

NIMUE'S LAMENT

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Record : "Nimue's Lament" CD: The Best of Ballroom CD1 track 3 time: 2'39"

Rhythm : Waltz ph V+2 (Same Foot Lunge, Fallaway Ronde & Slip)

Speed : As on CD Date : May 2016 Ver.1.2

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

Sequence : Intro - A - B - Inter- B



Meas

INTRO

1~ 4 Bfly Scar/RDW left foot free for both Wait; Sync Circle Vine;
X Ck Rec Sd Bolero Bjo; Sync Wheel(W Trans) fc DW;

- 1 Bfly Scar/DW left foot free for both Wait 1 meas;
1&23 2 (Sync Circle Vine) Same foot work XLIF of R/sd R, XLIB of R, sd R fc LOD;
3 (X Ck Rec Sd Bolero Bjo) XLIF of R, rec R, sd & fwd L blend Bolero Bjo fc DC;
12&3 4 (Sync Wheel W Trans) Fwd R commence RF, cont wheel fwd L/R, L(W fwd R commence RF
(12&3&) wheel, cont wheel fwd L/R, L/R) fc DW;

Meas

PART A

1~ 8 Manuv; OP Impetus; Q OP Rev; Hover Corte; Outsd Spin; Manuv;
Spin Trn; Box Finish(CP/DC);

- 1 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R CP/RL0D;
2 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/DC fwd L(W fwd
12&3 3 (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;
4 (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;
5 (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/DW(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);
6 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R CP/RL0D;
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;

9~17 1/2 Diamond Trn;(Bjo/RDW); Bk Passing Chg; Bk Trn Chasse Bjo;
Ck Fwd W Develope; Sync OP Finish(CP/DC); Telemark to Oversway;;
Fallaway Ronde & Slip(CP/DC);

- 9-10 (1/2 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, cking fwd R Bjo/RDW;
11 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo;
12&3 12 (Bk Trn Chasse Bjo) Bk R commence LF trn, cont LF trn sd L/cl R, sd & fwd L Bjo/DW;
1-- 13 (Ck Fwd W Develop) Ck fwd R, --(W bk L, R knee lift, kick R foot extend);
12&3 14 (Sync OP Finish) Bk L twd RDC, bk R commence LF trn/ cont LF trn sd & fwd L contra
Bjo/DC, fwd R;
15-16 (Telemark to Oversway) Fwd L commence LF trn, sd R cont LF trn, sd & bk L swivel LF
on L fc Wall(W bk R commence LF trn bring L beside R with no weight, cont LF trn
on R heel and change to L, sd & fwd R);
Relax L knee keeping R leg extended, slight LF trn stretch L sd of body & look W(W
look L);
17 (Fallaway Ronde & Slip) Rec 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;

Meas

PART B

1~ 8 Double Rev Spin(CP/DW); Hover Telemark; Thru Chasse Bjo; Manuv;
Spin Trn Overtrn; Turning Lk to Bjo; Manuv; OP Impetus;

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- 12- (12&3) 1 (Dbl Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot 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);
- 12&3 2 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/LOD;
- 3 (Thru Chasse Bjo) Thru R, sd L/cl R, sd & fwd L to Bjo/DW;
- 4 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RL0D;
- 5 (Spin Trn Overtrn) Bk L pivot 1/2 RF, fwd R between woman's feet heel to toe cont RF trn fc RDW, 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);
- 6 (Trning Lk to Bjo) Bk R with right sd lead and right sd stretch/XLIF of R, bk and slightly sd R starting to trn LF, sd & slightly fwd L to CBMP making 1/4 LF trn between steps 3 and 4 as body turns less Bjo/DW;
- 7 (Manuv) Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R CP/RL0D;
- 8 (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);

9~16 Running OP Nat; Rising Lk(CP/DC); Mini Telespin(CP/RDC); Contra Ck & Switch; Curved Feather; Bk Prep; Same Foot Lunge;

- 12&3 9 (Running OP Nat) Thru R commence RF trn, cont RF trn sd & 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;
- 10 (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);
- 123 11-12 (Mini Telespin) 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);
- 12- (&12-) Spin L taking weight to L/cont spin, cl R fc RDC(W fwd L/fwd R cont LF trn toe spin on R, cl L)CP/RDC,-;
- 13 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees CP/DW;
- 14 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fwd L, cont RF trn fwd R fc RDW;
- 1-- (12-) 15 (Bk Prep)Bk L cont RF trn w/left sd stretch, cont RF tch R fc COH(W fwd R commence RF trn w/right sd stretch, cont trn sd L),-;
- 1-- 16 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, extend(W bk R well under body trning body to L and looking well to L, extend),-;

17~22 Telespin Ending(SCP/DC); Prom Weave; Sync Ending to Bjo; Chg of Direction(CP/DC); Telemark to OP Hinge;

- 123 (&123) 17 (Telespin Ending) Lead W Pickup fc RL0D/ fwd L commence LF trn, sd R cont LF trn, sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/DW;
- 18 (Prom Weave) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R contra Bjo/RDC (W fwd L, LF trn sd R to CP, commence trn sd & fwd L contra Bjo);
- 12&3 19 (Sync Ending) Bk L twd DC, bk R cont LF trn CP/ cont LF trn sd & fwd L contra Bjo/DW, fwd R(W fwd R, fwd L twd DC cont LF trn to CP/ sd & bk R contra Bjo, bk L);
- 20 (Chg of Direction) Fwd L, fwd R right shoulder lead and LF trn, draw L to R and brush CP/DC;
- 21-22 (Telemark to OP Hinge) Fwd L commence LF trn, sd R cont LF trn, sd & bk L swivel LF on L fc Wall(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change to L, sd & fwd R swivel LF on R right hand on M's left shoulder);
- (1--) Hold left sd stretch leading W XLIB of R, relaxing L knee and veering R knee to sway R extend left arm,-(W XLIB of R, relaxing L knee head to L extend left arm,-);

Meas

INTERLUDE

1~ 6 Rec Hover M Trans(Bfly Scar/RDW); Sync Circle Vine; X Ck Rec Sd Bolero Bjo; Sync Wheel; Manuv; Hestation Chg(CP/DC);

- 2- (123) 1 (Rec Hover M Trans) Hold lead W rec, rec R,-(W rec R, sd & fwd L commence RF trn, cont RF trn rec R)blend Bfly Scar/RDW;
- 2- 4 Repeat meas 2-4 of Introduction;;;
- 5 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R to L CP/RL0D;
- 6 (Hesitation Chg) Bk L commence RF trn, cont RF trn sd R fc DC, draw L to R;