

# MARY POPPINS' WALTZ

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Music: "Let's Go Fly a Kite (Karaoke)" track 14 from the album "The Sound of Musicals"  
by The Karaoke Singer. Also available as a download from Amazon

Time: 1:47 at original speed, Time & Speed: 1:49 at 98%

Released: June 24, 2010

Rhythm & Phase: Hesitation-Canter Waltz, Un-Phased by RAL

Version 1.1

Degree of Difficulty: Difficult, only because of timing

Sequence: A B Bridge C D Ending

Footwork: Opposite, directions for man except as noted (W's in parentheses)

Note: This dance is intended to help teach the new rhythm, Hesitation-Canter Waltz, 6 beats/measure

**Meas.** (Timing)

## PART A

### 1-4 SWAY L & R ; CANTER-SWAY ; SWAY R & L ; CANTER-SWAY ;

[In BFLY Wall] Wait 2 pick-up notes , - ;

SS 1 {SWAY L & R} sd L,-,sd R,-, ;

QaS 2 {CANTER-SWAY} sd L, draw R to L, cl R, sd L, draw R toward L, - ;

SS 3 {SWAY R & L} sd R,-,sd L,-, ;

QaS 4 {CANTER-SWAY} sd R, draw L to R, cl L, sd R, draw L toward R, - ;

### 5-6 SLO TWISTY VIN 4 TO SLO DEVELOPE REC SD ; ;

SS 5 {SLO TWISTY VIN 4 TO SLO DEVELOPE REC CL} sd L,-,XRib,-, ;

SS&a 6 sd L,-, XRif [BFLY BJO] holding while music retards, rec L trng to fc, sd R twd

RLOD ; (W sd R,-, XLib {DEV} slowly raise and extend R foot

holding, lower R stepping fwd to fc partner, sd L ;)

### 7-10 THRU, CANTER ; SWAY, CANTER ; SLO OP VIN 4 [BFLY] ; ;

SQa 7 {THRU, CANTER} thru L twd RLOD (W thru R),,-,sd R,draw L,cl L ;

SQa 8 {SWAY, CANTER} sd R,-,sd L,draw R,cl R ;

SS 9 {SLO OP VIN 4} sd L,-,XRib to LOP (W XLib),,- ;

SS 10 trng to fc sd L,-,XRif (W XLif) to BFLY Wall,-, ;

**Meas.** (Timing)

## PART B

### 1-4 WZ AWY & TOG ; ; BAL L & R ; ;

SQa 1 {WZ AWY & TOG} sd L trng LF away from ptr,-,sd R,-,cl L ;

SQa 2 sd R trng RF to fc ptr,-,sd L,-,cl R ;

SQa 3 {BAL L & R} sd L,-,XRib rising on toe (W XLib),,-,rec L ;

SQa 4 sd R,-,XLib rising on toe (W XRib),,-,rec R ;

### 5-6 SWAY L & R ; [CURVg] CANTER 2X [to CP RLOD] ;

SS 5 {SWAY L & R} sd L,-,sd R,-, ;

QaQa 6 {CANTER 2X} sd L com curv RF, draw R to L, cl R, sd L cont curvg RF to RLOD, draw R to L,  
cl R blndg CP ;

### 7-14 SLO PVT 4 [CP Wall] ; ; STRLLG VIN ; ; ; SLO OP VIN 4[BFLY] ; ;

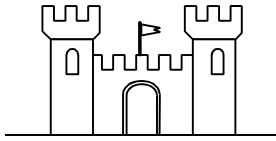
SSSS 7-8 {SLO PVT 4} bk L trng RF,-,fwd R trng RF,-, ; bk L trng RF,-,fwd R trng RF,-, ;

SSQaS 9-10 {STRLLG VIN} sd L,-,XRib,-, ;sd L,-,cl R,sd L trng LF 1/2,-, ;

SSQaS 11-12 sd R,-,XLib,-, ; sd R,-,cl L, sd & fwd R trng RF 1/2,-, ;

SS 13 {SLO OP VIN 4} sd L,-,XRib to LOP (W XLib),,- ;

SS 14 trng to fc sd L,-,XRif to FC (W XLif),,- ;



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## BRIDGE

### 1-2 RIFF TRN ; SLO RIFF TRN 1/2 [to CP Wall] ;

- QaQa 1 {RIFF TRN} sd L,-,cl R, sd L,-, cl R ; (W spin RF 2X under jnd ld hnds fwd R,-,cl L, fwd R,-, cl L) ;
- SS 2 {SLO RIFF TRN 1/2} sd L,-,-,cl R [CP],-,- ; (W spin RF under jnd ld hnds fwd R,-,-,cl L [CP],-,-) ;

**Meas.** (Timing)

## PART C

### 1-6 L TRNG BOX ; ; ; SD to SLO HINGE [HOLD] REC ; ;

- SQa 1-4 {L TRNG BOX} fwd L trn LF 1/4,-,-,sd R,-,cl L ; bk R trn LF 1/4,-,-,sd L,-,cl R ; fwd L trn LF 1/4,-,-,sd R,-,cl L ; bk R trn LF 1/4,-,-,sd L,-,cl R ;
- SSSS 5-6 {SD to SLO HINGE [ HOLD] REC ; } sd L,-,-, bk R,-,- ; sd L lowering and rotating upper body LF,-,-,hold,-, Rec R ; (W sd R,-,-, fwd L,-,- ; sd R lowering and rotating upper body LF,-,-,back L placing foot well under body and pointing R fwd hold,-,- ;

