

NATASHA

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Record : "Natasha" CD: Very Ballroom Vol 3 CD 1 track 1

Rhythm : Waltz ph IV+2 (Royal Spin, R Turning Lk)

Speed : As on CD time: 2'51" Date : May 2017 Ver.1.0

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - A - B - Amod



Meas

INTRO

**1~ 8 Fcing Partner & Wall trail foot free for both Pt Bk Wait & 2 meas;
Stp Bk Raise Arms; Stp Fwd Slow Spin; Sync Tog to CP; R Lunge & Hold;
Rec Slip; Chg Of Direction(CP/DC);**

- 1- 2 Fcing partner & Wall 6 feet apart trail foot free for both pt bk arms cross in front Wait pickup notes & 2 meas;;
- 1— 3 (Stp Bk Raise Arms) Bk R arms down & raise shoulder height, -, -;
- 1— 4 (Stp Fwd Slow Spin) Fwd L commence spin LF (W RF) raise right hand left hand front of chest, cont spin full trn, -;
- 12&3 5 (Sync Tog) Fwd R twd partner & Wall, fwd L/R, L blend CP;
- 1— 6 (R Lunge & Hold) Sd and slightly fwd R keeping left sd leaving L extended, -, -;
- 23 7 (Rec & Slip) Hold, rec L straight up, LF trn on L and slip bk R fc DW;
- 12- 8 (Chg of Direction) Fwd L, fwd R right shoulder lead and LF trn, draw L to R and brush CP/DC;

Meas

PART A

**1~ 8 OP Rev Trn; Hover Corte; Royal Spin; Manuv; OP Impetus;
Weave 6 to BJO;; Manuv;**

- 1 (Op Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RLOD;
- 2 (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;
- 123 (1—) 3 (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);
- 4 (Manuv) Fwd R (W bk L) commence RF trn, cont RF trn sd L, cl R CP/RLOD;
- 5 (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);
- 6- 7 (Weave 6 to Bjo) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R fc RDC; Bk L twd DC contra Bjo, bk R cont LF trn CP, cont LF trn sd & fwd L contra Bjo/DW; (W fwd L, LF trn sd R to CP, commence trn sd & fwd L; fwd R contra Bjo, fwd L twd DC cont LF trn to CP, sd & bk R contra Bjo;)
- 8 (Manuv) Fwd R (W bk L) commence RF trn, cont RF trn sd L, cl R CP/RLOD;

**9~16 Spin Trn Overtrn; R Trning Lk; Chair & Slip; OP Telemark;
Thru Prom Sway; Chg Oversway; Rec to Whisk; Slow Sd Lk(CP/DC);**

- 9 (Spin Trn Overtrn) Cont RF trn bk L pivot 1/2 RF, fwd R between W's feet heel to toe cont RF trn fc RDW, sd & bk L (W fwd R between M's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
- 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);
- 11 (Chair & Slip) Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R (W thru L relax left knee, rec R, swivel LF on R fwd L) end CP/DC;
- 12 (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- 13 (Thru Prom Sway) Thru R, sd & fwd L stretch left sd look over joined lead hand, -;
- 14 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W (W look L);

- 23 15 (Rec to Whisk) Hold, rec R, XLIB of R SCP/LOD;
- 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 B

1~ 8 Diamond Trn;;; OP Telemark; OP Nat(handshake); W Sync Twirl fc DC; Ck Fwd W Develope;

- 1- 4 (Diamond Trn) Fwd L commence LF trn, sd R cont LF trn, bk L to Bjo/RDC;
Bk R cont LF trn, sd L cont LF trn, fwd R ck action to Bjo/RDW;
Fwd L cont LF trn, sd R cont LF trn, bk L to Bjo/DW;
Bk R cont LF trn, sd L cont LF trn, fwd R ck action to Bjo/DC;
- 5 (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 6 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R joined handshake;
- 7 (Bk Chasse W Sync Twirl) Bk L commence RF trn lead W RF twirl under joined hands, fc COH sd R/cl L, sd & fwd R fc DC(W fwd R commence RF trn under joined hands, cont RF trn sd L/cont RF trn fwd R, cont trn sd & bk L fc RDW);
- 1- 8 (Ck Fwd W Develop) Ck fwd L,-,-(W bk R, L knee lift, kick L foot extend);

9~16 W Insd Trn Bolero Bjo; Wheel 3; Sync Wheel(Bjo/RDC); OP Impetus; Thru to L Whisk; Sync Unwind to R Lunge Line;; Rec Slip(CP/DC);

- 9 (W Insd Trn Bolero Bjo) Bk R lead W LF trn, rec L commence RF trn, cont RF trn fwd R fc DW(W fwd L commence LF trn, fwd R cont LF trn, cont trn sd & fwd L fc RDC);
- 10 (Wheel 3) Fwd L commence RF wheel/cont wheel R, L fc RDC;
- 1&2&3 11 (Sync Wheel) Fwd R cont RF wheel/cont wheel L, R/L, R fc RDC;
- 12 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/LOD 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);
- 13 (Thru to L Whisk) Thru R, sd L, XRIB of L to RSCP/RDC;
- 14 (Sync Unwind to) unwind RF toe on R heel on L(W fwd RF around man R, L/R, L) CP/DW (12&3) weight on trail foot;
- 15 (R Lunge Line) Lower on R(W lower on L) keeping left sd leaving L extended,-,-;
- 23 16 (Recover Slip) Hold, rec L straight up, LF trn on L and slip bk R fc DC;

Meas

PART Amod

1~ 8 OP Rev Trn; Hover Corte; Royal Spin; Manuv; OP Impetus; Weave 6 to BJO;; Manuv;

- 1- 8 Repeat meas 1-8 of Part A;;;;;;;

9~17 Spin Trn Overtrn; R Trning Lk; Chair & Slip; OP Telemark; Thru to L Whisk; Sync Unwind to R Lunge Line;; Rec to Prom Sway; Chg Oversway;

- 9-12 Repeat meas 9-12 of Part A;;;;
- 13-15 Repeat meas 13-15 of Part B;;;;
- 1- 16 (Rec to Prom Sway) Rec L stretch left sd look over joined lead hand,-,-;
- 17 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W(W look L);