

# ISABELLE

**Music:** Cabas  
[www.amazon.de/Red-Rose-Dance-Collection-Vol4/dp/B00000AW44](http://www.amazon.de/Red-Rose-Dance-Collection-Vol4/dp/B00000AW44)  
Track # 10 Time 2:37 Available from choreographer

**Rhythm:** Waltz **Phase:** IV + **OPTION (Insd Turns)**

**Footwork :** Opposite except where (Noted)

Release date : Mars 22

Choreo : Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium

**Email :** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

Website: [telemark.wixsite.com/roundsjos](http://telemark.wixsite.com/roundsjos)

**SEQUENCE :** INTRO AB AB(1-15) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; ROLL 3 to SCP ; THRU FACE CLOSE ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Roll 3 to SCP} Start LF trn (W RF) sd & fwd L, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; {Thru Fc Cl} Thru R, sd L trn to fc, cl R to BFLY WALL ;

## PART A

### 01-04 TWIRL/VINE ; WHIPLASH CP WALL ; STROLLING VINE w/ HESITATION & INSIDE ROLL ; ;

{Twirl Vine} Raisg jnd ld hnds Sd L, XRib, sd L (W sd R start trng RF on ball of R under ld hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; {Whiplash to CP Wall} [1,--] Thru R, trng bdy RF to ptr pnt L LOD (W thru L, pnt R fwd, swiv slowly on L LF to fc ptr) to CP WALL, - ; {Strolling Vine w/ Hesitation & Inside Roll} [1,2-] Sd L, XRib (WXLif), swiv LF on R to DLW ; Sd & fwd L trng LF raisg ld hnds, fwd R, XLif to fc COH (W fwd R across LOD trng LF, roll LF under ld hnds L, R to fc ptr) ;

### 05-08 STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Strolling Vine w/ Hesitation & Outside Roll} [1,2-] Sd R, XLib (WXRif), swiv RF on L to DLC ; Sd & fwd R trng RF raisg ld hnds, fwd L, XRif to fc WALL (W fwd L across LOD trng RF, roll RF under ld hnds R, L to fc ptr) ; {Roll 3 to SCP} Repeat meas 3 Intro ; {Chair & Slip} Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ;

### 09-12 LEFT TURNING BOX/OPTION W INSIDE TURN ; ; ; ;

{Left Trng Box/W Insd Trn} Fwd L & trn ¼ LF, sd R, cl L to CP DRC ; Bk R & trn ¼ LF raisg ld hnds sd L, cl R (OPTION W fwd L comm LF trn under ld hnds, small sd R cont LF trn, small sd L compg LF trn) to CP DRW ; Repeat meas 9,10 to CP DLW & DLC ;

### 13-16 FORWARD WALTZ ; OP NATURAL ; SPIN TURN ; BOX FINISH ;

{Fwd Waltz} With a slight RF curve Fwd L, R, L to CP LOD ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (W bk L trng RF, fwd R btwn M's ft, fwd L) to BJO DRC ; {Spin Trn} Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DLW ; {Box Finish} Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

## PART B

### 01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Trn ½} Fwd L comm trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & cont trng LF bk R, compg ¼ LF trn sd L, fwd R ; {Qk Diamond 4} [1,2&3] Fwd L stg to trn LF, sd R contg LF trn/bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; {Dip Bk & Rec} [1,2,-] Bk L w/ flexed knee, -, rec R swiv RF to CP DLC ;

### 05-08 VIENNESE TURNS ; ; HOVER TELE ; THRU SYNCOPATED VINE ;

{Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ; {Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; {Thru Sync Vine} [1,2&3] Thru R, sd L/XRib (W XLib), sd L to SCP LOD ;

**09-12 IN & OUT RUNS ; ; WEAVE 6 to BJO ; ;**

**{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; **{Weave 6 to BJO}** Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ;

**13-17 OP NATURAL ; BACK BACK/LOCK BACK ; IMPETUS to SCP : THRU FACE CLOSE ; ONE CANTER ;**

**{OP Natural}** Repeat meas 15 Part A ; **{Bk Bk/Lock Bk}** (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Thru Fc Cl}** Repeat meas 4 Intro ; **{One Canter}** [1,-,2] Sd L, draw R, cl R ;

**ENDING**

**01-03 THRU SYNCOPATED VINE ; THRU to PROMENADE SWAY ; CHANGE SWAY ;**

**{Thru Sync Vine}** Repeat meas 8 Part B ; **{Thru to Promenade Sway}** [1,2-] Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; **{Chng Sway}** Slowly rotate LF w/ lft sd stretch chging W's head to lft, & hold, -;