

Onedine Waltz

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Record: Star 525CD Dance & Listen "25 Top Waltz's" DLD 1091 Track 18 "Ross Mitchell"

Phase: VI

Released: September 2007

Speed: As per the CD Speed

Footwork Opposite unless Woman's footwork and/or position is shown in parentheses

Rhythm: Waltz

Time: 2:23

SEQUENCE: Intro AA B A C B A End

INTRODUCTION

1-4 WAIT 2 MEAS;; FORWARD HOVER; BOX FINISH;

- 1-2 Wait in Closed Position DLW, M's L, W's R foot free;;
- 3 fwd L, sd & fwd R with slight rise, rec L; (W bk R, sd & bk L with slight rise, rec R;)
- 4 bk R trng LF, sd L, cl R DLC;

PART A

1-4 TELEMARK TO SEMI; IN & OUT RUNS;; CHAIR & SLIP TO CLOSED;

- 1 fwd L comm. to trn left, sd R cont. trn, sd & slightly fwd left to a tight SCP;
(W bk R comm. to trn left bringing left beside right with no weight, trn LF on right heel [heel turn] and change weight to left, stp sd & slightly fwd R to a tight SCP;)
- 2-3 fwd R starting RF trn, sd & bk on L to CP RLOD, bk R to CBMP; bk L trng RF, sd & fwd R between woman's feet cont. RF trn, fwd L to SCP; (W fwd L, fwd R between man's feet to CP, fwd L to CBMP; fwd R comm. RF trn, sd & bk L cont. RF trn, fwd R to SCP;)
- 4 fwd right with soft knee, rec L, bk R & slip woman to CP DLC;

5-8 1 LEFT TURN; HOVER CORTE; BACK HOVER TO SEMI; PICK UP WITH A LOCK;

- 5 fwd L, trng LF sd R, cl L DRC;
- 6 bk R start LF trn, sd & fwd L with hovering action, rec bk R to CBMP DLW; (W fwd L trng LF, sd & fwd R with hovering action, rec L to CBMP;)
- 7 bk L, sd & bk R with slight rise, rec L to SCP;
- 8 thru R DLC, sd & fwd L, rise slowly draw RXIBL; (W thru L, sd R, rise trng LF draw LXIFR;)

REPEAT A

PART B

1-4 DOUBLE REVERSE SPIN; RIGHT CHASSE; OUTSIDE SPIN; TURNING LOCK;

- 1 fwd L comm. to turn left, sd R 3/8 trn between 1 & 2, spin LF up to _ between 2 & 3 on ball of right foot bringing left foot under body beside right no weight flexed knees;
(W bk R comm. to turn left, left foot closes to right heel turning _ between 1 & 2, sd & slightly bk R cont. left turn, XLIFR;)
- 2 fwd DLC L comm. to turn LF, sd LOD R/cl L, sd & bk R cont. LF turn to CBMP DRC;
- 3 lead W outside ptr comm. RF with strong body trn right bk L, sml fwd R around ptr spn RF, sd & bk L cont. trn CP DRW; (W comm. RF trn fwd R around ptr, cl L to R on toes for toe spin trn RF, fwd R between ptrs feet;)
- 4 bk R with right side lead, bk L locking in front of R, bk R, sd & fwd L trng LF to CBMP DLW;

PART B contined over.....

PART Bcontinued....

5-8 MANUEVER; SPIN & TWIST;; BOX FINISH;

- 5 fwd R comm. RF upper body trn, cont. RF trn to fc ptr sd L, cl R;
6-7 bk L pivoting RF[with left side stretch], fwd R cont. trn[with left side stretch], sd L twd DLW[no sway]; XRIL with only pressure not full weight/unwind RF changing weight to R[no sway], cont. trng RF[no sway], stp sd & bk L[no sway]; (W fwd R between man's feet pivot, bk L trng RF, cl R to L fcng DC; fwd L/R around man, fwd L trng RF, fwd R between man's feet;)
8 Repeat Meas. 4 of Introduction;

PART A

PART C

1-4 2 LEFT TURNS;; HOVER TELEMARK; MANUEVER & PIVOT 2;

- 1-2 fwd L, trn LF sd R, cl L; bk R, trn LF sd L, cl R;
3 fwd L, sd & fwd R with slight rise, slight RF trn sd & fwd L to SCP;
4 fwd R comm. strong RF trn to fc RLOD in front of woman (W fwd L), bk L comm. RF pivot, fwd R cont. pivot to fc LOD in CP;

5-8 RUMBA CROSS TWICE;; TRAVELING CONTRA CHECK; PICK UP SIDE & CLOSE;

- 5 fwd L with left shldr leading [with left side stretch] XRIBL trng RF on toes [with left side stretch], cont. trn bk left[with left side stretch], fwd right [no stretch]; (W bk R XLIFR trng RF on toes, cont. trn fwd R between man's feet pivot, bk L;)
6 Repeat meas. 5;
7 fwd L with contra body motion with upper body turning to the left [with right side stretch], close R/rising to toes [no sway], fwd L in SCP [with right side stretch]; (W bk R turning RF, close L/rising to toes, fwd R in SCP;)
8 thru R LOD, sd & fwd L, Cl R DLC;

PART B

PART A

ENDING

1-4 DIAMOND TURN;;;;

- 1-4 fwd L trng LF, sd R DRC, bk L to CBJO; bk R trng LF, sd L to DRW, fwd R to BJO/DRW; fwd L trng LF, sd R DLW, bk L; bk R trng LF, sd L to DLC, fwd R to BJO/DLC;

5-6 TELEMARK TO SEMI; FORWARD HOVER TO BJO;

- 5 repeat meas. I of Part A;
6 fwd R, sd & fwd L with slight rise, rec R to BJO;

7-8 BACK & RIGHT CHASSE; SLOW CONTRA CHECK & EXTEND;

- 7 bk L with RF trn, sd R, cl L, sd R;
8 Man flex right knee, stp fwd L with right shoulder lead looking at woman; (W flex left knee, bk R with right side fwd looking well to the left); Man hold allowing Woman to extend her upper body out & back;