

MORNING WALTZ

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RHYTHM: Waltz **PHASE:** II **DIFICULTY:** EASY
FOOTWORK: Opposite, directions for man except where noted
SEQUENCE: INTRO, A, B, C, B, A, B, C, B (1-14), END

SPEED: 37 RPM
DATE: October 2008

INTRO

1-4 WAIT ; ; APT PT ; TOG TCH [BFLY WALL] ;

1-2 [OP FCG] wait 2 meas ; ;
3-4 Bk L, pt R, - ; fwd R, tch L to BFLY WALL, - ;

PART A

1-4 WALTZ AWY & TOG ; ; STEP SWING ; SPIN MANUV ;

1-2 Sd & fwd L trn LF (W sd & fwd R trn RF), sd R, cl L ; sd & fwd R trn RF (W sd & fwd L trn LF), sd L cont trn to fc ptr, cl R ;
3-4 Sd & fwd L to OP LOD, swing R thru, - (W sd & fwd R to OP LOD, swing L thru,-) ; fwd R trng RF in frnt of W, sd L, cl R to CP RLOD (W LF spin on L, R, L end fcg LOD) ;

5-8 TWO RIGHT TRNS ; ; TWRL VIN 3 ; THRU FC CL [BFLY] ;

5-6 Bk L trng RF, sd R, cl L ; fwd R trng RF, sd L, cl R to CP WALL ;
7-8 sd L, xRibL, sd L (W fwd R trng RF, cont trn fwd L, cl R) ; xRifL (W xLifR), fwd L to fc ptr, cl R to BFLY WALL ;

9-12 WALTZ AWY & TOG ; ; SOLO TRN 6 [BFLY WALL] ; ;

9-10 Sd & fwd L trn LF (W sd & fwd R trn RF), sd R, cl L ; sd & fwd R trn RF (W sd & fwd L trn LF), sd L cont trn to fc ptr, cl R ;
11-12 No hnds trng LF fwd L (W RF), cont trn sd R, cl L ; bk R trng LF (W RF), cont trn sd L, cl R to BFLY WALL ;

13-16 BAL L & R ; ; TWRL VIN 3 ; THRU FC CL [CP WALL] ;

13-14 Sd L, xRibL rising on toe, rec L ; sd R, xLibR rising on toe, rec R ;
15-16 sd L, xRibL, sd L (W fwd R trng RF, cont trn fwd L, cl R) ; xRifL (W xLifR), fwd L to fc ptr, cl R to CP WALL ;

PART B

1-4 LEFT TRNG BOX ; ; ; ;

1-2 In CP WALL fwd L trn LF ¼, sd R, cl L ; bk R trn LF ¼, sd L, cl R ;
3-4 Fwd L trn LF ¼, sd R, cl L ; bk R trn LF ¼, sd L, cl R ;

5-8 DIP CTR ; REC TCH [BFLY WALL] ; BAL L & R ; ;

5-6 in CP WALL bk L leaving R leg extended, -, - ; fwd R, tch L to BFLY WALL, - ;
7-8 Sd L, xRibL rising on toe, rec L ; sd R, xLibR rising on toe, rec R ;

9-12 WALTZ AWY ; WRAP ; FWD WALTZ ; PU [CP LOD] ;

9-10 Sd & fwd L trn LF (W sd & fwd R trn RF), sd R, cl L ; in plc R, L, R (W wrap LF into M's arms L, R, L) to WRAPPED LOD ;
11-12 In wrap position fwd L, fwd R, cl L ; fwd R Idg W in frnt, sd L, cl R to CP LOD ;

13-16 TWO LEFT TRNS [CP WALL] ; ; CANTER TWICE [BFLY WALL] ; ;

13-14 Fwd L trng LF, sd R, cl L ; bk R trng LF, sd L, cl R to CP WALL ;
15-16 Sd L, draw R to L, cl R ; sd L, draw R to L, cl R to BFLY WALL ;

PART C

1-4 WALTZ AWY ; MANUV ; TWO QTR RIGHT TRNS [CP LOD] ; ;

1-2 Sd & fwd L trn LF (W sd & fwd R trn RF), sd R, cl L ; fwd R trng RF in frnt of W, sd L, cl R to CP RLOD ;
3-4 Bk L trng RF, sd R, cl L ; fwd R trng RF, sd L, cl R to CP LOD ;

5-8 TWO LEFT TRNS [CP WALL] ; ; BOX [BFLY WALL] ; ;

5-6 Fwd L trng LF, sd R, cl L ; bk R trng LF, sd L, cl R to CP WALL ;
7-8 Fwd L, sd R, cl L ; bk R, sd L, cl R to BFLY WALL ;

9-12 WALTZ AWY & TOG ; ; TWRL VIN 3 ; PU [SCAR LOD] ;

9-10 In BFLY sd & fwd L trn LF (W sd & fwd R trn RF), sd R, cl L ; sd & fwd R trn RF (W sd & fwd L trn LF), sd L cont trn to fc ptr, cl R ;
11-12 sd L, xRibL, sd L (W fwd R trng RF, cont trn fwd L, cl R) ; fwd R Idg W in frnt, sd L, cl R to SCAR LOD ;

13-16 THREE PROG TWINKLES ; ; ; FWD FC CL [CP WALL] ;

13-15 SCAR LOD fwd L, sd R to BJO LOD, cl L ; fwd R, sd L to SCAR LOD, cl R ; fwd L, sd R to BJO LOD, cl L ;
16 In BJO LOD fwd R (W Bk L), trng to fc WALL sd L, cl R to CP WALL ;

END

1-2 ONE CANTER ; LUNGE SD & HOLD ;

1-2 sd L, draw R to L, cl R ; sd L, draw R to L, cl R ; stp sd L relaxing knee leaving R leg extended, -, - ;