

MEDITATING

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Record : "Meditating" CD:PRANDI "Bassano Open Vol.11" track 3
Rhythm : Waltz(ph VI) Speed : As on CD Date : June 2011 Ver.1.1
Footwork : Opposite, directions for man(lady as noted)
Sequence : Intro - A - B - C - A - Ending



Meas

INTRO

1~ 8 CP/DW lead foot free Wait 2 meas;; Dip Bk; Rec Rumba Cross to Eros Line;; Rec to Hinge; Pivot 3; Rudolf Ronde & Slip(CP/DC)

- 1-2 CP/DW lead foot free for both wait 2 meas;;
3 (Dip Bk) Bk L flex knee, hold,-;
12&3 4 (Rec Rumba Cross) Rec fwd R, fwd L with left shoulder lead/XRIB of L trning RF on toe,
cont RF trn bk L(W Bk L, bk R/XLIF of R trning RF on toe, cont RF trn fwd R between
M's feet pivot);
1-- 5 (Eros Line) Cont RF trn sd and fwd R twd LOD between W's foot commence slight body RF trn,
Right sd stretch right leg straightens leading woman to raise her right leg(W cont RF trn
sd and bk L commence slight body RF trn, left sd stretch raise right leg from the floor
for the Eros Line moving right knee bk trning the leg out so that the right toe and heel
are parallel to the floor with strong left sd stretch and right sway with head well to
right),-;
12- 6 (Rec to Hinge) Sd and bk L twd RDC, relaxing L knee and veering R knee to sway R,-(W fwd
(123) R commence swivel LF, XLIB of R cont swivel LF on L right sd stretch, relaxing L knee left
foot thru pt head to L);
-23 7 (Pivot 3) Rise on L commence RF pivot, fwd R between W's foot cont RF pivot, sd and
(123) bk L cont pivot fc LOD(W fwd R commence RF pivot fc RLOD, sd and bk L cont RF pivot,
fwd R between M's foot cont pivot fc RLOD);
8 (Rudolph Ronde & Slip) Fwd R flex knee lead W ronde, rec L rise commence LF trn, slip
bk R cont LF trn on ball of R(W bk L R foot ronde CW, bk R rise on R commence LF trn,
cont trn on R fwd L front of man)end to CP/DC;

Meas

PART A

1~ 8 Hover Telemark; Running Op Nat; Rising Lk; Double Rev Spin(CP/Wall); Contra Ck & Hold; Rec to Prom Sway; Chg Oversway; Fallaway Ronde & Slip(CP/DC);

- 1 (Hover Telemark) Fwd L, sd & fwd R with body turning 1/8 RF, fwd L to SCP/DC;
12&3 2 (Running OP Nat) Thru R commence RF trn, cont RF trn sd and bk L/right sd lead bk R
lead W outsd partner, right sd stretch bk L(W thru L, fwd R/left sd lead fwd L, left
sd stretch fwd R outsd partner)Bjo fc RDW;
3 (Rising Lk) Bk R commence LF trn, cont LF trn sd & fwd L, cont body trn XRIB of L
to CP/DC(W fwd L commence LF trn, cont LF trn sd & bk R, cont body trn XLIF of R);
12- 4 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot
(12&3) under body beside R no weight fc Wall(W bk R commence LF trn, cl L to R heel trn cont
LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
1-- 5 (Contra Ck) Commence upper body LF trn flexing knees with strong R sd lead ck fwd L,-,-;
12- 6 (Rec Prom Sway) Rec R, sd L twd LOD to SCP stretch left sd look over joined lead hand,-;
--- 7 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of
body, cont sway & look W(W look L);
8 (Fallaway Ronde & Slip) Sd R ronde L CCW(W CW), XLIB and rise commence LF trn, slip
R bk cont LF trn on ball of R end to CP/DC;

9~16 OP Telamark; Curved Feather Ck; Pivot to Hairpin; Bk Prep; Same Foot Lunge; Hover Corte; Bk Bk/Lk Bk; Hesitation Chg;

