

HARBOR LIGHTS

Music: Roger Whittaker

www.amazon.com/feelings

Track# 3 Time 3:32

Accelerate w/ +5% to Time 3:22 Available from Choreographer

Rhythm: Bolero Phase: IV+2 (Riff Turns + Horseshoe Turn) + Several U

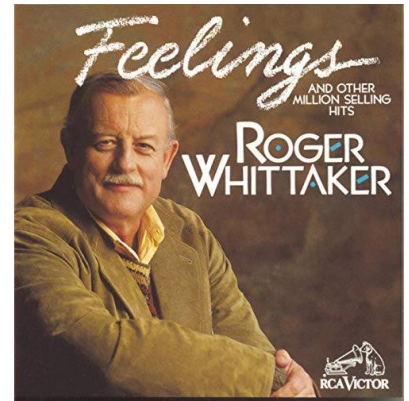
Footwork: Opposite except where (Noted)

Release Date: Sept 20

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Sequence: INTRO AB BRIDGE #1 B(9-16) BRIDGE #2 B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Full Basic} Sd L, -, bk R w/ bk contra ck action, rec L ; Sd R, -, fwd L w/ contra ck action, rec R to BFLY WALL ;

05-08 FENCE LINE w/ ARMSWEEP TWICE ; ; DIP BACK/W LEG CRAWL ~; [on the word "SAW"] RECOVER /W in 2 ;

{Fence Line w/ Armsweep} Sd L body rise, -, XRif bent knee r-arm circle CCW ifo body, rec bk L to Low bfly ; Sd R body rise, -, XLif bent knee lft-arm circle CW ifo body, rec bk R to BFLY WALL ; {Dip Bk/W w/Leg Crawl~} [SS] Sd & Bk L w/ lft-sd lead leaving R in place (W [S-] fwd R w/ r-sd lead, lift L leg up along M' outer thigh toe pointed to floor), -,-, ~; [On the word "SAW"] {Recover/W in 2} [Q] Rec on R, pnt L to R (W [QQ] rec R, cl L) to CP WALL ;

PART A

01-04 [On the word "HARBOR"]LEFT PASS ; FORWARD BREAK ; RIGHT PASS ; LUNGE BREAK & r-hndshk ;

[On the word "HARBOR"] {Left Pass} Fwd L w/ rise to SCAR DLW lead W trn RF to shape body LOD, -, slip bk R flex knee, fwd L trn LF to fc COH (W fwd R trn ¼ RF back to M, -, sd & fwd L flex knee strong trn LF, bk R cont trn to fc ptr) to BFLY COH ; {Fwd Break} Sd R w/ body rise, -, fwd L in contra check like action lowerg, bk R (W sd L w/ body rise, -, bk R in contra check like action lowerg, fwd R) to BFLY COH ; {Right Pass} Fwd & sd L rise comm. trn RF raise ld-hnds to create window, -, XRif cont trn, fwd L (W Fwd R rise, -, fwd L comm. trn LF under jnd ld-hnds, cont trn bk R) to BFLY WALL ; {Lunge Break} Sd & bk R to LOP FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (W sd & bk L, -, bk R w/ sitting action, rec L) to r-hndshk WALL ;

05-08 R-hnd UNDERARM TURN ; SHADOW BREAK x 2 ; ; SPOT TURN ;

{r-hnd Underarm Turn} [w/ r-hndshk] Sd L, -, raisg rt-hnds sm bk R, rec L (W sd & fwd R, -, trng RF undr jnd rt-hnds XLif, comp full RF trn fwd R to fc ptr) to r-hndshk WALL ; {Shad Break x 2} [w/r-hndshk] Sd R rise comm trn LF (W RF), -, cont trn bk L flex knee to fc LOD [M's lft-arm extended sd W's lft-hnd behind M], fwd R to fc ptr ; Comm trn RF (W LF) fwd & sd L rise, -, cont trn bk R flex knee to fc RLOD [M's lft-arm behind W & W's lft-arm extended sd], fwd L trn LF (W RF) to BFLY WALL ; {Spot Turn} Sd & fwd R to slight V pos RLOD, -, relg hnds & trng RF XRif (W trng LF XLif), rec R to fc WALL ;

09-12 NEW YORKER ; AIDA PREPARATION ; AIDA LINE & ROCK 2 ; SWIVEL to FACE Into NEW YORKER to ½ OP LOD ;

{New Yorker} Sd L, -, trng to OP LOD fwd R, bk L to BFLY WALL ; {Aida Prep} Relg tri-hnds Sd R trng to slight V pos RLOD, -, thru L to LOP RLOD, trng LF sd R to BFLY WALL ; {Aida Line & Rock 2} Bk L to bk to bk V pos raisg ld-arms, -, chg wgt to R w/ soft knee foldg free arm at elbow, replc wgt on L xtndg free arm ; {Swivel to Fc Into New Yorker to ½ OP LOD} Fwd R swiv RF on R to fc ptr, -, cont RF trn to OP RLOD chk fwd L, rec R trng LF to ½ OP LOD ;

13-16 OP IN & OUT RUNS ; ; SWITCH & RUN 2 to ½ LOP RLOD ; SWITCH & RUN 2 to Loose CP ;

