

Lost Lovers' Waltz

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CD: Sule Aroon Track # 7 "Lost Lovers' Waltz" 3:05

Artist: Heartsounds

Slowed to 41 rpm or -8%

Available for download @ Amazon.com

Rhythm: Waltz

Phase: II

Sequence: Intro-A B C B C-End

Sequence: Opposite for Woman (except where noted)

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INTRO

- 1-4 **CP RLOD Wait;; R Trng Box 1/2 PU LOD;;**
1-2 (CP RLOD Wait) CP M fcng RLOD--ld feet free--wait 2 measures;;
3-4 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc trn, complete trn sd R, cl L; fwd R comence 1/4 R fc trn, complete trn sd L, cl R end in PU LOD;
- 5-8 **Prog Box to Sdcr;; Prog Twinkl to Bjo; Manuv;**
5-6 (Prog Box to Sdcr) fwd L, sd R, cl L; fwd R, sd L, cl R blending to Sdcr;
7 (Prog Twinkle to Bjo) XLIF twd DLW (XRIB), sd R, cl L to Bjo;
8 (Manuv) Fwd R trng R fc (Bk L), fwd L cont trng R fc RLOD, cl R;

PART A

- 1-4 **R Trng Box 1/2 PU LOD;; Prog Box to Sdcr;;**
1-2 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc trn, complete trn sd R, cl L; fwd R comence 1/4 R fc trn, complete trn sd L, cl R end in PU LOD;
3-4 (Prog Box to Sdcr) fwd L, sd R, cl L; fwd R, sd L, cl R blending to Sdcr;
- 5-8 **Prog Twinkl to Bjo; Fwd Wz~Lady Chkng; Wheel 6 to PU LOD;;**
5 (Prog Twinkle to Bjo) XLIF twd DLW (XRIB), sd R, cl L to Bjo;
6 (Fwd Wz) fwd R, fwd and slightly sd L, cl R; ~Lady stops motion for a change of direction.
7-8 (Wheel 6 to PU LOD) Bjo commence R fc trn fwd L, fwd R, cl L (fwd R, fwd L, cl R); fwd R, fwd L, cl R (fwd L, fwd R, cl L) end in PU LOD;
- 9-12 **2 L Trns (Wall);; 1/2 Box Fwd; Step Bk to PU Sdcr;**
9-10 (2 L Trns) fwd L trng LF, sd R across LOD, clo L; bk R trng LF, sd L across LOD, clo R end fcng Wall;
11 (1/2 Box Fwd) fwd L, sd R, cl L;
12 (Step Bk to PU Sdcr) bk R commence 1/4 L fc trn, sd L, cl R blending to Sdcr;
- 13-16 **Prog Twinkls 3x;;; Manuv;**
13-15 (Prog Twinkle 3x) XLIF twd DLW (XRIB), sd R, cl L; XRIF, (XLIB) sd L, cl R; Repeat meas 13;
16 (Manuv) Fwd R trng R fc (Bk L), fwd L cont trng R fc RLOD, cl R;
- 17-20 **R Trng Box 1/2 PU LOD;; Prog Box to Sdcr;;**
17-18 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc trn, complete trn sd R, cl L; fwd R comence 1/4 R fc trn, complete trn sd L, cl R end in PU LOD;
19-20 (Prog Box to Sdcr) fwd L, sd R, cl L; fwd R, sd L, cl R blending to Sdcr;
- 21-24 **Prog Twinkl to Bjo; Fwd Wz~Lady Chkng; Wheel 6 to Fc Wall;;**
21 (Prog Twinkle to Bjo) XLIF twd DLW (XRIB), sd R, cl L to Bjo;
22 (Fwd Wz) fwd R, fwd and slightly sd L, cl R; ~Lady stops motion for a change of direction.
23-24 (Wheel 6 to Fc Wall) Bjo commence R fc trn fwd L, fwd R, cl L (fwd R, fwd L, cl R); fwd R, fwd L, cl R (fwd L, fwd R, cl L) end fcng prtnr and Wall;

PART B

- 1-4 **Twisty Bal L&R;; Twisty Vin 3; Fwd Fc Cl to Bfly;**
1-2 (Twisty Bal L&R) sd L, XRIB (XLIF), rec L; sd R, XLIB (XRIF), rec R;
3 (Twisty Vin 3) sd L, XRIB, sd L (sd R, XLIF, sd R);
4 (Fwd Fc Cl to Bfly) fwd R (bk L), fc L, cl R end fcng prtnr in Bfly;
- 5-8 **Wz Awy; Both Roll Across to LOP/LOD; Thru Twinkl LOD; Thru Fc Cl COH;**
5 (Waltz Awy) Inside hnds joined fwd L trning awy from ptr, sd fwd R to a slight bk to bk pos, clo L;
6 (Both Roll Across to LOP/LOD) while progressing LOD... M steps fwd R w/ R fc trn crossing LOD beginning to chg sds w/ ptr...bk L continue R fc LOD ending on outside of circle LOP, fwd R (...trng her back on partner and beginning to chg sds ... W steps fwd L w/ L fc trn... trng her back on partner and beginning to chng sds...bk R continue L fc trn to fc LOD) ending on inside of circle LOP, fwd L);
7 (Thru Twinkl LOD) fwd L between prtnr w/ crossing step fwd LOD, sd R, cl L;
8 (Thru Fc Cl COH) fwd R between prtnr w/ reaching step twd RLOD, sd L to fc ptr, cl R blending to CP COH;

