the Man is &QS for the Woman it is QS&

- 16 {Apart w/Arm Sweep} Repeat Meas 2 of Intro

PART A**1 - 4 WHEEL/2 RONDE ; VINE 2 (LADY SPIRAL) TO SKTRS & ; FEATHER ; CHASSE RIGHT ;****5 - 8 OUTSD CHG (BJO) ; PROM RUN W/PVT & ; RUDOLPH TO OPN SIT LINE ; ;****9 -12 LADY SYNC INSD ROLL (BJO) ; MANEUVER ; HESIT CHG (DLC) ; REV FALWY & SLIP ;****13-16 OPN REV TURN TO ; SLOW THROWAWAY ; ; & CHG TO SAME FT LUNGE LN (DLC) ;****PART B (Mod - Meas. 13 - 16)****1 - 4 STRT A TELESPIIN W/PIKUP TO CHG OF DIR ; ; CONTRA CHK REC SCP ; OPN NATRL ;****5 - 8 OTSD SWVL TO WHIPLASH & SLO SWAY CHG ; ; BK, REC, SWITCH (LADY SYNC**

ROLL TO FC) ; FWD 3 TO SKTRS (LADY HOVER TURN) ;

9 - 12 X-PVT ; LADY WHISK ; X-PVT ; LADY WHISK ;

13-16 SKTRS CHASSE ; UNDERARM ROLL ; SHAD FENCLN & HLD ; SYNC ROLL RLOD (BK-SD-CL) ;

13 {Skaters Chasse 12&3} Fwd R, sd & fwd L/cl R, sd & fwd L;

14 {Right Underarm Roll to Shadow} Repeat Meas 13 of part B

15 {Shadow Fencing Line and hold} Repeat Meas. 14 of Part B

16 {Sync Roll to face (Back, -, side/cl)} Rec to R switch LF/fwd L trng LF, sd R to fc ptr & wall draw L to R as join lead hnds/cl L (Rec to R trng LF, cont trn sd L, draw R to L join lead hnds/cl R to fc ptr & DRC);

Note: Timing feel for the Man is &QS& and for the Woman QS&

PART C/END

1 - 4 BOLERO WHISK W/ARMS ; BOTH ROLL & SCP CHASSE ; ; WING-SWIVEL (BJO) ;

1 {Bolero Whisk with Arm Sweep} Sd R as start CW sweep of R arm, -, XLIB cont arm sweep/rec R (Sd L as start CCW sweep of L arm, -, XRIB cont arm sweep/rec L); *Note: Timing feel is SQ&*

2 {Both Roll 3 to SCP} Roll LOD fwd L trng LF, bk R, sd & fwd L (Roll LOD fwd R trng RF, bk L, sd & fwd R) SCP;

3 {Promenade Chasse 12&3} Thru R, sd & fwd L/cl R, sd & fwd L (Thru L, sd & fwd R/cl L, sd & fwd R);

4 {Wing-swivel to BJO 123&} Thru R trng body LF leading W to SCAR - retain L ft extended bk, -, as W steps L to SCAR /swivel LF to BJO fcg RLOD (Thru L trng LF with R sd leading, fwd R trng LF, fwd L trng LF to SCAR/swivel LF on L to BJO);

5 - 8 OTSD CHG (SCP) ; OPN NATRL TO OUTSIDE SPIN ; ; RIGHT LUNGE ROLL & SLIP ;

5 {Outside Change to SCP} Bk L, bk R trng LF, sd & fwd L (Fwd R, L, R) SCP DLW;

6 {Open Natural} Thru R, sd & bk L, bk R (Thru L, fwd R, fwd L);

7 {Outside Spin} Trn body RF as "slip" L ft bk small step leading W to CBJO, cont RF trn as stp fwd R outside W, cont trn as stp sd & bk L fcg near COH in CP (Fwd R CBJO trng RF, cl L to R toe-pivot RF nearly CP, fwd R btw M's feet trng head briefly to R);

8 {Right Lunge Roll & Slip} Lunge sd & fwd R twd LOD - as take wgt over R ft start RF body roll, cont as swvl RF to stp bk L twd COH with rise and slight L sway, trng body LF slip R bk to CP fcg DLC (Cont trn to lunge sd & bk L with RF body roll, cont as stp fwd R with rise, trng LF slip L fwd btw M's feet to CP);

9 - 12 TELE W/EXPLOSION ; ; LADY TO TANDEM FOR LEFT LUNGE & EXTEND ; ;

9 - 10 {Telemark with Explosion} [Take two steps of a Telemark blending to a loose hold] Fwd L, fwd & sd R trng LF blend to loose hold fcg near RLOD, lwr on R; then bk & sd L to OP POS as sweep L hnd up and out twd LOD, -, - (Bk R, heel trn on R as cl L to fc ptr, lwr on L; then sd & bk R as sweep R hnd up and out twd RLOD, -, -);

11-12 {Lady to Tandem for Left Lung and Extend} Rec R as lead W fwd, cl L fcg nearly wall w/hnds on W's shoulders, lead W to lunge sd L; lower into L pressing R ft to sd for Left Lunge Line as slowly trn upper body LF and extend arms outward matching W's arms both looking twd the wall, - - (Fwd L trng LF, cl R in frnt of M as cont trn to fc DRW, lunge bk & sd L twd LOD; slowly trn upper body LF as extend arms outward - looking twd the wall);

Note: The music fade continues for nearly a measure