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FLYING DREAMS (THE SECRET OF NIMH)

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MUSIC: "Flying Dreams", The Secret of N.I.M.H., Jerry Goldsmith and the National Philharmonic Orchestra, Track 7, 3:25, available from I-tunes. Slow approx 6%

ALT. MUSIC "The Secret of Nimh: Flying Dreams", Dominik Hauser, Track 1, 3:31, Amazon, increase speed slightly, if desired (part A first time is much slower than rest of music)

RHYTHM: Waltz

PHASE IV +1 (curved feath check)

FOOTWORK: Opposite unless noted

SEQUENCE: INTRO A B INTERLUDE A (1-8) INTERLUDE C C B INTERLUDE A B (1-7) ENDING

INTRODUCTION

1-4 CP RLOD TRAIL FT FREE WAIT;; BACK CHASSE BJO DLW; FORWARD SIDE CLOSE DLW;

1-2 {wait} in CP RLOD w/ trail feet free wait;;
12&3 3 {bk chasse bjo} Bk R, trng LF sd L/cl R to fc DLW, fwd L to BJO DLW;
4 {fwd sd cl} Fwd R, sd L, cl R (W Bk L, sd R, cl L);

PART A

1-4 WHISK; WING; TURN LEFT CHASSE BJO; BACK BACK/LOCK BACK;

1 {whisk} Fwd L, sd & slightly fwd R, XLIB to SCP DLC;
2 {wing} Fwd R comm LF trn, cont rotation dr & tch L leading W to SCAR DLW, (W fwd L, R, L, to SCAR w/ sway to L keeping head in CP);
12&3 3 {trn L & chasse bjo} Fwd L comm LF trn, cont LF trn sd & bk R/cl L, sd & bk R to BJO;

12&3 4 {bk bk/lk bk} Bk L, bk R/ lk Lif (lk Rib), bk R still in BJO DRC;

5-8 OPEN IMPETUS; WEAVE 3 BJO; BACK SYNC TWIST VINE 4; HESITATION CHANGE;

5 {op imp} Bk L, comm. RF trn, cl R cont RF heel trn, sd & fwd L SCP DLC (W fwd R, fwd L RF trn, fwd R);
6 {weave 3} Thru R, blending to CP fwd L trng LF, sd & bk R to BJO DRC;
1&23 7 {bk sync twist vine 4}; Back L, sd R/XLif, sd & bk R to BJO DRC (W Fwd R, sd L/XRib, fwd L);
8 {hesit chg} Bk L comm. RF trn, cont trn sd R LOD, dr & tch L to CP DLC;

9-12 OPEN TELEMAR; NATURAL HOVER FALLAWAY; SLIP PIVOT; MANUEVER;

9 {op tele SCP} Fwd L to CP comm LF trn, sd R cont trn, sd & fwd L (W bk R comm LF trn, cl L to R for heel trn, sd & fwd R) to SCP DLW;
10 {nat hov fallawy} Fwd R w/ slight RF trn, fwd L trng RF w/ rise to fc DRW, rec bk R;
11 {slip piv} Bk L, comm LF trn bk R slipping W to BJO, fwd L DLW (W bk R, trng LF slip fwd L to BJO, sd & bk R);
12 {manuv} Fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD;

13-16 SPIN TURN; BOX FINISH; 2 LEFT TURNS;;

13 {spin turn} Bk L LOD toe trned in piv ½ RF, fwd R heel lead LOD bet W's feet rise w/ slight RF trn, sd & bk L to CP DLW;
14 {box fin} Bk R trning LF, sd L cont trn to CP DLC;
15-16 {2 L turns} Fwd L comm LF trn, cont trn sd R, cl L CP DRC; Bk R, trng LF sd L, cl R CP WALL;

PART B

1-4 HOVER BJO; CURVED FEATH CHECK; SLOW OUTSIDE SWIVEL TO DRW; WEAVE 3 BJO;