{OP In & Out Runs} Fwd L rise, -, fwd R Xifo W comm. trn RF, bk L cont trn to fc LOD w/ free arms out to sd (W fwd R rise, -, L, R) to ½ LOP LOD ; Fwd R rise, -, fwd L, R w/ free arms out to sd (W fwd L rise, -, fwd R Xifo M comm. trn RF, bk L cont trn to fc LOD) to ½ OP LOD ; {Switch & Run 2 Twice to Loose CP} Sd & fwd L trng to ½ LOP RLOD, -, fwd R, L ; Sd & fwd R trng to ½ OP LOD, -, fwd L, R trn to fc ptr to Loose CP WALL ;

17 RIFF TURNS ;

{Riff Turns} [QQQQ] Sd L to fc ptr raisg ld-hnds, cl R, sd L, cl R (W sd & fwd R com RF spin undr jnd ld-hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld-hnds) to BFLY WALL ;

PART B

01-04 DBL HND OPENING OUT TWICE ; ; CROSS BODY ; REVERSE UNDERARM TURN ;

{DBL Hnd Opening Out x 2} Sd & fwd L body rise and body rotate LF, -, lower on L and extend R foot to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match ptr, -, XLib lowering, fwd R in Bfly*); Cl R body rise and body rotate RF, -, lower on R and extend L foot to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowering, fwd L in Bfly*) to BFLY WALL; **{Cross Body}** Sd & bk L w/ bdy rise trng LF, -, bk R w/ slipping action cont trng LF, fwd L compg LF trn (*W sd & fwd R, -, fwd L Xifo M & trng LF, sm sd R*) to BFLY COH; **{Reverse Underarm Trn}** Sd R raisg ld-hnds, -, Xlif, bk R (*W sd L com LF trn undr jnd ld-hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr*) to BFLY COH ;

05-08 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; HIP LIFT ;

{Dbl Hnd Hold Underarm Turn to stacked hnds} [Keep both hands] Sd L, -, XRib lead ptr under dbl hnd hold, rec fwd L stacked lft-over rt-hnds (*W fwd R, -, fwd L RF trn under dbl hnd hold, fwd R stacked hands lft-over r-hnds*) to COH; **{OP Break to Fc}** [With stacked hnds] Sd R, -, apt L raising stacked hnds fwd, rec R to r-sd of W; **{Change Sides /W Underarm}** [Raising stacked hnds] Fwd L COH turng RF chg sds lead W trn under stacked hnds, -, sd R, Xlif (*W fwd R WALL LF trn under stacked hnds chg sds, -, sd L, XRif*) to Low Bfly WALL; **{Hip Lift}** In Low Bfly Sd R, -, slight pressure on L ft lift lft hip, lower lft hip ;

09-12 SPOT TURN ; LUNGE BREAK ; ; SHOULDER to SHOULDER TWICE ; ;

{Spot Turn} Sd & fwd L to slight V pos LOD, -, relg hnds & trng LF XRif (*W trng RF Xlif*), rec L to fc WALL; **{Lunge Break}** Sd & bk R to LOP FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy tm, rise (*W sd & bk L, -, bk R w/ sitting action, rec L*) to BFLY WALL; **{Shoulder to Shldr x 2}** Sd L, -, fwd R to BFLY-BJO, bk L to BFLY; Sd R, -, fwd L to BFLY-SCAR, bk R to CP WALL ;

13-16 TURNING BASIC ; HORSESHOE TURN ; ; HIP ROCKS ;

{Turng Basic} Sd L w/slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd and fwd L trng ¼ LF to BFLY COH; **{Horseshoe Turn}** [releasg trl-hnds] Sd & fwd R trng RF to V pos LOD, -, thru L to LOD, lk Rib to V pos & raise ld-hnds; Circ CCW fwd L, -, R, L (*W circ RF ½ undr jnd hnds fwd R, -, L, R*) to Low Bfly WALL; **{Hip Rks }** Arms low Sd R, -, rec L rollg L hip, rec R rollg R hip ;

BRIDGE#1

01-02 TURN INTO ROMANTIC SWAY's ; ;

{Turn Into Romantic Sway's} Release ld hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld-hnds up & around to end stretched out to sd at shoulder level, -, sd R, rec L; Sd R and swiv RF (*W LF*) to fc bring ld-hds betwn ptrs to lead hip, -, sd L, rec R ;

BRIDGE #2

01 RIFF TURNS

{Riff Turns} Repeat meas 17 Part A ;

ENDING

01-04 RIFF TURNS ; SIDE to PROMENADE SWAY ; CHANGE to OVERSWAY ; RECOVER to FACE & DIP BACK/W LEG CRAWL ;

{Riff Turns} Repeat meas 17 Part A; **{Sd to Promenade Sway}** Sd L & fwd w/ r-sd stretch looking over ld-hnds, -, relax L knee lowering (*W Sd & fwd R to SCP w/ lft-sd stretch looking over ld-hnds, -, relax R knee*), -; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy tm & stretch L sd both w/ head well to L (*W relax R knee & w/ LF upper bdy tm slowly change head from rt to lft usg full meas*); **{Rec to Fc & Dip Bk /W w/ Leg Crawl}** [SS] Rec R to CP WALL, then Repeat meas 7 Intro ;