

# MEDITATION FROM THAIS

By : Jules Massenet



**Choreo** : Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN  
**Music** : PEPE PD-0008 CD Track 11 e-mail : d-doi@tcp-ip.or.jp  
available from choreographer on MP3 file [free] or MD [at cost]  
**Rhythm** : Bolero Phase IV + 2 [Half Moon, Contra Break]  
**Sequence** : Intro - Dance - Dance - Dance - Ending **Speed** : 24 MPM  
**Timing** : SQQ unless noted by side of measure **Footwork** : Opposite except where noted  
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## INTRO

### 1 - 4 WAIT;; SD LUNGE & SPOT TRN; HI-LINE & HIP RKS;

- 1-2 Fcg ptr & Wall no hnds jnd lead ft free wait 2 meas;;
- 3 {Side Lunge & Spot Turn} Lunge sd L with slightly sway right hnds extended sd,-, hnds down keep soft L knee XRIF trn 3/4 LF, fwd L cont trn to fc ptr & Wall;
- 4 {Hi-Line & Hip Rocks} Blend to CP sd & slightly fwd R to Hi-Line Pos,-, rk sd L rolling hip CCW, rec R hip roll CW end CP Wall;

## DANCE

### 1 - 8 TRNG BASIC TO LUNGE BRK;; L PASS TO CP; R LUNGE ROLL TO R LUNGE; X BODY; HALF MOON;; REV UNDERARM TRN TO WRAP;

- 1 {Turning Basic} Sd & slightly fwd L rise with upper body trn RF to look RLOD,-, comm trn 1/2 LF bk R with slip pivot action, sd & fwd L cont trn to fc COH;
- 2 {Lunge Break} Blend to LOP Fcg sd & fwd R rise,-, lower on R with slight body trn RF lead W to bk lunge, rise on R with slight body trn LF to rec (W sd & bk L rise,-, bk R with contra check like action, rec fwd L) end LOP Fcg COH;
- 3 {Left Pass To CP} Fwd L rise to Scar DLC lead W trn RF to shape body RLOD,-, slip bk R soft knee, fwd L trn LF blend to CP Wall (W fwd R rise trn 1/4 RF with back to M,-, sd & fwd L soft knee strong trn LF, bk R cont trn to fc ptr);
- 4 {Right Lunge Roll To Right Lunge} Sd & fwd R relax R knee slight body trn LF look at ptr (W look well left)-, rec L hip roll CCW (W CCW), right lunge R;
- 5 {Cross Body} Sd & bk L trn LF rise,-, slip bk R soft knee cont trn, fwd L cont trn to fc COH jn R-R hnds (W sd & fwd R rise,-, fwd L XIF of M soft knee trn LF, sm sd R cont trn to fc ptr) end Hndshk COH;
- 6-7 {Half Moon} Sd R comm trn RF with right side stretch to "V" shape twd ptr,-, cont trn slip fwd L shaping to ptr, rec bk R trn to fc ptr; trn 1/4 LF sd & fwd L with left sd stretch,-, slip bk R shaping to ptr, fwd L cont trn to fc ptr (W sd L comm trn LF with left side stretch,-, cont trn slip fwd R, rec bk L trn to fc ptr; trn 1/4 RF sd & fwd R raising left arm trn slightly away but looking at ptr,-, slip fwd L IF of M trn 1/2 LF, bk R cont trn to fc ptr) end LOP Fcg Wall;
- 8 {Reverse Underarm Turn To Wrap} Sd R rise,-, XLIF flex knee comm trn LF, cl R cont trn to fc LOD jn trail hnds IF of W (W sd L rise,-, XRIF flex knee trn 3/4 LF under jnd lead hnds, fwd L) end Wrapped Pos fc LOD;

**“Meditation From Thais”**

**(Continued)**

**9 - 16 SWEETHEART RUN 2X;; SPOT TRN; CONTRA BRK; BK BOL WALK 7 w/ARM;;  
OPN BRK; UNDERARM TRN TO CUDDLE:**

- 9-10 {Sweetheart Run Twice} In Wrapped Pos looking at ptr fwd L rise,-, fwd R soft knee, fwd L; fwd R rise,-, fwd L soft knee, fwd R;
- 11 {Spot Turn} Fwd L rise,-, release hnds fwd R soft knee trn 1/2 LF, fwd L cont trn to fc Wall jn R-R hnds (W fwd R rise,-, fwd L soft knee trn 1/2 RF, fwd R cont trn to fc ptr) end Hndshk Wall;
- 12 {Contra Break} Sd & fwd R rise with right sd stretch,-, slip fwd L flex knee with right shoulder lead to contra chk action, rec R (W sd & bk L rise with left sd stretch,-, slip bk R flex knee with left shoulder lead to contra chk action, rec L) end Hndshk DRW;
- SQQ 13-14 {Back Bolero Walk 7 With Arm} Bk L twd DLC release jnd R-R hnds and sweep CW jn L-L hnds,-, trn slightly RF bk R twd LOD, bk L; bk R release jnd L-L hnds and sweep CCW jn R-R hnds,-, bk L/bk R, bk L end Hndshk RLOD;
- SQ&Q 15 {Open Break} Blend to LOP Fcg sd R twd COH rise,-, bk L lowering, rec fwd R;
- 16 {Underarm Turn To Cuddle Position} Sd L rise,-, trn RF to fc Wall bk R soft knee raise lead hnds, rec L (W sd R rise,-, XLIF soft knee trn RF under jnd lead hnds to fc COH, rec R) end Cuddle Pos fc Wall trail ft free;

**17 - 20 HIP LIFT 2X;; FWD BRK; SYNCO HIP RKS:**

- 17-18 {Hip Lift Twice} In Cuddle Pos sd R bring L ft to R,-, with slight pressure on L lift L hip, lower hip; sd L bring R ft to L,-, with slight pressure on R lift R hip, lower hip;
- 19 {Forward Break} Blend to LOP Fcg sd & fwd R rise,-, fwd L soft knee with contra chk like action, rec bk R;
- SQ&Q 20 {Syncopated Hip Rocks} Blend to Low Bfly rk sd L rolling hip CCW,-, rec R hip roll CW/rec L hip roll CCW, rec R hip roll CW blend to CP;

**REPEAT DANCE**

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**END**

**1 - 4 CUCA W TRN TCH SHAD; FENCE LINE; SYNCO CRAB WALKS; SD X LUNGE:**

- 1 {Cucaracha W Turn Touch To Shadow} Rk sd L,-, rec R, cl L (W rk sd R,-, rec L trn 1/2 LF to fc Wall, tch R to L) end Shadow Wall;
- 2 {Shadow Fence Line} Sd R with body rise,-, XLIF with bent knee, bk R;
- 3 {Syncopated Crab Walks} Sd L,-, XRIF/sd L, XRIF;
- SS 4 {Side Cross Lunge} Sd L,-, cross lunge thru R look LOD,-;