



## SANDI'S WALTZ

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**Rhythm:** American Waltz **Phase:** V + 1 (Same foot lunge) + 1 (Grand Circle)

**RAL Difficulty Rating:** Average (for figures, but could be challenging due to new concepts)

**Music:** "Sandy's Song" by Dolly Parton, Great Balls of Fire CD track 10, or download [www.amazon.com](http://www.amazon.com), \$0.99

**Sequence:** Intro, A, B, C, D, C Mod, D Mod

**Time/MPM:** 3:18 @ 30 mpm

**Footwork:** Described for man—woman opposite (or as noted)

**Timing:** 123 unless otherwise noted

### INTRO

#### **1-4 WAIT; LEFT LUNGE WITH SWAY; BALANCE RIGHT WITH SWAY; MAN CANTER LADY**

##### **TURN TO FACE DLW;**

- 1 [Wait] Shadow pos fcg DLW Man 6" behind Lady L feet free for both Man's R hnd on her R hip and L arms rounded in front; {Footwork the same for both thru meas. 3}
- 2 [Lunge L w/sway 1--] Both sd L DLC lowering into lunge with slt upper body LF trn & L sd stretch L arms matching & sweeping up off shldr, hold,-;
- 3 [Balance R w/sway] Sd R DRW, XLIBR, rec R;
- 4 [Man canter lady turn to face 1-3(123)] Sd L DLC stretching L sd, draw R to L, cl R dissolving sway lead hnds jnd; (*Comm LF trn sd & fwd L, cont trn sd R, cl L left open fcg pos 1-2 feet apart jn lead hnds;*)

### PART A

#### **1-5 HOVER TELEMAR; OPEN NATURAL; MAN CHASSE LADY SYNCOPATED UNDERARM**

##### **TURN; MAN 2 CROSS CHECKS LADY CIRCLE 6;;**

- 1 [Hover telemark] Fwd L DLW, fwd R coming to CP hovering w/slight RF body trn, fwd L SCP;
- 2 [Open natural] Comm RF body trn thru R, sd L across LOD, cont RF body trn bk R to BJO bkg LOD; (*Thru L, fwd R to loose CP, fwd L BJO;*)
- 3 [Man chasse Lady sync UAT 12&3] Bk L comm RF trn raising L arm for lady to trn under, sd R/cl L, sd R low BFLY fcg DLC; (*Fwd R comm RF body trn, fwd L pvtg RF under jnd lead hands/ fwd R cont trn, sd & slt fwd L to BFLY SCAR;*)
- 4-5 [Lady circle 6 man 2 cross checks 123 123] XLIF of R chkg causing Lady to step back, rec R drop trail hnds, small sd L bring lead hnds to Man's R hip comm raising R arm up & over {arm sweep}; XRIF of L chkg releasing Lady's hnd as she circles arnd, rec L, small sd R finishing arm sweep jn lead hnds; (*XRIB, sd L, fwd R plc R hand on Man's waist; Fwd circling Man L,R,L trailing R hnd arnd Man to jn lead hnds in slight "V" pos fcg LOD;*)

#### **6-9 FRONT VINE 3 BFLY; ROLL 3 BFLY; LUNGE LEFT LADY SWIVEL FAN; LUNGE RIGHT LADY**

##### **SWIVEL FAN;**

- 6 [Front vine 3] Thru L, sd R, XLIBR trng to fc ptr & COH BFLY;
- 7 [Roll 3 to BFLY] Sd R trng RF, cont trn fwd & sd L, cont trn small R fcg DLC allowing lady to move ahead hnds jnd low;
- 8-9 [Lunge left lady swivel fan; Lunge right lady swivel fan; 1- -; 1- - ;] Man lunge sd & fwd L to sit line both hnds jnd leading Lady fwd & across, rotate upper body RF as lady swivels, -; Shift wt to R in sit line leading Lady fwd & across, rotate upper body LF as Lady swivels,- end fcg LOD low BFLY; (*Fwd R, swvl RF,-; Fwd L, swvl LF, -;*)

