

LE CYGNE V

['Swan' By Saint Saens]



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Music : CASA MUSICA CD Ballroom Classics Vol. 5 Track 14 e-mail : d-doi@tcp-ip.or.jp
 available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Waltz Phase V + 2 [Same Foot Lunge, Throwaway Oversway]
Sequence : Intro - Dance - Ending **Speed** : 29 MPM
Timing : 123 unless noted by side of measure **Footwork** : Opposite except where noted
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INTRO

1 - 4 WAIT;; XLUNGE HOLD; CHASSE TWIRL BJO; MANUV;

- 1 {Wait} Bfly Wall lead ft free wait 1 meas;
 2 {Cross Lunge Hold} Cross lunge thru L with bent knee look RLOD,-,-;
 12&3 3 {Chasse Twirl To Bjo} Rec R, lead W to twirl sd L/cl R, sd L to Bjo (W rec L, twirl R/L, R)
 end Bjo DLW;
 4 {Maneuver} Fwd R outsd ptr trn 1/4 RF, sd L cont trn to fc RLOD, cl R end CP RLOD;

DANCE

1 - 8 SPIN OVRTRN; TRNG LK; CURVED FEATHER; OUTSD SPIN; OK LK & PICK UP LK; DBL REV 2X;; CHG OF DIR;

- 1 {Spin Over Turn} Comm RF upper body trn bk L pivot 1/2 RF, fwd R between W's feet cont trn
 3/8 leave L leg extended bk & sd, rec sd & bk L,- (W fwd R between M's feet pivot 1/2 RF, bk L
 toe cont trn brush R to L, sd & fwd R) end CP DRW;
 1&23 2 {Turning Lock} Bk R with right sd lead and right sd stretch/lk LIF, bk & slightly sd R trn 1/4 LF,
 sd & fwd L to CBMP,- (W fwd L with left sd lead and left sd stretch/lk RIB, fwd & slightly sd L
 trn 1/4 LF, sd & bk R to CBMP) end Bjo DLW;
 3 {Curved Feather} Frd R outsd ptr comm trn RF, with left sd stretch cont trn sd & fwd L, cont upper
 body trn with left sd stretch fwd R outsd ptr in CBMP (W bk L comm trn RF, with right sd Stretch
 cont trn sd & bk R, cont upper body trn with right sd stretch bk L in CBMP) end Bjo DRW;
 4 {Outside Spin} Prepare to lead W outsd ptr comm body trn RF with right sd lead sm bk L in
 CBMP toe in, cont trn fwd R around W, cont trn sd & bk L to CP (W comm body trn RF with
 left sd lead fwd R around M, cl L heel trn, cont trn fwd R between M's feet) end CP DRW;
 1&23& 5 {Quick Lock & Pick Up Lock} Bk R/lk LIF, comm trn LF bk R, cont trn sd & fwd L/cont trn
 lk RIB end CP DLC;
 6-7 {Double Reverse Spin Twice} Fwd L comm trn LF, sd R, spin LF on ball of R bring L ft beside R
 (12&3) with no wgt flex knees (W bk R comm trn LF, cl L heel trn/cont trn sd R, cont trn lk LIF)
 end CP LOD; repeat meas 6 end CP DLW;
 8 {Change Of Direction} Fwd L, fwd R with right shoulder lead trn LF, draw L to R end CP DLC

9 - 16 REV FALLAWAY TO BJO; BK TO OK RISING LK; CL TELE; ; UNDERTRN NAT HVR X;; TOP SPIN 2X;; FWD R CHASSE;

- 12&3 9 {Reverse Fallaway To Bjo} Fwd L trn LF with right sd stretch, sd R cont stretch/XLIB in CBMP
 with right shoulder lead, bk R lead W to trn LF to Bjo (W bk R trn LF, sd L/XRIB, trn LF fwd L
 outsd ptr in CBMP) end Bjo RLOD;

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(Continued)

