

MATTINATA

Music: Alfred Hause
www.amazon.de/tanz-mal-wieder-walzer
Track # 7 Time 3:48 Slow down w/ 6%
Available from choreographer

Rhythm: Waltz Phase: IV+1 (Natural Weave)

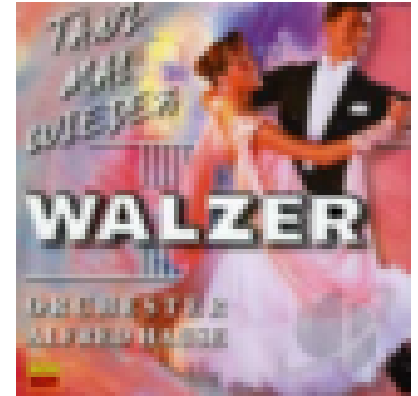
Footwork : Opposite except where (Noted)

Release Date : July 19

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Sequence: INTRO ABC BRIDGE INTRO(03-08) ABC END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL VINE ; PICK UP to SCAR ;

{Wait} BFLY POS WALL Id ft free wt 2 meas ; ; {Twirl Vine} Sd L, XRib, sd L (W full RF trn undr jnd Id-hnds fwd R, sd & bk L, fwd R) to SCP LOD ; {Pick Up to SCAR} Trng to fc LOD fwd R, sm fwd L to fc DLW, cl R (W trng LF fwd L, sd R Xg ifo ptr, cl L) to SCAR DLW ;

05-08 FORWARD CHECK / W DEVELOPE ; OPEN FINISH ; VIENNESE TURNS ; ;

{Fwd Ck/W Develope} [1,--] Fwd R outsd W checking, -, - (W bk L, bring r-ft up lft-leg to insd of lft-knee, extend r-ft fwd) to DLW ; {OP Finish} Bk R com LF trn, contg LF trn sd L to mom CP, fwd R to BJO DLW ; {Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, XLif) to CP DLW ;

PART A

01-04 HOVER TELE ; THRU CHASSE to SCP ; CHAIR & SLIP ; DRAG HESITATION ;

{Hover Tele} Fwd L, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {Thru Chasse to SCP} [12&3] Thru R, sd to fc prt n L/cl R, fwd L to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck fwd L, rec R swvlg 5/8 LF, fwd L) to CP DLC ; {Drag Hesitation} [1,2-] Fwd L trng ¼ LF, sd R cont trn, draw L to BJO DRC ;

05-08 SPIN TURN ; BACK & LEFT CHASSE to SCP ; THRU CHASSE to BJO ; FWD FACE CLOSE ;

{Spin Turn} Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft) to CP DLW ; {Bk & Left Chasse to BJO} [12&3] Bk R, sd L/cl R, sd & fwd L (W fwd L, sd R/cl L, sd & fwd R) to SCP LOD ; {Thru Chasse to BJO} [12&3] Thru R, sd L to fc prt/cl R, sd & fwd L (W trng LF, sd R/cl L, sd & bk R) to BJO LOD ; {Fwd Fc Cl} Fwd R, sd L turn to fc, cl R to CP DLW ;

09-12 WHISK ; NATURAL WEAVE ; ; CROSS PIVOT to SCAR ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLif (W XRib) cont to full rise ; {Natural Weave} Fwd R trng RF, sd L, bk R (W fwd L, R btwn M's ft, fwd L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn fwd L to BJO DLW ; {Cross Pivot to SCAR} Fwd R comm RF trn, sd L cont RF trn, cont trn sd R (W bk L comm RF trn, cl R [heel trn] with right sd stretch, cont RF trn sd L) to SCAR DLW ;

13-16 CROSS HOVER to BJO & SCAR ; ; CROSS HOVER to SCP ; THRU FACE CLOSE .