#### **10-13 WRAP TO SHADOW LEFT FEET FREE; SHADOW RUN 6;; MAN ROLL 3 LADY CHASSE TO**

##### **SCP;**

- 10 [Wrap to shadow 1-3 (123)] Sml fwd L comm wrapping Lady to shadow, -, fwd R fcg LOD both L ft free; (*Fwd R, fwd L trng LF to wrap to man's R sd, cl R;*)
- 11-12 [Shadow run 6] In shadow wrapped pos fwd L, R, L; Fwd R, L, R; {Footwork same for both}
- 13 [Man roll 3 Lady chasse to SCP 123 (12&3)] Fwd L comm LF trn bringing joined lead hnds to his R shldr as he trns, sd R cont trn, sd & fwd L to SCP fcg LOD; (*Fwd L trailing R hnd over his R shoulder as he trns, slt LF trn sd R/cl L, sd & fwd R to SCP;*)

**14-16 CHAIR & SLIP DLC; CONTRA CHECK & SLIP DLW STEP TO EROS LINE;;**

- 14 [Chair & slip] Ck thru R twd LOD maintaining SCP looking at ptrn, rec L, slight LF upper body trn slp R bk past L to CP DLC; (*Thru L in SCP, rec R, swvl LF on R fwd L to CP;*)
- 15-16 [Contra check & slip] Comm LF upper body trn flexing knees and lowering w/strong R sd lead ck fwd L, rec R, slp L bk past R trng RF to fc DLW in CP; (*Comm LF upper body trn flexing knees w/strong L sd lead ck bk R, rec L, slp L fwd to CP;*)
- [Step to Eros line 1--] Comm RF body trn to fc wall w/R sd stretch fwd & sd R btw Lady's feet with strong hip contact, cont R sd stretch straightening R leg to cause lady to raise her R leg,-; (*Comm RF body trn w/flexed knees sd L, cont L sd stretch sweep R bk & stretch knee bk & up to Eros line trng leg out w/strong L sd stretch;*)

**PART B****1-4 BALANCE LEFT; LADY TURN LEFT & CHASSE TO SHADOW MAN IN 3; CROSS CHECK & EXTEND RECOVER STEP SIDE ON 6;;**

- 1 [Balance left] Sd L w/L sd stretch, XRIBL cont L sd stretch, rec L dissolving sway to CP fcg wall;
- 2 [Lady turn L & chasse to shadow Man in 3 123(12&3)] Release CP sd R twd RLOD bring jnd lead hnds thru to lead Lady's trn, cl L, sd R to shadow pos R hnd on her R waist L hnds jnd; (*Sd L twd RLOD comm. LF trn, cont trn fwd R/complete trn to shadow cl L fcg wall, sd rt with R sd stretch looking L raising R arm up at shldr ht;*)
- 3 [Cross check & extend --] Both flexing R knees XLIFR in shadow pos still with R sd stretch, ch shape coming to upright pos no wt chg, cont shape chg to L sd stretch looking R no wt chg Lady extending R hnd;
- 4 [Recover step side on 6 -23] Extend shape no wt chg, rec R dissolving sway to upright pos, sd L to loose shadow fcg DLW;

**5-9 SYNCOPATED WING DLC; OPEN REVERSE TURN; OUTSIDE CHECK TO DRW; BACK PREPARATION FOR SAME FOOT LUNGE & CHANGE SWAY;;**

- 5 [Syncopated wing 1-- (12&3)] XRIFL in shadow pos leading lady to circle CCW, cont leading lady circle no wt chg blending to SCAR fcg DLC,-; (*Comm circle arnd man fwd R, fwd L/fwd R, fwd L SCAR;*)
- 6 [Open reverse turn] Fwd L comm LF trn, cont trn sd R, bk L to BJO bkg DLW;
- 7 [Outside check to DRW] Bk R trng LF, sd & fwd L, ck fwd R BJO fcg DRW;
- 8 [Back preparation 1-- (12-)] Bk L, trng RF to fc COH tch R to L trng Lady to slt "L" pos, hold ready to comm lowering on L; (*Fwd R, trng RF cl L to R slt "L" pos, hold;*)
- 9 [Same foot lunge change sway 1--] Lower on L w/slight L sway sd & fwd R softening R knee into lunge pos, chg sway with L sd stretch, trn upper body slightly RF; (*XRIBL with L sd stretch, chg to R sd stretch, back to L sd stretch;*)