- 123& 10 {Back & Quick Rising Lock} Bk L, bk R comm trn LF, sd & fwd L cont trn/lk RIB to CP DLC;
11 {Closed Telemark} Fwd L, fwd & sd R around W trn LF, cont trn sd & fwd L
(W bk R comm trn LF, cl L heel trn, cont trn bk & sd R) end Bjo DLW;
12-13 {Underturn Natural Hover Cross} Fwd R comm trn RF, sd L cont trn with left sd stretch, cont trn
sd R with body trn RF to fc DLC; with right sd stretch fwd L outsd ptr on toe, rec R with left sd
12&3 lead trn LF/sd L, XRIF twd DRC (W bk L comm trn RF, cl R heel trn, cont trn sd L with body trn
RF to fc DRW; with left sd stretch bk R outsd ptr on toe, rec L with right sd lead trn LF/sd R,
XLIB) end Bjo DRC;
12&3 14-15 {Top Spin Twice} With toe spin LF on R bk L twd DLC, slip bk R/cont trn sd & fwd L, cont trn
12&3 fwd R outsd ptr end Bjo COH; repeat meas 14 end Bjo DLC;
12&3 16 {Forward Right Chasse} Fwd L, blend to CP sd & fwd R/cl L, sd & fwd R end CP DLC;

**17 - 24 MINI TELESPIN;; SLO CONTRA CHK; REC HVR SCP; RIPPLE CHASSE;
OPN IN & OUT RUNS;; THRU CHASSE BJO;**

- 123&123 17-18 {Mini Telespin} Fwd L comm trn LF, sd R cont trn, bk & sd L no wgt/trn body LF no wgt lead W
to CP; fwd L spin LF draw R to L, cl R flex knees, hold (W bk R comm trn LF, cl L heel trn,
fwd R/fwd L trn LF; fwd R cont trn to CP head to left draw L to R, cl L flex knees, hold)
end CP DRC;
19 {Slow Contra Check} Comm upper body trn LF flex knees with strong right sd lead pt L fwd
in CBMP with no wgt, shift wgt to L, extend;
20 {Recover Hover to SCP} Rec R, rise on R trn to SCP, sd & fwd L end SCP DLW;
12&3 21 {Ripple Chasse} Thru R, sd L with slight left side stretch/cont left side stretch to sway right cl L
look right, loose sway sd & fwd L blend to SCP DLW;
22-23 {Open In & Out Runs} Fwd R comm trn RF, XIF of W sd L cont trn to fc RLOD, bk R
(W fwd L, R, L,-) end M fc RLOD W fc LOD R hip-to-R hip M's R hnd on W's L hip W's R hnd
on M's L shldr both L hnds extended sd; bk L comm trn RF, fwd R between W's feet cont trn to fc
DLC, sd & fwd L (W fwd R comm trn RF, XIF of M sd L cont trn, sd & fwd R) end SCP DLC;
12&3 24 {Through Chasse To Bjo} Thru R trn to fc ptr, sd L/cl R, sd L to Bjo DLW;

**25 - 32 MANUV PREP TO SAME FT LUNGE & CHG SWAY;;; TELESPIN END;
FWD HVR BJO; BK TO VIENNESE X; OPN TELE; OPN NAT TO CL;**

