

FORGOTTEN DREAMS (Vergessene Traume)

Music: Gunter Noris
www.amazon.de/promenade-classics
Track # 9 Time 3:02
Available from choreographer

Rhythm: Slow Two Step Phase: IV+2 (Triple Traveler + Horse Shoe Turn)
+2U (Traveling R Turn + The Square)

Footwork: Opposite except where (Noted)

Release Date: Dec 16

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: INTRO ABC INTER AB(1-12) END



PART A

01-04 OP BASIC TWICE ; ; 2 SWITCHES ; ;

{OP Basics x 2} Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XLib (W XRib), rec R starting to fold in frt of W ; {2 Switches} Sd L Xg in frt of W to L-½-OP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R com to fold in frt of M) ; Fwd R, -, fwd L, fwd R com to fold in frt of W (W sd L Xg in frt of M to ½-OP, -, fwd R, sm fwd L) to ½ OP LOD to manuver ;

05-08 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ; LUNGE BASIC TWICE to Picking Up ; ;

{Traveling Right Turn w/ Outsd Roll} In BFLY Trng RF Xg in frt of W sd & bk L to fc RLOD, -, XRib, twist trn RF 5/8 on both ft to fc DLW, fwd L to LOD (W fwd R btw M's ft com RF trn, -, contg RF trn fwd L twd WALL, contg trn fwd R twd RLOD) to BJO DLW ; Fwd R cont RF trn to fc WALL raising jnd ld hnds, -, sd L, XRif (W sd & bk L com RF trn undr jnd ld hnds, -, cont trn RF sd & fwd R, sd L) end in LOP M fcg WALL ; {Lunge Basic x 2 to PU} Sd L extg lead arm sd, -, rec R, XLif (W XRif) ; Sd R extg trail arm sd, -, rec L, XRif (W XLif) to BFLY WALL (W starting to fold in frt of M to picking-up) ;

09-12 TRIPLE TRAVELER ; ; ; SIDE & FWD to SCAR CHECK / W DEVELOPE ; WAIT & BACK to Picking Up [2 Beats];

{Triple Traveler} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd ld hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to BFLY COH ; {Sd & Fwd to SCAR Chkg/W Developpe} Sd R turng to SCAR DLC, fwd L outsd W checking, -, (W sd L turng to SCAR DRW, bk R, bring L ft up R leg to insd of R knee, extend L ft fwd) ; {Wait & Bk to PU} [2 beats] Wait, "On the next tune of flute" Bk R (W fwd L starting to fold in frt of M to picking-up) ;

13-16 LEFT TURN w/ INSIDE ROLL ; BASIC ENDING ; UNDERARM TURN ; OP BASIC ;

{Left Trn w/ Insd Roll} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to loose CP WALL ; {Basic Ending} Sd R, -, XLib (W XRib), rec R to BFLY WALL ; {Underarm Trn} Sd L, -, bk R, rec L (W sd R, -, fwd & across L trng RF under joined ld hands, fwd R cont RF trn to BFLY) ; {OP Basic} Repeat meas 2 Part A ;

PART B

01-04 THE SQUARE w/ Manuver ; ; ; ;

{The Square} [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd COH in L ½ OP, XLif (W fwd R, -, sd L twd COH, XRif starting to Xif of M) ; Fwd R, -, sd L twd RLOD, XRif starting to Xif of W (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif) ; [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd WALL in L ½ OP, XLif (W fwd R, -, sd L twd WALL, XRif starting to Xif of M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif) to ½ OP LOD starting to fold in frt of W to manuver ;

05-08 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING ; DBL HND UNDERARM TURN to STACKED HND ; OP BREAK to FACE ;

{Right Trn w/ Outsd Roll} Sd & bk L Xg in frt of W in losse CP, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif to fc ptr (W fwd R comm RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to loose CP COH ; {Basic Ending} Repeat meas 14 Part A ; {Dbl Handhold Underm Trn to Stacked Hnds} [With both hands joined above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hands (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hands L over R) fcg ptr to COH ; {Open Break to Fc} With stacked hnds Sd R, -, rk apt L, rec R to W's r-shldrs ;

Page 2: Forgotten Dreams – Vergessene Traume

09-12 CHANGE SIDES/W UNDERARM ; HORSE SHOE TURN ; ;

SIDE & FWD to SCAR CHECK / W DEVELOPE ; WAIT & BACK to Picking Up [2 Beats]:

{Change Sides / W Underarm} Fwd L to COH chg sds CW lead W trn under stacked hds, -, sd R, XLif (*W fwd R to WALL 1/2 LF trn under stacked hds chg sds, -, sd L, XRif*) to Loose CP WALL ; **{Horse Shoe Trn}** Relg trl hnds Sd & fwd R to L-OP LOD, -, cont trn thru L to V position LOD, XRib to V pos & raise ld hnds ; LF ½ circ fwd L, -, R, L (*W RF ½ circ undr jnd hnds fwd R, -, L, R*) to Loose CP WALL ; **{Sd & Fwd to SCAR Chkg/W Developpe}** Repeat meas 12 Part A ; **{Wait & Bk to PU}** [2 beats] repeat meas 13 Part A ;