- 9-12** **Twisty Bal L&R;; Twisty Vin 3; Fwd Fc Cl to Bfly;**
9-10 **(Twisty Bal L&R)** sd L, XRIB (XLIF), rec L; sd R, XLIB (XRIF), rec R;
11 **(Twisty Vin 3)** Sd L, XRIB, sd L (Sd R, XLIF, sd R);
12 **(Fwd Fc Cl to Bfly)** fwd R (bk L), fc L, cl R end fcng ptrnr in Bfly;
13-17 **Wz Awy; Both Roll Across to LOP/RLOD; Thru Twinkl RLOD; Thru Fc Cl Wall; Canter;**
13 **(Waltz Awy)** Inside hnds joined fwd L trning awy from ptr, sd fwd R to a slight bk to bk pos, clo L;
14 **(Both Roll Across to LOP/RLOD)** while progressing RLOD... M steps fwd R w/ R fc trn crossing RLOD beginning to chg sds w/ ptr...bk L continue R fc RLOD ending on inside of circle LOP, fwd R (...trng her back on partner and beginning to chg sds ... W steps fwd L w/ L fc trn... trng her back on partner and beginning to chng sds...bk R continue L fc trn to fc RLOD ending on outside of circle LOP, fwd L);
15 **(Thru Twinkl RLOD)** fwd L between ptrnr w/ crossing step fwd RLOD, sd R, cl L;
16 **(Thru Fc Cl Wall)** fwd R between ptrnr w/ reaching step twd LOD, sd L to fc ptr, cl R blending to CP Wall;
17 **(Canter)** to LOD sd L on count 1, draw R to L on count 2, cl R on count 3;

PART C

- 1-4** **Bal L; Rev Twrl; Thru Twinkl; Thru Fc Cl to Bfly;**
1 **(Bal L)** sd L, XRIB, rec L;
2 **(Rev Twrl)** w/ M's L and W's R hnds joined and raised...sd R, XLIB, sd R (W L fc twrl L, R,L);
3 **(Thru Twinkl RLOD)** fwd L between ptrnr w/ crossing step fwd RLOD, sd R, cl L;
4 **(Thru Fc Cl Bfly)** fwd R between ptrnr w/ reaching step twd LOD, sd L to fc ptr, cl R blending to Bfly;
5-8 **Solo Trn in 6;; Twrl Vin 3; Thru Fc Cl;**
5-6 **(Solo Trn in 6)** fwd L twd LOD trng away from ptr releasing hnds, sd R twd LOD cont trn, cl L to fc RLOD; bk R twd LOD trng to fc ptr, sd L twd LOD, cl R to Bfly fcng Wall;
7 **(Twrl Vin 3)** w/ M's L and W's R hnds joined & raised...sd L, XRIB, sd L blending to Bfly (sd & fwd R, trng 1/2 R fc under joined hnds, sd & bk L trng 1/2 R fc, sd R blending to Bfly);
8 **(Thru Fc Cl)** fwd R between ptrnr w/ reaching step twd LOD, sd L to fc ptr, cl R blending to CP Wall;
9-12 **Bal L; Rev Twrl; Thru Twinkl; Thru Fc Cl to Bfly;**
9 **(Bal L)** sd L, XRIB, rec L;
10 **(Rev Twrl)** w/ M's L and W's R hnds joined and raised...sd R, XLIB, sd R (W L fc twrl L, R,L);
11 **(Thru Twinkl RLOD)** fwd L between ptrnr w/ crossing step fwd RLOD, sd R, cl L;
12 **(Thru Fc Cl Bfly)** fwd R between ptrnr w/ reaching step twd LOD, sd L to fc ptr, cl R blending to Bfly;
13-16 **Solo Trn in 6;; Twrl Vin 3; Thru Fc Cl;**
13-14 **(Solo Trn in 6)** fwd L twd LOD trng away from ptr releasing hnds, sd R twd LOD cont trn, cl L to fc RLOD; bk R twd LOD trng to fc ptr, sd L twd LOD, cl R to Bfly fcng Wall;
15 **(Twrl Vin 3)** w/ M's L and W's R hnds joined & raised...sd L, XRIB, sd L blending to Bfly (sd & fwd R, trng 1/2 R fc under joined hnds, sd & bk L trng 1/2 R fc, sd R blending to Bfly);
16 **(Thru Fc Cl)** fwd R between ptrnr w/ reaching step twd LOD, sd L to fc ptr, cl R blending to CP Wall;
17-20 **L Trng Box;;;;**
17-20 **(L Trng Box)** fwd L 1/4 L fc to LOD, sd R, cl L; bk R trning 1/4 L fc to COH, sd L, cl R;
fwd L 1/4 L fc to RLOD, sd R, cl L; bk R trng 1/4 L fc to Wall, sd L, cl R;

END

- 1** **Dip Bk, Lady Leg Crawl;.**
1 **(Dip Bk, Lady Leg Crawl)** step back L to COH, -, taking full weight on L with the knee relaxed or slightly bent [the other leg remains extended w/ knee and ankle forming a straight line from the hip and the toe remaining on the floor] (W recover R and lift leg up along M's outer thigh with toe pointed to floor);