- 25-27 {Maneuver Preparation To Same Foot Lunge & Change Sway} Fwd R outsd ptr comm trn RF, sd L
cont trn to fc COH, tch R to L (W bk L comm trn RF, sd & fwd R cont trn, sm sd L to fc DRW);
lower on L with slight left sway while reaching sd R with toe pointing DLC, transfer wgt to R
soft knee and comm to stretch upward, cont stretch and sway right look ptr (W XRIB well under
body, trng body to left and head well to left, extend); gradually sway left with right sd stretch
look left,-,- (W gradually sway right with left sd stretch head rec to right,-,-);
1&23 28 {Telespin Ending} Take part wt to L/trn LF on L, sd & fwd R cont trn, sd & fwd L
(W fwd L/fwd R trn LF, cl L heel trn, sd & fwd R) end SCP DRC;
29 {Forward Hover To Bjo} Thru R, fwd L with slight rise and slight trn LF, bk R (W thru L, fwd R
trn LF with slight rise, fwd L) end BJO RLOD;
123& 30 {Back To Viennese Cross} Bk L in BJO, bk R blend to CP comm trn LF, cont trn sd & fwd L/cl R
(W fwd R in BJO, fwd L blend to CP comm trn LF, cont trn sd R/XLIF) end CP DLC;
31 {Open Telemark} Fwd L comm trn LF, sd R cont trn, sd & fwd L (W bk R comm trn LF, cl R
heel trn, sd & fwd R) end SCP DLW;
32 {Open Natural To Closed} Thru R trn RF, sd L cont trn to CP, bk R (W thru L, fwd R, fwd L
between M's feet) end CP RLOD;

33 - 40 SPIN OVRTRN; TRNG LK; CURVED FEATHER CHK; OUTSD SPIN; OK LK & PICK UP LK; DBL REV 2X;; CHG OF DIR;

33-40 Repeat meas 1 thru 8;;;;;;;

41 - 48 OVRTRND OPN REV TRN; SLO BK CONTRA CHK; OK DIAMOND 4; CORTE REC; X HVR BJO; OK OPN REV; REV IMPETUS; BK HVR TELE;

- 41 {Overturned Open Reverse Turn} Fwd L trn 1/4 LF, sd R cont trn to fc DRW, bk L to CBMP (W bk R trn 1/4 LF, sd L cont trn, fwd R to CBMP) end Bjo DRW;
- 42 {Slow Back Contra Check} Comm LF upper body trn flex knees with strong left sd lead XRIB with partial wgt, take full wgt to R in CBMP, extend (W look well right);
- 12&3 43 {Quick Diamond 4} Fwd L trn 1/8 LF, sd R/XLIB twd DRC in Bjo; bk R end CP DLW;
- 44 {Corte Rec} Bk & sd L flex knee with lowering action, hold, rec R blend to Scar Pos;
- 45 {Cross Hover Bjo} XLIF, sd & fwd R with slight rise to hovering action, sd & fwd L (W XRIB, sd & bk L with slight rise to hovering action, sd & bk R) end Bjo DLC;
- 12&3 46 {Quick Open Reverse} Fwd R in CBMP, fwd L comm trn LD/sd & bk R cont trn, with right sd stretch bk L in CBMP (W with left sd stretch fwd R outsd ptr in CBMP) end Bjo RLOD;
- 47 {Reverse Impetus} Bk & sd R lead W to momentary Scar Pos comm trn 7/8 LF, with left sd stretch cl L heel trn then rise on ball of L, cont trn with left sd stretch sd & bk R (W fwd L outsd ptr comm trn LF, stay well into M's right arm with right sd stretch cont trn sd R around M with rising on ball of R, cont trn with right sd stretch sd & fwd L) end Bjo DRC;
- 48 {Back Hover Telemark} Comm RF upper body trn bk L in CBMP, cont trn sd & fwd R between W's feet with hovering action, sm fwd L on toe to SCP (W comm RF upper body trn fwd R, sd & fwd L cont trn with hovering action, sm sd & fwd R on toe) end SCP LOD;

END

1 - 4 CHAIR & SLIP; OPN TELE; THRU TO THROWAWAY OVRSWAY;;

- 1 {Chair & Slip} Chk thru R with lunge action as for chair, rec L no rise, with slight LF upper body trn slip bk R end CP DLC;
- 2 {Open Telemark} Repeat meas 31;
- 3-4 {Through To Throwaway Oversway} Thru R, sd L twd LOD, trn body sharply LF with soft knee leaving R leg extended and strong left side stretch without dropping right side; extend the stretch of the throwaway,-,- (W thru L, sd R swivel on R bring L well under the body, extend L leg bk keeping left side and hips up to M; extend with right side stretch and head to left,-,-);