

RIVER LULLABY VI

COMPOSERS:

E-MAIL ADDRESS:

MUSIC:

PHASE / RYHTUM:

FOOTWORK:

SEQUENCE:

RELEASE DATE:

"River Lullaby" Samantha Dexter (from "Prince of Egypt") download Casa Musica Web Site

Phase VI / Waltz

SPEED: Slow for Comfort

Opposite Except Where Noted

Intro, A, BRG, B, INT, A, B, TAG

April 2011 Version 1.1

INTRO

- 1-8 WAIT TWO MEAS.; SHADOW CONTRA CK, REC, SWITCH; BK & CHASSE;
FWD TO THE FWD LOCK FWD; LADIES SYNC SPIN MANUV; SPIN TURN; BOX FINISH;
- 1-2 Wait 2 meas in Shadow with left hands joined M right hand on W shoulder blade both with L ft free fcng DW;;
- 1,2,3 3 {Shadow Contra Check, Rec, Switch} Start upper body turn to left flexing knee with strong rt sd lead ck fwd L in Shdw, recover R, switch L back past R under body with RF rotation to face RDW in shdw;
- 1,2,&3 4 {Back & Chasse} Bk R starting slight LF rotation, sd L/clo R cont slight LF rotation, sd L to fc DW in Shdw;
- 1,2,&3 5 {Fwd to the Fwd Lock Fwd} Fwd R, fwd L/ Lk RIB of L, fwd L in Shdw fcng DW;
- 1,2,3 6 {Ladies Synco Spin Manuver} Fwd R starting slight RF rotation, fwd & sd L cont RF rotation to fc RLOD, clo R to L (W fwd R starting RF turn, sd L cont RF turn/ cont RF trn on R to fc M finishing 1 full rotation, clo L to R) end CP M fc RLOD;
- (1,2,&3) 7 {Spin Turn} Bk L pivoting ½ RF to fc LOD, fwd R between W ft cont RF rotation to fc DW, sd & bk L (W fwd R between M ft pivoting ½ RF to fc RLOD, bk L, brushing R past L sd & fwd R) CP DW;
- 1,2,3 8 {Box Finish} Bk R trn LF, sd L, clo R (W fwd L trn LF, sd R, clo L) CP DC;

PART A

- 1-8 TWO FALLAWAYS.; SYNC UNWIND TO CP; TRAVELING CONTRA CK;
CURVED FEATHER CHECK; BACK PASSING CHANGE;
BACK RISING LOCK TRANS; SPLIT RONDE;
- 1,2,3 1-2 {Two Fallaways} Fwd L trng LF, side R with rt side stretch, cross L in bk of R to semi-closed pos with rt side stretch (W bk R trng LF, sd L, cross R in bk of L to semi-closed pos); Bk R trng LF to closed position, sd and fwd L with lt side stretch, cross R well behind L to reverse semi-closed pos (W trng LF fwd L slipping to closed pos, sd and slightly bk R to reverse semi-closed pos, cross L well behind R in reverse semi-closed pos);
- 1,-,- (1,2/&,3) 3 {Sync Unwind to CP} Commencing RF unwind with weight still on R, continue RF unwind, finish RF unwind ending CP LOD (W fwd R commencing unwind, fwd L / fwd R continue unwind, sd L to CP);
- 1,2,3 4 {Traveling Contra Check} M fwd L with contra body motion with upper body turn to the left, cl R rising to toes, fwd L in SCP with rt side stretch traveling DW (W bk R trng rt face, cl L rising on toes, fwd R to SCP);
- 1,2,3 5 {Curved Feather Check} Fwd R, fwd & sd L start RF trn, fwd R outside partner with checking action (W fwd L start LF turn, cont LF turn sd & bk R to BJO, bk L with checking action) end in BJO pos DRW;
- 1,2,3 6 {Back Passing Change} In contra BJO bk L, bk R, bk L;
- 1,2,3 7 {Back Rising Lock Trans} Bk R, bk & sd L comm LF turn & rise, XRIB of L to face DC (W fwd L, fwd & sd R comm LF trn & rise, XLIF of R without changing weight);
- 1,2,3 (1,2/&,3) 8 {Split Ronde} Lowering on R ronde left leg CCW, turning LF cross L in back of R, continue trn slip R bk end facing DW (W lowering on R ronde left leg CCW, trng LF cross L in bk of R /continuing to trn sd and bk R, continuing trn slip L in front);

PART A (cont)