{Cross Hover to BJO & SCAR} XLif, sd R hvrg, rec L to BJO ; XRif, sd L hvrg, rec R to SCAR ; {Cross Hover to SCP} XLif, sd R hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Thru Fc Cl} Thru R, sd L turn to fc, cl R to CP DLW ;

PART B

01-04 HOVER TELE ; SLOW SIDE LOCK ; REVERSE WAVE ; ;

{Hover Tele} Repeat meas 1 Part A ; {Slow Sd Lk} Thru R, fwd & sd L rising trng LF, cl R (W Thru L trng LF, sd R trng LF, lk Lif) to CP DLC ; {Reverse Wave} Fwd L comm LF trn, sd R twd LOD trng LF (W heel trn), bk L to BJO DRC ; Bk R, bk L with a slight LF curve, bk R to CP fcg RLOD ;

05-08 SPIN TURN ; BACK & LEFT CHASSE to BJO ; OP NATURAL ; HESITATION CHANGE ;

{Spin Turn} Repeat meas 5 Part A ; **{Bk & Left Chasse to BJO}** [12&3] Bk R, sd L/cl R, sd & fwd L (*W fwd L, sd R/cl L, sd & bk R*) to BJO LOD ; **{OP Natural}** Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet , fwd L*) to BJO DRC ; **{Hesitation Chng}** [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

09-12 DIAMOND TURN / W INSIDE TURNS ; ; ; ;

{Diamond Turn / W Insd Turns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn under ld-hands fc RDC, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 9,10 Part B to BJO DLW & DLC ;

13-16 OP REVERSE TURN ; HOVER CORTE ; BACK WHISK ; THRU FACE CLOSE ;

{OP Reverse Turn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R stg LF trn, cont trn sd L, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R, trng LF sd & fwd L LOD leav R leg in pl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Bk Whisk}** Bk L, bk & sd R, XLib (*W fwd R, fwd & sd L trng RF, XRib*) to SCP LOD ; **{Thru Fc Cl}** Repeat meas 16 Part A ;

PART C

01-04 WHISK ; WEAWE 3 to BJO ; BACK BACK/LOCK BACK ; IMPETUS to SCP ;

{Whisk} Repeat meas 9 Part A ; **{Weave 3 to BJO}** Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD*) to BJO DRC ; **{Bk Bk/Lk Bk}** [12&3] Bk L, bk R/lk Lf, bk R to BJO ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ;

05-08 WEAWE 6 to SCP ; ; THRU SYCOPATED VINE ; CHAIR & SLIP ;

{Weave 6 to SCP} Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L, fwd R*) to SCP DLW ; **{Thru Syncoated Vine}** [12&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{Chair & Slip}** Repeat meas 3 Part A ;

09-12 TELEMAR to SCP ; IN & OUT RUNS to ½ OP ; ; START OP IN & OUT RUNS ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R*) to ½ OP LOD ; **{Start OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W fwd R, L, R*) ;

13-16 FINISH OP IN & OUT RUNS ; CROSS HESITATION ; SPIN TURN ; BOX FINISH ;

{Finish OP In & Out Runs} Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; **{Cross Hesitation}** [1,--/W 123] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of r-ft ckg (*W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Spin Turn}** Repeat meas 5 Part A ; **{Box Finish}** Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

BRIDGE

01-04 FORWARD WALTZ ; FORWARD FACE CLOSE to BFLY ;

{Fwd Waltz} Fwd L, fwd R w/ a slight RF curve, fwd L ; **{Fwd Fc Cl}** Repeat meas 16 Part A to BFLY WALL ;

ENDING

01-04 FORWARD WALTZ ; FORWARD FACE CLOSE ; TWIRL VINE ; CHAIR & HOLD ;

{Fwd Waltz} Repeat meas 1 Bridge ; **{Fwd Fc Cl}** Repeat meas 16 Part A to BFLY WALL ; **{Twirl Vine}** Repeat meas 3 Intro ; **{Chair}** [1,--] Strong fwd R in lunge action bending knee, -, -;