**10-12 LADY INSIDE UAT MAN TRANSITION; TELEMAR TO SCP LOD; THRU SEMI CHASSE;**

- 10 [Lady inside UAT man trans 1-3 (123)] Rec L, -,fwd R to SCAR pos DRC; (*Fwd L comm LF trn under jnd lead hnds, sd R sprng to fc DRW, fwd L swvlg to fc ptrn in SCAR pos;*)
- 11 [Telemark to SCP] Fwd L comm LF trn, sd R cont trn, sd & fwd L to SCP fcg LOD; (*Bk R comm LF trn bringing L to R no wt, {heel trn}, chg wt to L, sd & fwd R SCP;*)
- 12 [Thru semi chasse 12&3] Thru R maintaining SCP, sd & fwd L/cl R, sd & fwd L SCP LOD;

**13-16 SYNCOPATED FRONT VINE TO BFLY; CHECK THRU & TURN BACK TO BACK; SLOWLY SWAY TOWARD REVERSE & TOWARD LINE;;**

- 13 [Sync front vine to BFLY 12&3] Thru R, fwd L/behind R blending to BFLY, fwd L BFLY LOD;
- 14 [Check thru Turn back to back 1--] Ck thru R (L) with soft knee bringing jnd hands down and thru, drop hands & swvl on R (L) to fc COH (wall) no wt extndng arms out at shldr ht,-;
- 15 [Sway twd RLOD 1--] Sd L (R) with sway twd RLOD bring R arm (L arm) to tch L (R) wrist,-,-;
- 16 [Sway twd LOD 1--] Sd R (L) with sway twd LOD bring L arm (R arm) to tch R (L) wrist,-,-;

## PART C

**1-4 FLARE TO FACE; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE LOD; SIDE TO OPEN BREAK;**

- 1 [Flare to face 1--] Shift wt to L (R), swvl to fc ptr & wall w/ronde action jn lead hnds LOP,-;
- 2 [Side to open break] Sd R, apt L, rec R w/slight RF trn to opn fcg pos DRW; (*Sd L, apt R w/slt upper body LF trn keeping poise twd ptr, rec L;*)
- 3 [Natural top 3] Comm RF trn sd & fwd L to CP, cont trn XRIB, cont trn sd L CP LOD; (*Fwd R trng LF, sd L cont trn, XRIF complt trn fc RLOD;*)
- 4 [Side to open break] Repeat meas. 2 to fc DLW;

**5-8 NATURAL TOP 3 FACE DLC; FEATHER; FORWARD TO RIGHT LUNGE; RECOVER TO TWIST TURN TO BJO;**

- 5 [Natural top 3] Repeat meas. 3 to fc DLC CP;
- 6 [Feather] Fwd R btw her feet, fwd L, fwd R BJO DLC;
- 7 [Fwd right lunge 12-] Fwd L softening knee, sd & fwd R w/flexed knee in lunge pos slt LF body trn, hold;
- 8 [Rec twist turn to BJO 12-(12&3)] Rec L comm RF trn placing her R hnd on his L shldr blndg to BJO, cont trn hook RIBL taking wt to R, cont trn untwist on R BJO bkg LOD; (*Rec R comm RF trn with L sd stretch and R hnd on his L shldr and L arm extended up out, cont trn arnd man fwd L/R, L fc LOD;*)