- 9-16 HOVER TELEMAR TO HALF OPEN; START OPEN IN & OUT RUNS;
LADIES ACROSS TO BALLERINA WHEEL; MEN TURN THE WHEEL IN SIX;;
RONDE LADIES TO SCP; CHAIR, RECOVER, SLIP; DOUBLE REVERSE:
- 1,2,3 9 {Hover Telemark to Half Open} Fwd L, fwd & sd R with RF rotation, fwd L (W bk R, sd & bk L with RF rotation, fwd R) blend to V pos with lead hnds free;
- 1,2,3 10 {Start Open In & Out Runs} Fwd & sd R start RF rotation, sd & bk L cont rotation, sd & fwd R (W fwd L, fwd R, fwd L) to V pos fc DW;
- 1,2,3
(1,2,-) 11 {Women Across to Ballerina Wheel} Fwd L, fwd R join hands in Varsouvienne pos, small fwd L blending to partner (W fwd & sd R start RF trn, fwd L spiral RF to fc DW to Ballerina pos with right knee in front of left knee & right toe pointed twd floor with out weight) to Varsouv pos fc DW
- 1,2,3,
4,5,6
(-, -, -, -, -) 12-13 {Men Turn the Wheel in Six} Keep upper body twd partner & trn as couple 1 full circle fwd R, fwd L, fwd R; Fwd L, fwd R, fwd L (W keep arms stiff & weight on ball of L look at partner while trng 1 full circle with M) to DW;
- 1,2-
(1,-,-) 14 {Ronde Women to SCP} Fwd R lead W to step & ronde, clo L, blend to SCP (W step on R & ronde L while trng RF full trn) to SCP DW;
- 1,2,3 15 {Chair, Recover, Slip} Check thru R with lunge action, rec L, bk R slip behind L (W thru L with lunge action, rec R start LF trn, cont LF trn fwd L to CP) to fc DC;
- 1,2,-
(1,2,&3) 16 {Double Reverse} Fwd L start LF trn, fwd and sd R cont LF trn, spin LF on ball of R bringing L under body beside R ft with no weight chng (W bk R start LF trn, clo L to R heel LF trn /fwd & sd R cont LF trn, XLIF of R) to CP DW [2nd time to CP DC];

BRIDGE

- 1-4 WHISK; CONTINUOUS WING;; CHANGE OF DIRECTION:
- 1,2,3 1 {Whisk} M fwd L, fwd and sd R, cross L in bk of R rise to ball of foot ending in tight SCP (W bk R, bk and sd L, cross R in bk of L rise to ball of foot);
- 1,-,-,-,-
(1,2,3,
1&2&3&) 2-3 {Continuous Wing} M fwd R, draw L twd R, touch L to R trng upper body LF with left sd stretch (W fwd L, fwd R around M, fwd L around M cont to trn slightly LF to SDCR pos); M hold while cont LF spin,-,- (W fwd R comm LF trn / fwd L, fwd R / fwd L, fwd R / fwd L) to SCAR DW;
- 12- 4 {Change of Direction} Fwd L DW, fwd R DW trn LF 1/4 to fc DC and draw L to R,-;

PART B

- 1-8 DOUBLE REV WING; CROSS SWIVEL LINK TO SCP; WEAVE SIX TO SCP;
DOUBLE NATURAL TELEMAR PREPERATION;; SAME FOOT LUNGE;
CHANGE TO HINGE LINE:
- 1,2,-
(1,2,&3) 1 {Dbl Reverse Wing} Fwd L start LF trn, fwd and sd R cont LF trn, spin LF on ball of R bringing L under body beside R ft with no weight chng (W bk R start LF trn, clo L to R heel LF trn / fwd R cont LF trn, XLIF of R) to SCAR DW;
- 1,2,3 2 {Cross Swivel Link to SCP} M fwd L XIF of R and swivel LF to BJO, fwd R trn RF to CP, sd L to SCP DC (W bk R XIB of L and swivel LF to BJO, bk L trn to CP, sd R to SCP);
- 1,2,3;
1,2,3; 3-4 {Weave Six to SCP} M thru R, fwd L trng LF to CP, sd and bk R to BJO (W fwd L, fwd R trng to CP, cont trn sd and fwd L); Bk L, bk R cont LF trn, sd and fwd L DW lead ladies to SCP; (W fwd R, fwd L cont LF trn, sd R to SCP);
- 1,2,&3
1,2,- 5-6 {Dbl Natural Telemark Preparation} Thru R commencing RF trn, fwd & sd L to fc RLOD cont RF trn /sd & fwd R LOD cont RF trn, fwd L to SCAR DW (W thru L SCP, fwd R between M's feet keeping head to right /fwd L trn RF, bk R to SCAR DW); Fwd R with slight delay to step between ladies feet commencing RF trn, fwd & sd L to fc RLOD cont RF trn, tch R to CP COH (W bk and sd L, fwd R between M's feet keeping head to right, cl L trn RF to CP);
- 1,-,- 7 {Same Foot Lunge} M lowering into LT leg fwd R into RT lunge with strong left side sway, chg the sway, (W bk R keeping upper body in CP, taking head to the left, chg the sway.);
- 1,-,- 8 {Change to Hinge Line} M rec to L, and bring rt side to ladies, (W rec to L, swivel lf and pnt R fwd between M's feet);

PART B (cont)

