

IT'S TIME TO GO

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Record Until It's Time for You to Go - Dancelife One - The Ballroom Orchestra and Singers. Available on iTunes

Rhythm Waltz - Roundalab Phase 5

Footwork Directions for man, lady opposite footwork except as otherwise noted

Sequence Intro A B C A End

INTRODUCTION

1-8 IN BFY FCG WALL

WAIT 2 MEAS ;; TWL VINE; P/U DLC ; DIAMOND TRNS ;;;;

(1-2) In bfy pos fcg wall with lead hnds only jnd wait 2 meas ; ;

(3) Sd L, XRIB, sd L (sd & Fwd R trng ½ RF, sd & bk L trng ½ RF, sd R) ;

(4) Fwd R lead W to CP fcg DLC, sd L, clo R (fwd L trn LF to CP, sd R, clo L) ;

(5-6) Fwd L trn on diag, cont left trn sd R, bk L to BJO ; trng LF bk R, sd L, fwd R ;

(7-8) Repeat meas 5 & 6

PART A

1-4 DBL REV SPN ; OP TELE ; THRU CHASSE SCP ; NAT HOV FALWY ;

(1) Fwd L comm LF trn, sd R 3/8 LF trn, spn LF between 2&3 on ball of R foot bring L under body next to R no wgt (Bk R comm LF trn, L closes to R <heel trn> trng ½ LF between 1&2/ sd & slight bk R cont LF trn, XLIF) ;

(2) Fwd L comm LF trn, sd R cont trn, sd & slight fwd L to SCP fcg DLW;

(Bk R comm LF trn bring L beside R no wgt, trn LF on R heel & chng wgt to L, sd & slight fwd R to SCP) ;

(3) Fwd R, sd L/clo R, fwd L,- stay in SCP;

(4) Fwd R slight trn right, fwd L on toe trng right slow rise, rec bk R ;

(Fwd L, fwd R on toe between man's feet trng RF slow rise, rec bk L)

5-8 SLP PIV ; M ANUV ; O/SPIN TRN ; ½ BOX BK ;

(5) Bk L, bk R trng LF keep L leg extended, fwd L ; (Bk R start LF piv on ball keep L leg extended, fwd L cont LF trn place L near man's R, bk R in CP DLW)

(6) Fwd R comm RF upper body trn, cont RF trn to fc ptr sd L, clo R ;

(7) BK L piv ½ RF , fwd R between W's feet heel to toe cont trn L to DRW leave L extnd, rec sd & bk L ; (Comm RF trn fwd R between M's feet heel to toe, bk L cont trn brush R to L, sd & fwd R)

(8) Bk R comm LF trn, sd L, clo R to fc DLW ;

9-12 HOV TELE ; OP NAT TRN ; TIPPLE CHASSE ; X CK REC SCP ;

(9) Fwd L, diag sd & fwd R rise hovering body trn RF, fwd L small stp on toe to SCP

(Bk R, sd & bk L hovering trng RF, fwd R small stp to SCP)

(10) Fwd R heel to toe, sd L across LOD, cont RF trn to lead ptr to stp outsd bkR to CBMP ;

(11) Comm upper body trn bk L trng right, sd R with left sd stretch 1/4 trn between 1 & 2 / clo L, sd & slightly right 1/8 trn between 3 & 4 ;

(12) Fwd L to SCAR pos checking fwd motion, rec bk R, fwd L to SCP fcg DLC ;

13-16 WEAVE 6 to BJO ;; MANUV ; HES CHNG

(13-14) Fwd R, fwd L trng LF to CP, sd & slight bk R to DLC ; bk L DLC trng W to CBJO,

bk R trng LF to CP, sd & fwd L DLW trng W to CBJO ; (Fwd L, trng LF sd R to CP, cont trn on R to fc LOD fwd L DLC ; fwd R to CBJO, fwd L DLC trng LF to CP, sd & bk R to CBJO) ;

(15) Repeat meas (6) of Part A

(16) Comm RF upper body trn bk L, sd R cont trn, draw L to R ;

PART B

1-4 1 L TRN ; HOV CORTE ; O/SD SPIN ; DIP & HOLD ;

(1-2) Fwd L trng LF, sd R across LOD cont trn, clo L ; bk R comm LF trn, sd & fwd L withhov action, bk R in CBMP ;

(3)Comm RF body trn toeing in with right sd lead Bk L small stp 3/8 trn R, fwd R in trn RF 3/8 between 2&3, sd & bk L to CP fcg DLC ; (comm Rf body trn with left sd lead stay well into M's R arm fwd R in CBMP heel toe, L close to R on both toes trn 5/8 between 1&2, fwd R to CP) ;