- 9 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to
end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn
on R heel and change weight to L, sd & fwd R);
10 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fwd L, cont
RF trn fwd R fc RDW;

- 12&3 11 (Pivot to Hairpin) Bk L pivoting 1/2 RF, fwd R/L strong curve to right with left sd stretch, fwd R outsd partner checking on toe in Contra Bjo with left sd stretch(W fwd R pivoting 1/2 RF, bk L/R curving RF, bk L strong right curve high on toes in Contra Bjo);
- 1-- 12 (Bk Pre)Bk L cont RF trn w/left sd stretch, cont RF tch R fc COH(W fwd R commence (12-) RF trn w/right sd stretch, cont trn sd L,-);
- 1-- 13 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, exted(W bk R well under body trning body to L and looking well to L, extend),-;
- 23 14 (Hover Corte) Hold lead W rec commence LF trn, rec L cont LF trn and body stretch, cont (123) LF trn Bjo/RLOD rec bk R twd LOD;
- 12&3 15 Bk L, bk R/XLIF of R, bk R;
- 16 (Hesitation Chg) Bk commence RF trn, sd R cont RF trn fc DC, draw L to R

Meas

PART B

**1~ 8 Rev Fallaway Slip; Double Rev Spin; Split Ronde(Fc RDC);
Contra Ck & Switch; Fwd Rumba Cross to Eros Line;;
Traveling Contra Ck; OP Nat;**

- 12&3 1 (Rev Fallaway & Slip) Fwd L commence LF trn, sd R cont LF trn/XLIB with right sd lead fallaway position cont LF trn, cont LF trn slip R past left toeing in with small stp bk on R left foot stays fwd end CP/DC(W bk R commence LF trn, sd L cont LF trn/XRIB with left sd lead fallaway position cont LF trn, cont LF trn slip L past R fwd L);
- 12- 2 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot (12&3) under body beside R no weight fc LOD(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
- 23 3 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, cont LF trn XLIB of R, (123&) cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/RDC;
- 4 (Contra Ck & Switch) Commence LF upper body trn flexing knees with strong right sd lead ck fwd L in CBMP,-, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees(W commence LF upper body trn flexing knees with strong left sd lead bk R in CBMP looking well to the left,-, rec L commence RF trn leaving right foot almost in place, cont RF trn rec R between man's feet with soft knees) fc DW;
- 12&3 5 (Fwd Rumba Cross) Fwd R, fwd L with left shoulder lead/XRIB of L trning RF on toe, cont RF trn bk L(W Bk L, bk R/XLIF of R trning RF on toe, cont RF trn fwd R between M's feet pivot);
- 1-- 6 (Eros Line) Cont RF trn sd and fwd R between W's foot commence slight body RF trn, right sd stretch right leg straightens leading woman to raise her right leg(W cont RF trn sd and bk L commence slight body RF trn, left sd stretch raise right leg from the floor for the Eros Line moving right knee bk trning the leg out so that the right toe and heel are parallel to the floor with strong left sd stretch and right sway with head well to right),-;
- 7 (Traveling Contra Ck) Fwd L with contra body motion with upper body LF trn, cl R rising on R slightly body RF trn, SCP sd and fwd L fc DW;
- 8 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R contra Bjo;