### 7-10 BK WSK ; MANUV ; SLO PVT 4 [BFLY Wall] ; ;

- SQa 7 {BK WSK} bk L,-,-,bk & sd R,-,hk LibR w/ rise (W hk RibL) ;
- SQa 8 {MANUV} fwd R start RF turn,-,-,sd L,-,cl R (W fwd L,-,-,sd R,-,cl L) ;
- SSSS 9-10 {SLO PVT 4} bk L trng RF,-,-,fwd R trng RF,-,- ; bk L trng RF,-,-,fwd R trng RF,-,- ;

**Meas.** (Timing)

## PART D

### 1-8 WZ AWY & TOG ; ; WZ AWY ; PU ; DIAM TRN to SCAR ; ; ;

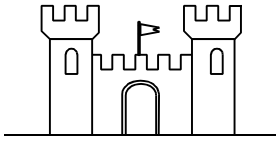
- SQa 1 {WZ AWY & TOG} sd L trng LF away from ptr,-,-,sd R,-,cl L ;
- SQa 2 sd R trng RF to fc ptr,-,-,sd L,-,cl R ;
- SQa 3 {WZ AWY} sd L trng LF away from ptr,-,-,sd R,-,cl L ;
- SQa 4 {PU} sd & fwd R ldg W in frnt,-,-,sd L,-,cl R in CP LOD ;
- SQa 5-8 {DIAM TRN} fwd L,-,-,sd R,-,bk L ; bk R,-,-,sd L,-,fwd R ;
- 4X fwd L,-,-,sd R,-,bk L ; bk R,-,-,sd L,-, rotating to SCAR fwd R ;

### 9-12 X HVR 3X to SCP ; ; ; THRU HVR [BJO] ;

- sSQa 9 {X HVR 3X} in SCAR XLif (W XRib),-,-,sd R w/ rise,-, fwd L to BJO ;
- SQa 10 in BJO XRif (W XLib),-,-,sd L w/ rise,-, fwd R to SCAR ;
- SQa 11 in SCAR XLif,-,-,sd R w/ rise,-,fwd L to SCP ; (W XRib, -,-,bk L w/ rise trng RF,-, fwd R to SCP ;)
- SQa 12 {THRU, HVR} thru R,-,-,sd & fwd L w/ slight rise,-,rec R in BJO ; (W thru L,-,-,sd & fwd R w/ rise swiv LF,-, fwd L in BJO ;)

### 13-15 BK HVR[SCP] ; THRU, CANTER ; SD, THRU to PU ;

- SQa 13 {BK HVR} bk L,-,-,bk & sd R w/ rise,-, rec fwd L to SCP ; (W fwd R,-,-, fwd L swivg RF,-, fwd R to SCP ;
- SQa 14 {THRU, } thru R (W thru L),-,-,sd L,draw R,cl R ;
- SS 15 {SD, THRU to PU } sd L,-,-, thru R picking up lady,-,- ;



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## ENDING

### 1-4 L TRN INSD ROLL ; BAL R PKg UP ; L TRN INSD ROLL ; BAL R ;

SQa 1 {L TRN INSD ROLL} fwd L trng 1/4 LF,-,-,sd R,-,XLif cont rotation [to COH] ;  
(W sd & bk R trng 1/4 LF,-,-,sd L trng LF undr jnd ld hnds,-,cl R fin trn to fc M ;)

SQa 2 {BAL R} sd R,-,-,XLib rising on toe,-,rec R trng to RLOD & picking up lady ;  
(W sd L,-,-, XRib rising,-, rec L trng LF picking up fc M ;)

SQa 3 Repeat ENDg m. 1 to end fcg WALL.

SQa 4 {BAL R} sd R,-,-,XLib (W XRib) rising on toe,-,rec R ;

### 5+ PROM SWAY ; CHANGE OF SWAY ;

S 5 {PROM SWAY} sd & fwd L w/rise to SCP,-,-,-,- ; changing to L sd stretch rotate slightly toward RLOD ;

## NOTES ON HESITATION CANTER WALTZ TIMING

The Hesitation Canter timing allows us to dance to faster waltz music because only 1 or 2 steps are taken over 3 beats of music.

1. Rhythm is 6 beats to a measure.

2. Basic definitions:

A Hesitation step is 1 weight change in 3 beats.

A Canter step is 2 weight changes in 3 beats, like a normal Canter.

3. Many standard Waltz figures that normally take 3 beats can be done in one measure of 6 beats by adding more relative time to steps 1 and 2. Step one becomes 3 beats. Step two becomes 2 beats. Step three remains 1 beat.

Example: Part B, Meas.1-2 WALTZ AWAY & TOGETHER

sd L trng LF away from ptr, -, -, sd R, -, cl L ; sd R trng RF to fc ptr, -, -, sd L, -, cl R ;

4. The most common timing for a figure with 3 steps is: Slow, , , Quick, , a ; (3 + 2 + 1).

5. Many figures from 4/4 rhythms (such as Two Step or Foxtrot) can be done by altering the relative time of the steps in the same way. A normal Slow step (2 beats) becomes 3 beats.

Example: Part A, Meas. 9-10 OPEN VINE 4.

sd L, -, -, Xrib to LOP (W Xlib), -, - ; trng to fc sd L, -, -, Xrif (W XLif) to BFLY Wall, -, - ;

From a normal Quick,Quick pattern, the first Quick becomes 2 beats, and the second Quick remains 1 beat.

Example: Part B Meas. 9-12 STROLLING VINE.

sd L, -, -, Xrib, -, - ; sd L, -, cl R, sd L trng LF 1/2, -, - ;

sd R, -, -, Xlib, -, - ; sd R, -, cl L, sd & fwd R trng RF 1/2, -, - ;