



SAILING BY

Choreographers:	Release date: April 2013
Annette Woodruff & Jos Dierickx	Rhythm & Phase: Waltz V Easy
	Music: Ronnie Aldrich , track 3 of LP album "Sea Dreams" available at Discogs.com or the whole album may be downloaded (free regular download) from http://bitshare.com/files/jx5558cq/Doxx0---RonnieAldrich_SeaDreams.rar.html
Email: jos.dierickx@telenet.be	Time & Speed: 3:09 @ unchanged speed
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: anfrank@skynet.be	Sequence: INTRO - ABC - A - C - A - A(9-16) - ENDING

INTRODUCTION

1	Wait ;	Man fcg COH & W fcg M & Wall slightly offset to M's R sd w/ no hnds jnd & ld ft free wt 1 meas ;
2	Together Touch to Bolero ;	Sm fwd L (<i>W sm fwd R</i>) to Bolero pos COH, tch R, - ;
3	Wheel ½ ;	Wheelg ½ RF fwd R, L, R (<i>W fwd L, R, L</i>) to Bolero pos WALL ;
4	Syncopated Wheel to BJO ;	Contg to wheel ¾ RF fwd L/fwd R, L, R closing up to BJO DLC ;

PART A

1 - 4	Diamond Turn ;;;	Staying in BJO thruout fwd L trng LF, compg ¼ LF trn sd R, bk L; trng LF bk R, compg ¼ LF trn sd L, fwd R ; trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng LF, sd L compg ¼ LF trn, fwd R to CP DLC ;
5	Open Reverse Turn ;	Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn to BJO DRC ;
6	Hover Corte ;	Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg ½ LF trn rec R (<i>W fwd L, trng LF sd & fwd R & brush L to R, fwd L</i>) to BJO DLW ;
7	Back Whisk ;	Bk L, bk & sd R, XLib to SCP LOD ;
8	Slow Side Lock ;	Thru R, fwd & sd L rising trng LF, cl R (<i>W Thru L trng LF, sd R trng LF, lk Lif</i>) to CP DLC ;
9	Telemark to SCP ;	Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (<i>W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R</i>) to SCP DLW ;
10 - 11	In and Out Runs ;;	Trng RF fwd R, sd & bk L to CP RLOD, bk R (<i>W fwd L, fwd R between M's ft, fwd L</i>) to BJO RLOD ; Trng RF bk L, contg trn fwd R between W's ft, sd & fwd L (<i>W trng RF fwd R, contg trn sd L in frnt of M, contg trn fwd & sd R</i>) to SCP DLC ;
12	Thru Ripple Chasse ;	Thru R, swaying & lookg twd DRW ovr next 2 steps sd L/cl R, sd & fwd L loosing sway & blendg to SCP DLC ;
13 - 14	Weave ;;	Fwd R, fwd L begin LF trn, sd R twd DLC (<i>W fwd L picking up, sd R trng LF, fwd L cont trn L</i>) to BJO RLOD ; bk L, bk R trng LF to mom CP, sd & fwd L to BJO DLW ;
15	Turn R & Chasse to SCP ;	Trng RF fwd R to fc WALL, sd L/cl R, sd & fwd L to SCP LOD ;
16	Chair & Slip ;	Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (<i>W ck fwd L, rec R swvlg 5/8 LF, fwd L</i>) to CP DLC ;

PART B

1	Turn Left & R Chasse to BJO;	Trng LF bk R, contg trn chasse sd L/cl R, sd & fwd L to BJO DRC ;
2	Impetus to SCP LOD ;	Bk L w/RF bdy trn, cl R [heel trn] contg RF trn, sd & fwd L (<i>W fwd R between M's ft pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R</i>) to SCP LOD ;
3	Open Natural ;	Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (<i>W fwd L, fwd R between man's feet , fwd L</i>) to BJO DRC ;

4 - 5	Outside Spin to a R Turning Lock ;;	Trng bdy strongly RF bk L, trng strongly RF fwd R heel to toe, contg trn on R toe sd & bk L (<i>W trng RF fwd R heel to toe outsd M, contg trn cl L & pvt on toes of both ft, compg trn fwd R btw M's ft</i>) to CP RLOD ; [1&2,3] Bk R w/R sd lead comm to trn RF /lk Lif fc COH, cont R trn sd & fwd R between W's ft, fwd L (<i>Fwd L w/L sd lead comm to trn RF/lk Rib, fwd & sd L cont trng RF Xing in frt of M, fwd R</i>) to SCP LOD ;
6	Thru Hover to BJO ;	Thru R, sd & fwd L w/ slight rise, rec R (<i>W thru L, sd R trng 1/2 LF w/ slight rise, fwd L</i>) to BJO DLC;
7	Back Hover to SCP ;	Bk L, sd & bk R w/ slight rise, rec (<i>W fwd R, sd & fwd L trng 1/2 RF w/ slight rise, fwd L</i>) to SCP DLC ;
8	Wing ;	Fwd R, draw L, tch L trng upper bdy LF (<i>W fwd L begin to X in frnt of M trng slightly LF, fwd R arnd M contg to trn slightly LF, fwd L arnd M contg to trn upper bdy LF</i>) to SCAR DLC ;