9-16		<u>IMPETUS TO SCP; SLOW SIDE LOCK; TELESPIIN & SPIN TO MINI TELESPIIN ENDING;; FALLAWAY WHISK; NATURAL TWIST TURN TO SCP;:</u>
-,2,3 (1,2,3)	1	{ <u>Impetus to SCP</u> } M rotate RF with no weight chg commence RF trn, fwd R cont RF trn, fwd L in tight SCP traveling DC (W fwd R between M's feet comm RF trn, sd and fwd L cont trn brush R to L, fwd R to SCP);
1,2,3	2	{ <u>Slow Side Lock</u> } Thru R, sd and fwd L to closed pos, cross R in back of L trng slightly LF to face DC (W thru L starting LF trn, sd and bk R continuing trn to CP, XLIF of R);
1,2,- 1,2,-, 1,2,3 (1,2,3,&/1,2,3 &1, 2,-)	3-5	{ <u>Telespin & Spin with Mini Telespin Ending</u> } M fwd L commence LF trn, fwd and sd R cont trn, bk and sd L no weight keeping left side to W /turn body LF no weight lead W to CP commencing spin (W bk R commence LF trn, bk L clo to R heel turn, fwd R keeping right side into M /fwd L cont LF trn to face M); Fwd L cont LF turn, fwd and sd R cont turn, bk and sd L no weight keeping left side to W /trn body LF no weight lead W to L (W keep right side in to M fwd R, cont turn with toe spin clo L, fwd R keeping right side into M / fwd L cont LF trn to face M); Fwd L cont LF trn, fwd and sd R cont trn, tch L to R no weight keeping left side to W /trn body LF no weight lead W to CP (W keep right side in to M bk R, cont trn with toe spin clo L, tch R to L) end CP RDC;
1,2,3	6	{ <u>Fallaway Whisk</u> } Fwd L, fwd & sd R trn LF to CP, cross L behind to SCP DW;
1,2,3, -,3 (1,2,3, &1,2,3)	7-8	{ <u>Natural Twist Turn to SCP</u> }Fwd R start RF turn, sd L cont trn /XRIB of L, twist into CP feng DLC with feet apt; Rise to toes, brush L to R, sd L to SCP DC (W fwd L start RF turn, fwd R, small fwd L / fwd R; sd L, rise to toes and brush R to L, sd R to SCP);

INT

1-8		<u>OK OPEN REV; HOVER CORTE; OUTSIDE SPIN; MANUV; IMPETUS TO SCP; CONTINUOUS WING;; CHANGE OF DIRECTION;</u>
1,2,&3	1	{ <u>Quick Open Reverse</u> } Fwd R, fwd L start LF trn /sd & bk R cont trn, bk L (W fwd L start LF trn, sd & bk R cont LF trn /sd & fwd L cont trn, fwd R outside partner) to contra BJO DRW;
1,2,3	2	{ <u>Hover Corte</u> } M bk R, bk L comm LF trn, rec bk R to BJO face DC (W fwd L between M's feet, fwd R comm. LF trn, fwd L to BJO);
1,2,3	3	{ <u>Outside Spin</u> } M toeing in step bk L with strong RF rotation leading W to step outside partner, fwd R outside ptr cont strong RF trn, sd & bk L (W start strong RF rotation lead by M step fwd R, clo L to R with toe spin, fwd & sd R blending to M) to CP DW;
1,2,3	4	{ <u>Manuver</u> } Fwd R starting slight RF rotation, fwd & sd L cont RF rotation to end fcg RLOD, clo R to L (W bk L starting slight RF rotation, bk & sd R cont RF rotation to end CP fcg partner, clo L to R) to CP RLOD;
1,2,3	5	{ <u>Impetus to Semi</u> } Bk L start RF trn, clo R to L heel trn cont RF trn, sd & fwd L (W fwd R between M feet start RF trn, sd & fwd L cont trn around M brush R to L, sd & fwd R) to SCP;
1,2,3	6-7	{ <u>Continuous Wing</u> } Repeat measures 2 & 3 of BRG;
1,2,-	8	{ <u>Change of Direction</u> } Repeat measures 4 of BRG;

TAG

1-4		<u>OK OPEN REV; HOVER CORTE; BK & PREPERATION; SLOW SAME FOOT LUNGE;:</u>
12&3	1	{ <u>Quick Open Reverse</u> } Repeat Int meas 1;
123	2	{ <u>Hover Corte</u> } Repeat Int meas 2;
123	3	{ <u>Bk & Preperation</u> } M bk L turning RF to face WALL, gathering feet together tch R to L, swivel 1/8 RF while keeping upper body in CP (W fwd R turning RF to face wall, cl L to R, swivel 1/8 RF while keeping upper body to ptr in CP);
123	4-5	{ <u>Same Foot Lunge</u> } M lowering into LT leg fwd R into RT lunge with strong left side sway,,; chg the sway (W bk R keeping upper body in CP, taking head to the left,; chg the sway,,);