**9~16 Outsd Spin; R Trning Lk; Q OP Rev; Hover Corte; Royal Spin; Manuv;;
OP Impetus; Slow Sd Lk;**

- 9 (Outsd Spin) Prepare to lead W outsd partner commence body trn to right with right sd lead bk L small stp 3/8 RF trn, fwd R heel to toe cont 3/8 RF trn, cont 1/4 RF trn sd & bk L/ to end CP/RDW(W commence body trn to right with left sd lead fwd R outsd partner heel to toe, cl L to R on toe 5/8 RF trn between 1 and 2, cont 3/8 RF trn fwd R between M's feet);
- 1&23 10 (R Trning Lk) Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W's feet, cont RF trn fwd L to SCP/DC (W fwd L commence RF trn/XRIB of L, fwd & sd L cont trn, fwd R to SCP);
- 12&3 11 (Q OP Rev) Fwd R commence LF trn, fwd L cont LF trn/sd R & bk cont LF trn, right side stretch bk L twd DC in contra bjo;
- 12 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;
- 13 (Royal Spin) Bk L right sd lead commence body trn to right 3/8 RF trn, fwd R outsd partner heel to toe cont RF trn, left sd lead sd & fwd L 5/8 RF trn between 2 and 3(W fwd R heel to toe outsd partner, cont RF trn as left foot curls in small ronde CW raising knee to bring left foot to right knee toes point down 5/8 RF trn on ball of R between 1 and 2, 3/8 RF trn on ball of R between 2 and 3 tch L to R);

- 14 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RLOD;
 15 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/DC fwd L(W fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around man brush R to L, fwd R);
 16 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;

Meas

PART C

1~ 8 Telespin to Throwaway Oversway;;; Link to SCP; Thru Chasse Bjo; Manuv; Spin Trn; Box Finish(CP/DC);

- 123 1- 3 (Telespin to Throwaway Oversway) Fwd L commence LF trn, fwd & sd R cont LF trn, sd & bk L with partial weight(W bk R commence LF turn bring L beside R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
 123 Spin L taking weight to L/cont spin, sd R cont LF trn, sd & bk L(W fwd L/fwd R cont (&123) LF trn toe spin on R, cl L, fwd R cont LF trn);
 --- Swivel LF on L relax knee and body trn left fc DW keeping right sd and point R bk hold,-,(W swivel LF on R to bring L leg bk under body and extend bk twd DW extend and hold,-,);
 -23 4 (Link to SCP) Rise on L, cl R to L, sd & fwd L to SCP/LOD;
 12&3 5 (Thru Chasse Bjo) Thru R commence LF trn, sd L/cl R, sd & fwd L to contra Bjo/DW;
 6 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RLOD;
 7 (Spin Trn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
 8 (Box Finish) Bk R commence LF trn, cont LF trn sd L, cl R fc DC;

9~18 OP Telemark; Nat Fallaway Whisk(SCP/DC); W Swivel Develope; Cl Wing; OP Rev Trn; Outsd Ck; Bk Tipple Chasse Pivot; Spin Trn; Box Finish; Double Rev Spin(CP/DW);

- 9 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);
 12&3 10 (Nat Fallaway Whisk) Thru R commence to trn RF, sd and bk L cont RF trn/cont trn sd and slightly bk R body trns, cont body trn to right with strong right sd stretch XLIB of R(W thru L, fwd R between man's feet staying well into man's right arm/commence to trn RF sd L, cont body trn RF with strong left sd stretch XRIB of L) end SCP/DC;
 --- 11 (W Swivel Develope) Hold lead W LF swivel, pt bk R,-(W swivel LF on R fc RDW, L knee lift, kick L foot extend);
 1-- 12 (Closed Wing) Fwd R, draw L to R, tch L to R(W bk L, sd R, fwd L man's left sd)Scar (123) fc DC;
 13 (Op Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RLOD;
 14 (Outsd Ck) Bk R commence LF trn, sd L cont LF trn, ck fwd R contra Bjo fc RDW;
 15 (Tipple Chasse Pivot) Bk L commence RF trn, sd R with slight left sd stretch cont RF trn/cl L, sd and slight fwd R RF pivot fc RDW;
 16 (Spin Trn) Sd and bk L cont pivot RF, fwd R between woman's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
 17 (Box Finish) Bk R commence LF trn, cont LF trn sd L, cl R fc DC;
 12- 18 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot (12&3) under body beside R no weight fc DW(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);

Meas

ENDING

1 Contra Ck;

- 1-- 5 (Contra Ck) Commence upper body LF trn flexing knees with strong R side lead ck fwd L,-,;