1 {hov bjo} Fwd L, fwd & sd R w/ rise, rec L BJO slightly DLW;
2 {curv feath ck} Fwd R trng RF, fwd L curving RF w/ L sd stretch, fwd R ckecking in BJO DRW;
3 {sl outside swivel} Bk L trng upper body RF XLif w/ no weight leading W to swivel to SCP DRW (W fwd R swiveling RF on R), -;
4 {weave 3} Thru R, blending to CP fwd L trng LF, sd & bk R to BJO DLW;

5-8 BACK BACK/LOCK BACK; BACK HOVER SCP; SEMI CHASSE; PICKUP SIDE CLOSE DLC;

12&3 1 {bk bk/lk bk} Bk L, bk R/ lk Lif (lk Rib), bk R still in BJO DRC;
2 {bk hov SCP} Bk L, bk R w/rise trng lady to SCP, fwd L (fwd R outsd ptr, fwd L trng RF to SCP, fwd R);
12&3 3 {semi chasse} Thru R, sd L/cl R, sd L to SCP LOD;
4 {pup(lady lk)} Fwd R folding lady to CP, sd L, cl R (Fwd L trng LF to CP, sd R, lk Lif);

INTERLUDE1-4 DIAMOND TURN 3/4;;; BOX FIN DLW;

- 1-3 {diam trn 3/4} Fwd L trng LF, cont LF trn sd R, bk L to BJO DRC; Bk R trng LF, sd L cont LF trn, fwd R to fc DRW; Fwd L trng LF, sd R cont LF trn, bk L to DLW; Bk R, sd L, cl R to CP DLW;
- 4 {box fin} Bk R, trng slightly LF sd L, cl R to CP DLW;

REPEAT A (1-8)

REPEAT INTERLUDE

PART C1-4 HOVER TELEMAR; IN & OUT RUNS;; SLOW SIDE LOCK;

- 1 {hov tele} Fwd L to CP, fwd R w/ RF body trn, fwd L to SCP DLW;
- 2 {start in & out run} Trng RF fwd R, sd & bk L to CP, bk R to CBJO DRC (W fwd L, fwd R betw M's feet, fwd L);
- 3 {fin in & out run} Trng RF bk L, sd & fwd R between W's feet cont trn RF, fwd L to SCP DLC (W fwd R, trng RF fwd & sd L brushing R to L, fwd R);
- 4 {sl sd lk} Thru R, fwd & sd L comm LF trn leading W to swing in front to p/up, cont trng LF lk Rib (W lk Lif) to CP DLC;

5-8 OPEN REVERSE TURN; OUTSIDE CHECK; BACK PASSING CHANGE; BOX FINISH DLW;

- 1 {open rev} Fwd L comm LF trn, fwd & sd R cont LF trn, bk L to BJO DRC;
- 2 {outside ck} Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to BJO DRW;
- 3 {bk passing chg} Bk L, bk R w/ R sd stretch to open W's head, bk L BJO DRW;
- 4 {box fin} Bk R, sd L trng LF to DLW, cl R;

REPEAT C TO CP WALLREPEAT BREPEAT INTERLUDEREPEAT AREPEAT B (1-7)**ENDING1-2 MAN CHASSE/LADY REVERSE TWIRL 3 TO SHADOW; CROSS CHECK & EXTEND;

- 12&3 (123) 1 {man chasse/lady roll left} Man thru R leading W to comm LF turn, sd L/cl R, sd L to momentary loose wrap WALL (W thru L commencing LF trn, sd R cont trn, sd L to fc WALL);
- 2 {X ck & extend} Both XRif R hnds on lady's waist, slowly raise L arms LOD, -; (if you release lead hands and the lady rolls to Shad, fold hnds on X check before extending arms)

**NOTE: If using the instrumental version, omit meas 7 (thru semi chasse) of Part B prior to the ending.

Easier option for the ending: Releasing lead hnds to 1/2 OP thru semi chasse folding hnds in front; ck thru toeing twd ptr & slowly extend arms up toward LOD;