

FRIDOLIN

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Music: „Fridolin“, CD Standard Gold Collection 3 (Hugo Strasser), Track 10, 2:05 min - or Download Amazon
Rhythm & Phase: QS, Phase III + 1 (Quarter Trn & Prog Chasse) + 1 (Chasse Weave)
Timing: as noted below
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A – A – B – Bmod – Inter – A – A1-12 – End

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INTRODUCTION

1-4 WAIT 2 MEAS ;; APART & POINT ; PICKUP & TOUCH ;

- 1-2 **{Wait 2}** In OP FCG M fcg ptr & DLW wait 2 meas ; ;
3 **{Apt, Pt}** Stp apt L, -, pt R twd ptr, - ;
4 **{PU, Tch}** Stp fwd R trng to fc DLC (*W fwd L trng LF to fc ptr*), -, tch L to R to CP DLC, - ;

PART A

1-4 2 LEFT TURNS ;; WALK TO BANJO & CHECK ; FISHTAIL ;

- 1-2 **{2 L Trns}** In CD DLC stp fwd L start LF trn, -, sd R cont LF trn, cl L to R to fc RLOD ;
Bk R start LF trn, -, sd L cont LF trn, cl R to L to CP DLW ;
3 **{Walk to BJO, Ck}** Stp fwd L outsd ptr, -, fwd R to BJO DLW ckg motion, - ;
4 **{Fishtail}** XLib of R, sm sd & fwd R w/RF body trn, fwd L w/L shldr leadg, XRib of L to BJO DLW ;

5-8 WALK & FACE ; 2 SIDE CLOSES ; TWIRL VINE 2 ; WALK & PICKUP ;

- 5 **{Walk & Fc}** In BJO stp fwd L, -, fwd R trng RF to CP WALL, - ;
6 **{2 Sd CIs}** Stp sd L, cl R to L, sd L, cl R ;
7 **{Twirl Vine 2}** Stp sd L lead W trn RF undr jnd ldhnds, -, XRIB of L, - (*W sd & fwd R start RF trn undr jnd ldhnds, -, cont RF trn sd & bk L to fc ptr, -*) ;
8 **{Walk, PU}** Blendg to SCP LOD stp fwd L, -, thru & fwd R to CP LOD (*W fwd L trng LF to fc ptr*) ;

9-12 QUARTER TURN & PROGRESSIVE CHASSE – FORWARD ; ; ; ;

- 9-12 **{¼ Trn & Prog Chasse, Fwd}** In CP LOD stp fwd L slightly crvg RF, -, fwd R to CP WALL, - ;
Sd L, cl R to L, sd L to SCAR, - ; Stp bk R to CP WALL, -, sd L, cl R to L ; Sd & fwd L to contra BJO, -,
fwd R to BJO DLW, - ;

13-16 FORWARD, LOCK, FORWARD ; MANEUVER, SIDE, CLOSE ; PIVOT 2 ; WALK 2 ;

- 13 **{Fwd, Lk, Fwd}** In BJO stp fwd L, lk Rib, fwd L, - ;
14 **{Manuv, Sd, CI}** Stp fwd R start trng RF, -, side L trng to CP RLOD, cl R to L ;
15 **{Pivot 2}** In CP RLOD stp bk L start trng RF, -, fwd R cont trng RF to CP LOD, - ;
16 **{Walk 2}** Crvg slightly to CP DLC stp fwd L, -, fwd R, - ;
note: 2nd time through step fwd outsd ptr to end in BJO LOD ;

PART B

1-4 FORWARD, LOCK, FORWARD TWICE TO FACE ;; 2 SIDE CLOSES ; TWIRL VINE 2 ;

- 1-2 **{Fwd, Lk, Fwd 2x}** In BJO LOD stp fwd L, lk Rib, fwd L, - ; Stp fwd R, lk Lib, fwd R trng to Fc WALL, - ;
3 **{2 Sd CIs}** Repeat meas 6 of Part A ;
4 **{Twirl Vine 2}** Repeat meas 7 of Part A ;

5-8 WALK, MANEUVER ; SIDE, CLOSE – SPIN TURN ;; BOX FINISH ;

- 5 **{Walk, Manuv}** Blendg to SCP LOD stp fwd L, -, thru & fwd R start trng RF to fc ptr & RLOD, - ;
6-7 **{Sd, CI – Spin Trn}** Stp sd L to fc RLOD, cl R to L to CP RLOD, stp bk L (*W fwd R between M's feet*)
trng ½ RF, - ; Cont trng stp fwd R between W's feet (*W bk L w/brush*), -, sd & bk L to CP DLW, - ;
8 **{Box Finish}** Stp bk R start trng LF, -, sd L to fc DLC, cl R to L to CP DLC ;

9-12 CHASSE WEAVE ; ; ; ;

