

## SERENE V

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**MUSIC:** "Winter or Fall" Artist: F.R.P. Download available at www.Casa-Musica.de or Casa Musica CD "Simply the Best" **TIME/SPEED:** 3:09 @ 29 BPM at download speed  
**RHYTHM:** Waltz      **PHASE:** V+1 (Same Foot Lunge)      **DEGREE OF DIFFICULTY:** Average  
**FOOTWORK:** Opposite unless indicated  
**SEQUENCE:** **Intro, A, B, A, B, C, A, End**

### INTRODUCTION

Meas.

1 – 4

#### **[ LOP FCG DRW] WAIT;; TOG & TCH; BOX FIN;**

In LOP FCG DRW Wait two measures;; [Tog & Tch] Fwd L (Fwd R) toward ptrnr with slight RF trn; [Box Fin] Bk R commence LF turn, sd L, cl R to DLW (Fwd L trng LF, sd R, cl L);

#### **PART A**

1 – 4

#### **HOVER; THRU SYNC VN; FWD HOVER [BJO]; SLO OUTSD SWIVEL;**

[Hover] Fwd L, sd & fwd R cont. rising brush L twd R, sd & fwd L to SCP DLC;  
[Sync Vine] (1 & 2 3) Thru R/sd L fcg ptr, XRIB, sd & fwd L to SCP DLC (Thru L/sd R fcg ptr, XLIB, sd & fwd R to SCP);  
[Fwd Hover Bjo] Fwd R in SCP DC, fwd L trn body LF with strong L sd stretch, bk R in BJO (W fwd L, fwd R trn LF to BJO, rec L);  
[Slow Outside Swivel ] Bk L lead ptr swvl rf SCP/LOD (Fwd R outsd ptr swvl rf SCP/LOD);

5 – 8

#### **WING; SYNC ZIG ZAG; OP TELEMARK; THRU FC CL [CP/WALL];**

[Wing] Fwd R, draw L to R, trng upper body LF, hold (Fwd L trng LF/ fwd R arnd M, fwd L (SCAR);  
[Sync zig zag] (1 2 & 3) Fwd L trn LF, sd R/XLIB R, sd R to SCAR DLC (Bk R trn LF, sd L/XRIF L, sd L);  
[Open Telemark] Fwd L, fwd and sd R arnd W trng LF, step fwd and sd L to SCP/DLW (W bk R comm LF heel trn, cont heel trn close L to R, fwd and sd R to SCP/DLW );  
[Thru Face Cl] Thru R, slight RF trn sd L to CP WALL, cl R (Thru L, slight LF trn sd R to CP, cl L);

9 – 12

#### **WHISK; SYNC WHISK; SLO SD LK [LOD]; CHG OF DIRECT;**

[Whisk] Fwd L, fwd & sd R comm rise, XLIB to SCP (Bk R, bk & sd L comm rise, XRIB to SCP);  
[Sync. Whisk] (1 & 2 3) Thru R/cl L, sd R, XLIB;(XRIB);  
[Slow Side Lock] Thru R, sd & fwd L trng upper body LF, XRIB of L trng slightly LF to CP LOD (thru L tng LF, sd & bk R to CP, lk LIF of R);  
[Change of Direction] Fwd L trng sl ightly LF, fwd & sd R to CP DLC (Bk R trng slightly LF, bk & sd L);

13 – 16

#### **DIAMOND TRN [DLC]:::**

[Diamond Trn] Fwd L trn LF, cont LF trn sd R, bk L fc DRC; cont LF trn bk R, cont LF trn sd L, fwd R DRW; LF trn fwd L trng LF, cont LF trn sd R, bk L DLW; bk R, sd L, fwd R to CBJO DLC;

#### **PART B**

1 – 4

#### **DBL REV SPIN; TRN L & R CHASSE [BJO]; OUTSD CHG [BJO]; MANUV;**

[Double Rev Spin] Fwd L comm LF trn, sd R cont turn, spin LF on ball of R end fcg D LW (Bk R comm. LF trn, close L to R [heel turn]/sd & bk R cont LF trn, XLIF of R);  
[Turn L and R Chasse] Fwd L trng LF fc COH, sd R/cl L to R, sd & bk R to BJO/DRC;  
[Outside Change Bjo] Bk L in bjo, bk R to cp trn LF, sd & fwd L (sd & bk R) BJO/DLW;  
[Manuver] Fwd R outsd ptr trng RF, cont trn to fc RLOD & ptr sd L, cl R;

