

FROZEN WALTZ

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Music: Let It Go (from 'Frozen') by Hang Shuen Lee CD: Premium Standard - Ballroom
Symphony, Track #5 Also available as download from Casa Musica
Time/Speed: Time@RPM: 3:05@45
Rhythm/Phase: Waltz III + 1 [Diamond Turn] **Degree of Difficulty:** AVG
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Sequence: INTRO - A - B - C - A(1-8) - B - C - END

INTRO

1 - 4 (OP-FC/WALL) WAIT; WAIT; APT PT; SPIN MANUV (CP/RL0D);

1-2 Wait 2 meas in Open Facing Position M facing WALL; ;
3 (Apt Pt) Apart L, pt R twd partner, -;
4 (Spin Manuv) Fwd R commence RF trn lead W LF spin, cont RF trn sd L, cl R to CP/RL0D;

5 - 8 1 R TRN FC LOD; FWD WALTZ; 2 L TRNS; (WALL);

5 (1 R Trn) Bk L commence RF trn, sd R cont RF trn, cl L to R;
6 (Fwd Waltz) Fwd R, fwd L, cl R to CP/LOD;
7-8 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; Bk R commence LF trn, sd L cont trn, cl R to L to CP/WALL;

PART A

1 - 4 HOVER; THRU HOVER (BJO); BK HOVER (SCP); THRU FC CL;

1 (Hover) Fwd L, sd & fwd R, rec fwd L to SCP/LOD;
2 (Thru Hover to BJO) Thru R commence LF trn, sd L pointing DLW rising and leaving R extended bk, rec bk R with right sd leading in BJO backing RL0D and preparing for partner to step outside; (W Thru L commence LF trn, sd and bk R rising brush L to R, sd & fwd L left sd leading preparing to step fwd outside partner in BJO);
3 (Bk Hover to SCP) Bk L, sd & bk with a slight rise, rec L (W fwd R, sd & fwd L commence RF trn with a slight rising brush R to L, cont RF trn sd & fwd R) to SCP/LOD;
4 (Thru Fc Cl to CP) Thru R, sd L fc partner, cl R to CP/WALL;

5 - 8 WHISK; MANUV; SPIN TRN; BOX FINISH (CP/DC);

5 (Whisk) Fwd L, sd R, XLIB of R to SCP/LOD;
6 (Manuv) Fwd R commence RF trn, cont RF trn sd L, cl R to CP/RL0D;
7 (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);
8 (Box Finish) Bk R commence LF trn, sd R cont LF trn, cl R to L fc DC;

9 - 12 2 L TRNS; (WALL); BOX; ;

9-10 (2 L Trns) Fwd L commence LF trn, sd R cont LF trn, cl L to R; Bk R commence LF trn, sd L cont trn, cl R to L to CP/WALL;
11-12 (Box) Fwd L, sd R, cl L; bk R, sd L, cl R keeping CP;

13 - 16 BAL L; BAL R; TWIRL VINE 3; PKUP (CP/DC);

13 (Balance L) Sd L, XRIB of L, rec L;
14 (Balance R) Sd R, XLIB of R, rec R;
15 (Twirl Vine 3) Sd L lead W RF trn, XRIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, sd L cont RF trn, cont trn fc COH sd R);
16 (Pickup) Fwd R twd LOD lead W LF trn commence LF trn, sd L fc LOD, cl R (W fwd L front of man commence LF trn, cont LF trn sd R fc RDW, cl L) to CP fc DC;

PART B**1 - 4 DIAMOND TRN; ; ; SCAR ENDING;**

1-4 (Diamond Trn) Fwd L commence LF trn, sd R cont LF trn, bk L to BJO/RDC; Bk R cont LF trn, sd L cont LF trn, fwd R to BJO/RDW; Fwd L cont LF trn, sd R cont LF trn, bk L to BJO/DW; Bk R, sd L, cl R to SCAR/DW;

5 - 8 X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); THRU FC CL (BFLY);

5 (Cross Hover BJO) XLIF of R commence LF trn, sd R cont LF trn, cont trn rec L to BJO/DC;
 6 (Cross Hover SCAR) XRIF of L commence RF trn, sd L cont RF trn, cont trn rec R to SCAR/DW;
 7 (Cross Hover SCP) XLIF of R, sd R lead W RF trn, sd & fwd L to SCP/LOD;
 8 (Thru Fc Cl to BFLY) Thru R, sd L fc partner, cl R to BFLY/WALL;

PART C**1 - 4 WALTZ AWAY & TOG; ; SOLO TRN 6; (BFLY);**

1 (Waltz Away) Fwd L twd DC(W twd DW), fwd R, cl L;
 2 (Waltz Tog) Fwd R, fwd L, cl fc partner to BFLY/WALL;
 3-4 (Solo Trn 6) Releasing hold and turning to fc LOD fwd L commence LF trn, cont LF trn side R, cl L ending bk to bk; Commencing LF trn bk R twd LOD, cont LF trn sd L, cl R to BFLY/WALL; (W: Releasing hold and turning to fc LOD fwd R commence RF trn, cont RF trn sd L, cl R ending bk to bk; Commencing RF trn bk L twd LOD, cont RF trn sd R, cl L to BFLY/WALL;

5 - 8 WALTZ AWAY & TOG; ; SOLO TRN 6; (CP/WALL);

5-8 Repeat Part C 1-4; ; ; to end in CP/WALL;

9 - 12 LEFT TRNG BOX; ; ; ;

9-12 (Left Trng Box) Fwd L commence LF trn, sd R, cl L fc LOD; bk R cont LF trn, sd L, cl R fc COH; fwd L cont LF trn, cl L fc RLOD; bk R cont LF trn, sd L, cl R fc WALL;

13- 16 (OP)BAL APT; BAL TOG (BOLERO); QUICK WHEEL 12 (WALL);;

13 (Open Balance Apart) Bk L commence LF trn in OP/LOD, cl R to L, in plc L;
 14 (Balance Tog)Step tog to ptr R commence RF trn in BOLERO/WALL, cl L to R, in plc R;
 15- (Quick Wheel 12) Fwd L commence RF wheel/cont wheel R, L/R, L/R; Fwd L commence RF
 16(1&2 wheel/cont wheel R, L/R, L/R to CP/WALL; {Making 2 full rotations is standard, but you may choose
 &3&4&5to rotate only once or even three times if you want.}
 &6&)

ENDING**1 - 4 HOVER; THRU HOVER (BJO); BK HOVER (SCP); CHAIR & HOLD;**

1-3 Repeat Part A 1-3; ; ;
 4 (Chair & Hold) Ck thru R with lunge action, extended lead hnds, hold;