- 9-12 **{Chasse Weave}** In CP DLC stp fwd L trng LF to fc COH, -, sd R, cl L ; Sd R trng LF, - ,
bk L to contra BJO RLOD, - ; Bk R trng LF to CP fc WALL, -, sd L, cl R ;
Sd L trng LF to fc DLW, -, fwd R outsd ptr to contra BJO DLW, - ;

- 13-16 **WALK, MANUEVER; SD, CL – IMPETUS TO SEMI ; ; PICKUP & TOUCH ;**
 5 {Walk, Manuv} Stp fwd L, -, fwd R start trng RF to fc RLOD, - ;
 6-7 {Sd, Cl – Impetus} Stp sd L to fc RLOD, cl R to L to CP RLOD, bk L (*W fwd R between M's feet pivoting 1/2 RF*) commence RF upper body trn, - ; Trng RF on L heel cl R to L chg weight to R (*W sd & fwd L trng around ptr brush R to L*), -, fwd L to SCP DLC, - ;
 8 {PU, Tch} Stp thru & fwd R twd DLC (*W thru L trng LF to fc ptr*), -, tch L to R to CP DLC, - ;

PART B(MOD)

- 1-4 **2 LEFT TURNS TO FACE WALL ; ; SLOW FRONT TWISTY VINE 4 ; ;**
 1-2 {2 L Trns} Repeat meas 1-2 of Part A but to CP WALL ; ;
 3-4 {Front Twisty Vine 4} Stp sd L, -, XRif of L (*W XLif*), - ; Sd L, -, XRif of L (*W XLif*), - ;
- 5-8 **WALK TO BANJO, MANUEVER ; SIDE, CLOSE – SPIN TURN ; ; BOX FINISH ;**
 5 {Walk, Manuv} Stp sd L to BJO DLW, -, stp fwd R trng RF to CP RLOD, - ;
 6-8 Repeat meas 6-8 of Part B ; ; ;
- 9-12 **CHASSE WEAVE ; ; ; ;**
 Repeat meas 9-12 of Part B ; ; ; ;
- 13-16 **WALK, MANUEVER; SD, CL – SPIN TURN OVERTURNED TO FACE WALL ; ; BACK HALF BOX ;**
 5 {Walk, Manuv} Repeat meas 13 of Part B ;
 6-7 {Sd, Cl – Spin Trn Overtrnd} Stp sd L to fc RLOD, cl R to L to CP RLOD, stp bk L trng ½ RF (*W fwd R between M's feet*), - ; Stp fwd R between W's feet cont trng (*W bk L w/brush*), -, sd & bk L to CP WALL, - ;
 8 {Bk Half Box} In CP WALL stp bk R, -, sd L, cl R to L ;

INTER

- 1-2 **HOVER & PICKUP ; ;**
 1-2 {Hover & PU} In CP WALL stp fwd L, -, sd & fwd R rising, - ;
 Stp sd & fwd L to SCP, -, thru & fwd R trng to CP DLC (*W thru & fwd L trng LF to fc ptr*), - ;

ENDING

- 1-4 **FORWARD, LOCK, FORWARD TWICE TO FACE ; ; SIDE, CLOSE ; APART, POINT ;**
 1-2 {Fwd, Lk, Fwd 2x} Repeat meas 1-2 of Part B ; ;
 3 {Sd, Cl} Stp sd L, -, cl R to L, - ;
 4 {Apt, Pt} Stp apt L, -, pt fwd R twd ptr, - ;

Quick Cues:

Intro – A – A – B – Bmod – Inter – A – A* – End

- Intro In OP FCG Wait 2 meas;; Stp Apt & Pt; PU & Tch;
- A 2 L Trns;; Walk to BJO & Ck; Fishtail;
 Walk & Fc; 2 Sd Cls; Twirl Vine 2; Walk & PU;
 ¼ Trn & Prog Chasse – Fwd;;;*
 Fwd, Lk, Fwd; Manuv, Sd, Cl; Pivot 2; Walk 2; (2nd: Walk 2 to BJO;)
- B Fwd, Lk, Fwd; 2x to Fc; 2 Sd Cls; Twirl Vine 2;
 Walk, Manuv; Sd, Cl – Spin Trn;; Box Finish;
 Chasse Weave;;;;
 Walk, Manuv; Sd, Cl – Impetus SCP;; PU, Tch;
- Bmod 2 L Trns (WALL);; (Slow) Front Twisty Vine 4;;
 Walk to BJO, Manuv; Sd, Cl – Spin Trn;; Box Finish;
 Chasse Weave;;;;
 Walk, Manuv; Sd, Cl – Spin Trn Overtrnd Fc WALL;; Bk Half Box;
- Inter Hover & PU;;
- End Fwd, Lk, Fwd; 2x to Fc; Sd & Cl; Apt & Pt;