13-16 LEFT TURN w/ INSIDE ROLL ; SWEETHEART WRAP to LOD ; SWEETHEART RUN 6 to Picking in Up Low Bfly ; ;

{Left Turn w/ Inside Roll} Repeat meas 13 Part A ; **{Sweetheart Wrap to LOD}** Sd R, -, XLif bringing lead hnds thru leading woman to trn LF, rec R (*W sd L, -, comm LF turn fwd R, cont LF turn rec fwd L to fc LOD*) ending in wrapped pos fcg LOD ; **{Sweetheart Run 6 to PU in Low Bfly}** In wrapped position fcg LOD fwd L, -, fwd R, fwd L ; Fwd R, -, fwd L, fwd R (*W fwd R, -, fwd L, R ; fwd L, -, fwd & sd R trng ¼ LF w/ jnd tl hnds, XLif*) to Low Bfly WALL (*W starting to fold in frt of M to picking-up*) ;

PART C

01-04 TRAVELING CROSS CHASSE 4 TIMES to BFLY WALL ; ; ; ;

{Traveling Cross Chasse x 4 to BFLY WALL} Joining both hnds low Fwd L trng LF, -, with rt side leading sd R, XLif (*W bk R trng lf, -, with lf side leading sd L, XRif*) to DLC ; Fwd R trng RF, -, with lf side leading sd L, XRif (*W bk L trng RF, -, with rt side leading sd R, XLif*) to DLW ; Repeat meas 1 Part C ; Fwd R comm trng RF fcg DLW w/L shld ld, -, sd L cont RF trn to fc prtn, cl R to Loose CP WALL ;

05-08 SIDE BASIC ; REVERSE UNDERARM TURN ; SPOT TURN TWICE to Picking Up ; ;

{Sd Basic} In loose CP sd L, -, XRib (*W XLib*), rec L ; **{Reverse Underarm Turn}** Sd R, -, XLif, rec R (*W sd L comm LF trn undr jnd ld hds, -, XRif to line of prog trng 1/2 LF, rec fwd L contg trn to fc ptr*) to relg both hnds ; **{Spot Trn x 2}** Sd L, -, XRif trn LF ½, rec L cont LF trn to WALL ; Sd R, -, XLif trn RF ½, rec R cont RF trn to BFLY WALL & to picking-up ;

09-12 TRIPPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} Repeat meas 9,10,11 Part A ; ; ; **{Basic Ending}** Repeat meas 14 Part A ;

13-16 UNDERARM TURN ; TUNNEL EXIT ; OUTSIDE ROLL ; OP BASIC ;

{Under Arm Trn} Repeat meas 15 Part A ; **{Tunnel Exit}** Sd & fwd R chkg leading W around, -, rec L with hip roll, rec R with hip roll trng LF jnd hnds over M's head (*W fwd L around M, - fwd R, fwd L fc*) end fcg RLOD ; **{Outside Roll}** Fwd L bringing jnd hnds down & bk, - fwd R, fwd L bringing hnds up & around leading W to roll RF trng to fc ptr (*W fwd R comm RF turn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R*) to BFLY WALL ; **{OP Basic}** Sd R trng to ½ OP LOD, -, XLib (*W XRib*), rec R ;

INTER

01-05 SWITCHES x 4 ; ; ; ; SLOW HIP ROCK 2 ;

{Switches x 4} Repeat meas 3,4 Part A ; ; Repeat meas 3,4 Part A ; ; **{Slow Hip Rock 2}** Slow rk L with hip roll, -, rk R with hip roll, -;

ENDING

01-05 LEFT TURN w/ INSIDE ROLL ; SWEETHEART WRAP to LOD / W TRANS ; SWEETHEART RUN 4 to TANDEM WALL ; INTO SIDE CORTE & EXTEND ARMS ;

{Left Turn w/ Inside Roll} Repeat meas 13 Part A ; **{Sweetheart Wrap /W Trans to LOD}** Sd R, -, XLif bringing lead hnds thru leading W to trn LF, rec R (*W sd L comm LF turn, -, small fwd R cont LF turn to fc LOD, tch L*) ending in wrapped pos fcg LOD [Both L ft free] ; **{Sweetheart Run 4 to Tandem Wall & Sd Corte}** In wrapped position fcg LOD fwd L, -, fwd R, fwd L ; Fwd R turng RF to Tandem Wall, -, sd L (*W fwd L, -, fwd R, fwd L ; Fwd R turng RF to Tandem Wall, -, sd L*) softening knees, look at each other extendg ld arms to sd ;