- 5 – 8      **SPIN TRN; BOX FIN; 2 L TRNS;;**  
 [Spin Turn] Comm RF trn bk L pvtg ½, fwd R rise cont LF trn 1/8 DLW, bk L (Comm RF trn fwd R pvtg ½, bk L cont LF trn 1/8 brush R to L, fwd R);  
 [Box Finish] Repeat Intro. Meas. 4 to fc DLC;  
 [2 Left Turns] trng 3/8 lft fc fwd – trn L, sd R, cl. L; Trng 3/8 lft fc bk – trn R, sd L, cl. R to CP wall;

**REPEAT A & B**

**PART C**

- 1 – 4      **HOVER TELE [SCPI]; NAT'L HOVER CROSS; [SYNC ENDING];  
OP REV TRN;**  
 [Hover telemark] Fwd L, diag sd & fwd R with 1/4 RF body trn, fwd L to SCP/DW (Bk R, sd & bk L with RF body trn, fwd R to SCP);  
 [Start Natural Hover Cross] Fwd R trng RF, sd L continue RF trn, sd & fwd R (W fwd L commg RF trn, fwd R continuing RF trn, sd & bk L) to SCAR LOD;  
 [Sync the Ending] (1 & 2 3) Fwd L checking, rec R/sd & fwd L to BJO, fwd R (W bk R/ rec L, sd & bk R, bk L) to BJO DC ;  
 [Open Rev Turn ] Fwd L trn LF, sd & bk R to BJO bkng LOD, bk L in BJO/DRC;
- 5 – 8      **BK CHASSE [SCPI]; CURVED FEATHER CHK; BK PASSG CHG; TRNG LK;**  
 [Bk Chasse SCP] Bk R trn LF, sd L cont LF trn/ cl R to L cont LF trn, sd & fwd L in SCP/DLW;  
 [Curved Feather] Fwd R comm RF trn, with L sd stretch cont RF trn sd & fwd L, cont upper body trn to R fwd R outside partner to BJO/DRW (W fwd L, sd & fwd R, bk L under body);  
 [Bk Passing Change] slght body trn RF bk L, bk R in bjo, bk L in bjo bkng DLC;  
 [Turning Lock] (1 & 2 3) Bk R with R sd lead/XLIF, bk R comm LF trn, sd & slightly fwd L to BJO/DLW
- 9 - 12      **MANUV; OP IMP; CHAIR & SLIP; DRAG HESIT;**  
 [Manuver] Repeat measure 4 of B;  
 [Open Impetus] Com RF trn bk L DLW, trn RF on L heel cl R, cont body trn RF sd & fwd L to semi DLC (trn RF fwd R,-, sd & fwd L trn RF brush R to L, sd & fwd R SCP/DLC);  
 [Chair & Slip] Ck thru R, rec L, slip R bk LF trn to fc DC (W chk thru L, rec R, swiveling LF on R fwd L to CP);  
 [Drag Hesitation] Fwd L beginning LF trn, sd R cont LF trn, draw L to R fc BJO/DRC;
- 13 - 16      **OUTSD CHG [SCPI]; IN & OUT RUNS;; THRU FC CL;**  
 [Outside Change SCP] Bk L in bjo, bk R to cp trn LF, sd & fwd L SCP/DLW;  
 [In and Out Runs] Fwd R starting RF trn, sd & bk L DW to CP, bk R to BJO RLOD (fwd L, fwd R between ptn's feet to CP/RLOD, fwd L outsd ptr BJO); Bk L trng RF, sd & fwd R between W's ft contg RF trn, fwd L to SCP (Fwd R starting RF trn, fwd and sd L contg trn, fwd R to SCP);  
 [Thru Face Close] Repeat measure 8 of A;

**REPEAT A**

**END**

- 1 - 6      **OP TELE; MANUV; SPIN OVERTRN [DRW]; TRNG LK;  
NAT'L PREPARATION [COH]; SAME FOOT LUNGE - CARESS & HOLD;**  
 [Open Telemark] Repeat measure 7 of A;  
 [Manuver] Repeat measure 4 of B  
 [Overspin Turn] Bk L pivot ½ RF, fwd R pivot ½ RF, bk L to fcg DRW;  
 [Turning Lock] (1 & 2 3) Repeat measure 8 of C  
 [Preparation to COH] (1 2 – (1 2 3) Comm RF trn fwd R, sd & bk L cont RF trn fc COH, tch R to L (Comm RF trn bk L, fwd R cont RF trn, swivelg RF on R, sd & bk L  
 [Same Foot Lunge] (1 --) Lowering into L knee sway L sd & fwd R twd ptr,-,- (Lowering into L knee sway L stp bk R, chg sway to L cl head,-,- woman caresses man's right cheek);