

SENTIMENTAL JOURNEY

RELEASED: Oct 2011

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MUSIC: Song: Sentimental Journey
Artist: The New Stanton Band
Music Modified: Speed + 4%
Difficulty Average

E-MAIL: graham@telia.com
Music Media Source: Downloadable at Itunes
Flip of:
MPM:28 **TIME @ 28 MPM:1:48**

FOOTWORK: Opposite unless indicated, Woman's footwork in parenthesis
RHYTHM: FT **RAL PHASE: V+2 (telefeather, continous hover cross interrupted,)**
SEQUENCE: INTRO, A, B, A, C, A, ENDG

MEAS.

INTRODUCTION

- 1-4 **WAIT;; TOGETHER TO CP & SHAPE; FEATHER FINISH;**
1-4 In LOP-FCG/DRW Wait ;; Fwd L (W fwd R) to CP, , trn upper body slightly LF, hold; Bk R comm LF trn, -, cont trn sd L, fwd R outsd ptr to BJO/DLW;
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5-8 **HOVER TELEMARK; NATURAL HOVER CROSS TO DRC CHECKING;;TOP SPIN; DLW**
5-6 Fwd L to CP,-,fwd & slightly sd R between W's feet rising & trng RF, cont RF trn sd & fwd L to SCP DLW; Fwd R comm RF trn,-,fwd & arnd W L (W fwd R), cont RF trn sd R/LOD to SCAR/LOD;
7-8 Ck fwd L, rec bk R, sd L trng LF to RLOD, ck R fwd DRC/BJO; Rec bk L, bk R to CP trn LF, sd & fwd L LOD, fwd R/BJO DLW;

PART A

- 1-4 **HOVER TO SCP; FEATHER; TELEFEATHER;;**
1-2 Fwd L to CP,-,fwd & sd R rise trn ¼ LF, rec fwd L/SCP DLC; Fwd R,-,fwd L, fwd R DLC in BJO (W thru L trn LF twd ptr,-,sd & bk R to BJO, bk L);
3-4 Fwd L comm. LF trn, -, fwd R cont turn to CP/RLOD, bk L no weight (W bk R, -,cl L to R [heel trn], fwd R LOD/fwd L trng LF); Place weight on L spn LF, fwd & sd R LOD on toe cont LF spn, small sd L, fwd R outsd ptr in BJO/DLW (W bk R trn LF, cl L & toe spn, cont trn sd & bk R, bk L);
5-8 **CHANGE OF DIRECTION; MINI TELESPIN;; CONTRA CHECK & SWITCH;**
5-6 Fwd L to CP, -, fwd R trng ¼ LF, drw L to R; Comm LF trn fwd L to DLC, -, cont trn sd R, bk & sd L no weight (W comm LF trn bk R, -, cl L to R [heel trn], fwd R/fwd L to spn LF);
7-8 Cont spn fwd L, cl R to CP/DRC, hold, -, (W cont spn fwd R to CP face DLW/draw L to R, cl L, hold, -); CP/DRC commence LF upper body trn, flex knees w/ R sd ld ck fwd L in CBMP (W look well to left), -, rec R trng RF leaving L ft almost in pl, rec L cont trn RF to fc DLW;

PART B

- 1-4 **NATURAL WEAVE;; CHANGE OF DIRECTION; REVERSE WAVE 3;**
1-2 Fwd R comm RF trn, -, fwd & sd L to fc RLOD (W cl R [heel trn]), bk R w R sd lead (W fwd l outsd ptr); Bk L, bk R, sd L, fwd R to BJO/DLW;
3-4 Fwd L to CP, -, fwd R trng ¼ LF, drw L to R; Fwd L comm LF trn, -, cont trn sd R, bk & sd L (W comm LF trn bk R, -, cl L to R [heel trn], fwd R) to CP/DRC;
5-8 **CHECK & WEAVE;; CHANGE OF DIRECTION; DOUBLE REVERSE SPIN; DLW**
1-2 Check bk R, -, rec L trng LF to fc DRW, bk R backing DLC; Bk L, bk R, sd L, fwd R to BJO/DLW;

- 3-4 Fwd L to CP, -, fwd R trng ¼ LF, drw L to R; Commence LF body trn fwd L twd DLC, -, sd R to fc RLOD (W cl L to R [heel trn] / sd & bk R cont trn), bring L to R spn ½ LF to fc DLW (W XLiF) ;

PART A

- 1-8 HOVER TO SCP; FEATHER; TELEFEATHER;; CHANGE OF DIRECTION; MINI TELESPIN;; CONTRA CHECK & SWITCH;**

PART C

- 1-4 NATURAL TELEMAR TO SCAR; ZIG ZAG 4; TELEMAR TO BJO; ZIG ZAG 4;**

1-2 Fwd R comm trn RF fc RLOD, -, sd L cont trn (W cl R to L [heel trn]), fwd & sd R (W bk L) to SCAR/LOD; Fwd L comm LF trn, sd R cont trn to BJO/RLOD, bk L comm RF trn, fwd R to SCAR/LOD;

3-4 Commence LF body trn fwd L to DLC, -, fwd R arnd ptr cont trn (W cl L to R [heel trn]), fwd & sd L to BJO/DLW; Fwd R comm RF trn, sd L cont trn to SCAR/RLOD, bk R comm LF trn, sd & fwd L to BJO/DLW;

- 5-8 NATURAL WEAVE 3; BACK TO QUICK OUTSIDE CHECK; TOP SPIN, DOUBLE REVERSE SPIN;**

5-6 Fwd R comm RF trn, -, fwd & sd L to fc RLOD (W cl R [heel trn]), bk R w R sd lead (W fwd l outsd ptr); Bk L to CP/RLOD, bk R, sd L, ck fwd R outsd ptr; Comm LF trn

7-8 Bk L, bk R trn LF, cont trn sd L, fwd R outsd ptr to BJO/DLC; Commence LF body trn fwd L twd DLC, -, sd R to fc RLOD (W cl L to R [heel trn] / sd & bk R cont trn), bring L to R spn ½ LF to fc DLW (W XLiF) ;

PART A

- 1-8 HOVER TO SCP; FEATHER; TELEFEATHER;; CHANGE OF DIRECTION; MINI TELESPIN;; CONTRA CHECK & SWITCH;**

ENDING

- 1-4 INTERRUPTED CONTINOUS HOVER CROSS;;; SLOW FORWARD, R LUNGE;**

1-4 Fwd R comm RF trn,-,fwd & arnd W L (W fwd R), cont RF trn sd R/DLW to SCAR/LOD; ck fwd L outsd ptr, rec R, small fwd L, cl R (sd L to BJO); Bk L, bk R, sd L, fwd R to BJO/DLC; Fwd L to CP, -, fwd R w R sd lead, flex knee & look at ptr;