PART C

1 - 2	Double Reverse Spin 2x ;;	Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (<i>W bk R com LF trn on R heel, cont trn on R heel & cl L/ sd & bk R contg trn, XLif</i>) to CP LOD ; Repeat meas 1 Part C to CP DLW ;
3	Drag Hesitation ;	Fwd L trng 1/4 LF, sd R cont trn, draw L to BJO DRC ;
4	Back Back Lock Back ;	Bk L, bk R/lk Lif, bk L to BJO DRC ;
5	Outside Change to SCP ;	Trng LF bk L, bk & sd R, sd & fwd L (<i>W fwd R, L, R</i>) to SCP DLW ;
6	Curved Feather ;	Fwd R stg to trn RF, w/ L sd stretch contg RF trn sd & fwd L, contg upper bdy trn w/ L sd stretch fwd R (<i>W small step fwd L, sd & bk R trng RF w/ strong R sd ld, bk L</i>) ckg to BJO DRC ;
7	Back Back Lock Back ;	Repeat meas 4 Part C ;
8	Hesitation Change ;	Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

Repeat Part A

Repeat Part C

Repeat Part A

Repeat Part A (9-16) to Bolero pos LOD

ENDING

1 - 2	Wheel 6 to face WALL ; ;	Wheelg RF fwd L, R, L (<i>W fwd R, L, R</i>) ; cont wheel fwd R, L, R (<i>W fwd L, R, L</i>) to Bolero pos WALL [1+1/4 rotation];
3 - 4	Wheel to the notes & Apart ; ;	Fwd L, fwd R/L, R/L ; R/L, cl R, apt L to OP-FCG ; [small steps, timing 1, 2&, 3& ; 1&, 2, 3; amount of rotation is at least one full trn but more is OK, stepping apart wherever you end]



Ronnie Aldrich, born 1916, Erith, Kent, England, was a British easy listening and jazz pianist, arranger, conductor, and composer. The only son of a store manager, he was three years old when he started playing the piano. He was educated at The Harvey Grammar School, Folkestone, and taught violin at the Guildhall School of Music and Drama. Before World War II, Aldrich went to India to play jazz and first gained fame in the 1940s as leader of The Squadronaires, up until their disbanding in 1964. He was noteworthy for the recording development of playing two pianos in his recordings (the Decca Phase 4 Stereo series). He was appointed musical director at Thames Television and thus was widely known as the musical director for the television programme The Benny Hill Show. He was married twice and had a daughter from his first marriage. At the time of his death he was married to E. Mary Aldrich, his wife for more than 30 years. He died of prostate

cancer at age 77 in the Isle Of Man.

SAILING BY – Dierickx & Woodruff – WZ V – Apr 13 – Ronnie Aldrich – 3:09

INTRO (4 meas)

Man fcg COH & ptr no hnds wait 1 ; Tog Tch to Bolero ;
Wheel ½ ; Syncopated Wheel to BJO DLC ;

PART A (16 meas)

Diamond Turn ;;;
Open Reverse Turn ; Hover Corte ; Back Whisk ; Slow Side Lock ;
Telemark to SCP ; In & Out Runs ;; Thru **Ripple Chasse** ;
Weave to BJO ;; Turn R & Chasse to SCP ; Chair & Slip ;

PART B (8 meas)

Turn L & R Chasse to BJO ; Impetus to SCP LOD ; Open Natural ;
Outside Spin to a R Turning Lock ;; Thru Hover to BJO ;
Bk Hover to SCP ; Wing ;

PART C (8 meas)

Double Reverse 2x ;; Drag Hesitation ; Bk Bk Lk Bk ;
Outside Chg to SCP ; **Curved Feather** ; Bk Bk Lk Bk ; Hesitation Chg ;

PART A (16 meas)

Diamond Turn ;;;
Open Reverse Turn ; Hover Corte ; Back Whisk ; Slow Side Lock ;
Telemark to SCP ; In & Out Runs ;; Thru Ripple Chasse ;
Weave to BJO ;; Turn R & Chasse to SCP ; Chair & Slip ;

PART C (8 meas)

Double Reverse 2x ;; Drag Hesitation ; Bk Bk Lk Bk ;
Outside Chg to SCP ; Curved Feather ; Bk Bk Lk Bk ; Hesitation Chg ;

PART A (16 meas)

Diamond Turn ;;;
Open Reverse Turn ; Hover Corte ; Back Whisk ; Slow Side Lock ;
Telemark to SCP ; In & Out Runs ;; Thru Ripple Chasse ;
Weave to BJO ;; Turn R & Chasse to SCP ; Chair & Slip ;

PART A (9-16)

Telemark to SCP ; In & Out Runs ;; Thru Ripple Chasse ;
Weave to BJO ;; Turn R & Chasse to SCP ; Chair & Slip to Bolero ;

ENDING (4 meas)

Wheel 6 to fc WALL ;; Wheel to the Notes & Apart ;;