**9-12 SYNCOPATED BACK RUN; RUNNING FINISH TO BJO; MANEUVER; IMPETUS TO SCP;**

- 9 [Sync back run 1&23] Bk L/bk R, bk L, bk R in BJO pos bkg LOD; (*Keeping L sd stretch fwd R/L,R,L LOD;*)
- 10 [Running finish to BJO] Comm RF trn bk L, cont trn fwd R, cont trn fwd L BJO DLW; (*Fwd R twd DLW keeping L sd stretch to bank into trn, trng RF fwd L allowing free L arm to drop onto Man's R arm, bk R complt trn to BJO and lose sway;*)
- 11 [Maneuver] Fwd R comm RF trn, cont trn to fc ptr sd L, cl R CP RLOD;
- 12 [Impetus to SCP] Comm RF trn bk L, cont trn cl R {heel trn}, cont trn fwd L SCP DLC;

**13-16 THRU SEMI CHASSE DLC; OPEN FINISH; CLOSED TELEMAR; FORWARD TO LAYOUT;**

- 13 [Thru semi chasse 12&3] Repeat Part B, meas. 12;
- 14 [Open finish] Thru R, fwd L, fwd R blnd to BJO DLC; (*Thru L comm LF trn, sd and bk R, bk L BJO;*)
- 15 [Closed telemark] Fwd L comm LF trn, fwd & sd R cont trn, fwd & sd L to BJO DLW; (*Bk R comm LF heel trn bring L to R no wt, cont trn on R chg wt to L, bk & sd R BJO;*)
- 16 [Fwd to layout 1- -] Fwd R in BJO pos stretching L sd and flexing R arm to allow her to lay back on thigh, extend layout, straight R knee to begin to rec; (*Bk L flexng L knee and stretching R sd to press R thighs tog looking twd wall, extend, straighten L knee to begin to rec;*)

## PART D

**1-4 BACK SIDE CHECK SCAR; MAN CHASSE LADY ROLL TO SHADOW; GRAND CIRCLE LADY RUN 7 LEFT FEET FREE;;**

- 1 [Back side check SCAR] Bk L comm RF trn, sd R to fc ptr, cont RF trn to SCAR ck thru L DRW; (*Fwd R comm. RF trn, sd L to fc ptr, ck bk R SCAR flicking L across R ankle;*)
- 2 [Man chasse Lady roll to shadow 1&23(123)] Bk R comm LF trn using trng action to lead Lady to start her LF trn, sd L/cl R, sd & fwd L shadow pos fcg LOD; (*Fwd L comm. LF trn, sd R cont trn, fwd L to shadow;*)
- 3-4 [Grand circle lady run 7 1- -(12&3) --- (123)] Fwd R leading Lady to circle CCW, -,; Ronde L to unwind,-, fc DLW in shadow pos; (*Fwd run 7 CCW arnd man in shadow pos R, L/R, L; R, L, R;*) Both have L free shadow pos DLW

**5-8 SHADOW FORWARD HOVER; SYNCOPATED BACK HOVER TELEMAR; OPEN NATURAL; LADY ROLL 3 MAN HEEL PULL FACE LOD BUTTERFLY SCAR;**

- 5 [Shadow fwd hover] Fwd L, fwd R rising stretching L sd with slt LF upper body trn, bk L shadow bkg RLOD; {Footwork the same for both thru meas. 7}
- 6 [Sync back hover telemark 1&23] Bk R/bk L, bk R chkg trng RF, fwd L shadow DLW;
- 7 [Open natural] In shadow fwd R comm RF trn, sd & fwd L across LOD twd wall, complt trn bk R in shadow pos;

8 **[Lady roll 3 man heel pull fc LOD BFLY SCAR 1-3(123)]** Bk L comm RF trn with sml tug on her R sd to start her RF roll, cont trn on L heel pulling R heel past L, cont trn transfer wt to R BFLY SCAR fcg LOD; (*Bk L comm RF trn, cont trn fwd R, cont trn bk L bkg LOD BFLY SCAR;*)

**9-12 FORWARD DEVELOPÉ; LADY INSIDE UAT; 2 LEFT TURNS FC DLW;;**

9 **[Fwd développé 1- -]** Fwd L BFLY SCAR LOD,-,-; (*Bk R bringing L up R leg to knee, extend L fwd from knee, lower L without wt;*)