(4) Bk R & hold, -, - ;

- 5-8 FULL L TRN ; ; WHISK ; SYNC WHISK ;**
 (5-6) Fwd L trng LF 1/4, Sd R across LOD trng 1/4 LF, clo L : bk R trng 1/4 LF, sd L trng 1/4 LF, clo R ;
 (7) Fwd L, fwd & Sd R comm rise to ball of foot, XLIB cont rise to tight SCP ;
 (8) Thru R to CBMP/left hip turns twd ptr clo L to R in CP, sd R slight right stretch, with right sd stretch and slight RF body trn XLIB to tight SCP ;
- 9-12 THRU CHASSE SCP ; MANUV ; SPIN TRN ; TRNG LK ;**
 (9) Repeat meas 3 of Part A ;
 (10) Repeat meas 8 of Part A ;
 (11) Repeat meas 9 of Part A ;
 (12) Bk R with right sd lead & right sd stretch / XLIF , bk & slightly sd R trng LF, sd & slightly fwd L to CBMP making 1/4 LF trn ;
- 13-16 OP NAT TRN ; BK BK LK BK ; OP IMP ; P/U DLC ;**
 (13) Fwd R, sd L across LOD, cont right trn lead ptr to stp outsd, bk R to CBMP ;
 (14) Bk L, bk R/XLIF, bk R ;
 (15) Comm RF upper body trn bk L, clo R <heel trn> cont trn, fwd L in tight SCP ;
 (Comm RF upper body trn Fwd R between M's feet piv 1/2 RF, sd & fwd L cont trn around M brush R to L, fwd R to SCP) ;
 (16) Repeat meas 4 of Intro.

PART C

- 1-4 MINI TELLESPN ; ; CONTRA CK TO SCP ; THRU CHASSE ;**
 (1-2) Fwd L comm trn left, sd R between 1&2, sd & bk L no wgt toe press keep left sd into W/ trn body LF no wgt lead W to CP comm spin ; fwd L cont spin on L draw R to L under body, clo R flex knees, hold ; (bk R comm L trn, L closes to R heel trng 1/2 between 1&2, fwd R keep right sd twd M/ fwd L trng LF twd ptr head to right ; fwd R to CP head left spin LF rraw L to R under body, clo L flex knees hold ;
 (3-4) With left upper body trn flex knees & right sd lead ck fwd L in CBMP, rec R , fwd L to SCP ; Repeat meas 3 of Part A ;
- 5-8 IN & OUT RUN ; ; OP NAT TRN ; BK TRNG WHSK ;**
 (5-6) Fwd R comm RF trn, sd & bk L to CP, bk R to CBMP ; bk L trng RF, sd & fwd R between W's feet cont trn, fwd L to SCP ; (fwd L, fwd R between M's feet, fwd L in CBMP ; fwd R trng RF, fwd & sd L cont trn, fwd R to SCP)
 (7) Repeat meas 10 of Part A ;
 (8) Bk L comm right trn with right sd stretch, sd R cont RF upper body trn, XLIB to SCP ;
 (Fwd R comm right trn with left sd stretch, stay close sd L cont RF trn, XRIB to SCP)
- 9-16 WING ; TRN L & R CHASSE ; IMP TO SCP ; P/U DLC ; DIAMOND TRNS ; ; ; ;**
 (9) Fwd R, draw L to R, tch L to R trng upper body LF with left sd stretch ; (Fwd L in front of M trng LF, fwd R around M cont trn , fwd L around M cont trn to tight SCAR)
 (10) Fwd L, comm upper body trn fwd R tng L / clo L, sd R to BJO ;
 11) Bk L , clo R <heel trn> cont trn, fwd L to SCP ; (fwd R, between M's feet heel to toe pvt RF, Sd & fwd L cont trn around M brush R to L, fwd R in SCP)
 (12) Repeat meas 4 of Intro
 (13-16) Repeat meas 5-8 of Introduction

REPEAT PART A

END

- 1-2 L TRN 1/2 ; BK TO A HINGE**
 (1) Repeat meas 1 of Part B
 (2) bk R comm left trn, sd & slightly fwd L with 1/4 trn between 1&2 with left sd stretch cont left sd stretch swvl LF 1/8 lead W to cross L behnd R keep left sd twd ptr, relax left knee and veering right knee to sway right to look at W; (fwd L comm left trn, sd R between 1&2 comm right sd stretch swvl LF, XLIB keepinf left sd twd ptr, relax left knee (head left & shldr almost parallel to ptr) no tgt on R)