10 **[Lady inside UAT]** Rec bk R comm LF trn raising L hnd to lead lady to trn LF, cont trn sd L, cont trn to fc DRC cl R open fcg pos lead hnds joined; (*Fwd L comm LF trn, cont trn under lead hnds fwd R, cont trn cl L;*)

11-12 **[2 Left trns DLW]** Fwd L coming to CP comm LF trn, cont trn sd R, cl L; Bk R comm LF trn, cont trn sd L, cl R to fc DLW;

**13-16 FORWARD HOVERING TO BFLY BJO; FORWARD & RONDE 2 TIMES;; FORWARD 2 & CHAIR;**

13 **[Forward to BFLY BJO]** Fwd L, fwd R w/hovering action, fwd & sd L blending to BFLY BJO DLW;

14-15 **[Fwd & ronde 2X 1- - 1- -]** Fwd R twd DLW BFLY, ronde LIF CW swvlg on R to end fc DRW BFLY SCAR,-; (*Bk L, ronde RIB CW swvlg on L to fc DLC,-;*) Fwd L twd DRW in BFLY SCAR, ronde RIF CCW swvlg on L to end fc DLW BFLY BJO,-; (*Bk R, ronde LIB CCW swvlg on R,-;*)

16 **[Fwd 2 & chair]** Fwd R, fwd L bringing jnd trail hands thru to take her L hand in Man's L, fwd R chkg w/flexed knees to chair pos fcg LOD R hnd on lady's L shldr; (*Bk L comm. RF trn, sd R, fwd L ckg w/flexed knees to chair pos slt RF upper body trn R arm fwd off shldr parallel to floor;*)

**PART C Mod**

**1-16 BOTH TURN TO FACE; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE LOD; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE DLC; FEATHER; FORWARD TO RIGHT LUNGE; RECOVER TO TWIST TURN TO BJO; SYNCOPATED BACK RUN; RUNNING FINISH TO BJO; MANEUVER; IMPETUS TO SCP; THRU SEMI CHASSE DLC; OPEN FINISH; CLOSED TELEMAR; FORWARD TO LAYOUT;**

1 **[Both turn to fc]** Rec L comm RF trn using hand on her shldr to lead Lady to step bk, cont trn sd R, cl L to L open fcg pos; (*Rec R comm LF trn, cont trn sd L to fc COH, cl R fc ptrn & COH join lead hnds;*)

2-16 Repeat Part C, meas. 2-16;;; ;;;; ;;;; ;;;

**PART D Mod**

**1-4 BACK SIDE CHECK SCAR; MAN CHASSE LADY ROLL TO SHADOW; GRAND CIRCLE LADY RUN 7 LEFT FEET FREE SLOWING;;**

1-2 Repeat meas 1 & 2 of Part D;;

3-4 Repeat meas 3 & 4 of Part D but slow movement as the music retards slightly;;

**5-8 SHADOW FORWARD HOVER ON "THEN"; SYNCOPATED BACK HOVER TELEMAR; OPEN NATURAL; LADY ROLL 3 MAN HEEL PULL FACE LOD BFLY SCAR;**

5 Repeat meas 5 of Part D on the word "then";

6-8 Repeat meas 6-8;;;;

**9-10 FORWARD DEVELOPÉ SLOWING; LADY INSIDE UAT TO CP;**

9 Repeat meas 9 of Part D but slow movement as music retards slightly;

10 Repeat meas 10 of Part D to CP fcg DRC;

**11-13 LEFT PIVOT 2 & HOLD; SLOW OPEN CONTRA CHECK & EXTEND;;**

11 **[Left pivot 2 & hold 12-]** Fwd L pivoting LF 1/2, sd R, hold CP DLW;

12-13 **[Slow open contra check & extend - - - -]** Lower on R comm LF upper body trn releasing lead hnds, fwd L ckg in CBMP, extend shape taking L arm back & up off shldr; Extend as music fades to end,-,-;