

Shadow Waltz

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Music: "Shadow Waltz" (The HiLo's) or download from Amazon.com

Rhythm: Waltz, Phase VI (Soft)

Sequence: INTRO, A, B, A, B, End Speed: Slow for comfort (Recommended: 44)

Women's part opposite man's except where noted

Note: All Chasses are 1, 2 a, 3;

INTRO

1-8 ONE MEAS WAIT FCG PTR/WALL LEAD PALMS JOINED; STEP BK ARMS CIRCLE OUT; THRU LOD TO WHIPLASH; BK TWISTY VINE; BK PREPARATION; SAME FOOT LUNGE; TELESPIN ENDING TO SCP LOD; THRU CHASSE TO BJO;

1, 2, 3 Wait one measure fcg ptr and WALL with weight on M's R & W's L w M's R & W's L hands joined at waist level and M's L & W's R hands palm to palm;
(Step Bk) Bk L RLOD to a V like an Aida line circling M's L & W's R arms forward chest level and out away from body;
1&- (Thru to Whiplash) Thru R LOD trn body sharply LF to cause W to swivel LF/ pt L ft toward LOD and stretch L sd to continue to develop line with W in BJO looking at ptr with hands joined in low bfly, -;
1&23 (Bk twisty vine) To RLOD Bk L/sd R, XLIF of R, sd R still looking at ptr;
12- (Bk Preparation) Bk L RLOD trng RF, tch R to L fc WALL arms up to CP,-; (W fwd R trng RF, cl L fc LOD head left, - ;
1- (Same Foot Lunge) Relax L knee & reach sd & slightly fwd R (W reach bk with R toe well under body head to left), continue to transfer weight to R with soft knee slight sway to R, -(W rec L fwd trng LF);
(1- - &) (Telespin Ending to SCP LOD) Fwd L LOD, fwd & sd R trng LF, fwd L LOD SCP (W fwd R trng LF, cl, fwd R);
123 (Thru Chasse to Bjo) Thru R LOD, fwd L/cl R, fwd L to BJO DW; (W Thru L, sd R LOD/cl L, bk R);
12a3

PART A

1-4 FWD/LOCK, FWD (2nd time BK CHASSE TO BJO); MANEUVER; SPIN TURN; BACK BOX;

12&3 (Fwd/lk, fwd) Fwd R trng RF, fwd L/XRIB, fwd L BJO DW; (W Bk L, bk R/XLIF, bk L);
123 (Maneuver) Fwd R DW outside ptnr comm RF trn, fwd & sd L cont trn, cl R CP RLOD; (W bk L trn RF, sd & bk R, cl L to R);
123 (Spin Turn) Comm RF trn bk L pvt RF to LOD, fwd R between W's ft cont trn, recover sd & bk L fc DW;
123 (Back Box) Bk R trng LF, sd L, cl R fc DC CP;

5-8 FALLAWAY 4 TO BJO; OUTSIDE CHANGE TO BJO; MANEUVER; HESITATION CHANGE;

1&23 (Fallaway 4 to BJO) Fwd L DC/trng LF sd R DC, bk L under body, bk R DC to BJO; (Bk R/bk L, bk R under body, sd & fwd L BJO);
123 (Outside Change to BJO) Bk L LOD comm LF trn, bk & sd R, sd L DW BJO;
123 (Maneuver) Same as Part A Meas 2;
12- (Hesitation Change) Bk L trng RF, sd R to fc DC, draw L to R no weight;

9-12 DOUBLE REVERSE SPIN; CURVING THREE; BK CHASSE TO BJO; MANEUVER;

- 12&3 (Double Reverse Spin) Fwd L comm trng LF, sd R to face RLOD, bring L to R cont trng LF on R to DC; (W bk R pull L past R trng LF on R heel, cl L to R, fwd R past M trng LF/XLIF;)
- 123 (Curving Three) Fwd L DC comm curving LF; fwd R cont curving LF w slight sway to L, fwd L cont curve to end fc DRC CP;
- 12a3 (Bk Chasse to BJO) Bk R LOD trn LF, sd L LOD/cl RL, sd L to BJO DW;
- 123 (Maneuver) Same as Part A meas. 2;

13-16 PIVOT 3 TO SCP; FWD HOVER TO BJO; OUTSIDE SPIN; MANEUVER;

- 123 (Pivot 3 to SCP) Pivot RF on L comm RF trn, fwd R LOD cont RF cont RF pivot, sd & fwd L SCP DC;
- 123 (Fwd Hover to BJO) Fwd R DC, fwd L rise to toe trn W LF to bjo, bk R DRW to BJO;
- 123 (Outside Spin) Trn body RF toe in L almost in place, fwd R cont turn outside ptr, sd & L fc DW; (W Fwd R, cl L to R spin on toes, fwd R between M's feet;)
- 123 (Maneuver) Same as Part A, measure 2;

PART B**1-4 SPIN OVERTURN TO RIGHT TURNING LOCK;; FWD (QUICK) HOVER TO BJO; BK HOVER TO SCP;**

- 123 (Spin Overturn) Comm RF trn bk L pvt RF to LOD, fwd R between W's ft cont trn, sd & bk L fc RLOD CP;
- 1&23 (Right Trng Lk to SCP) Bk R with R shoulder lead comm trng RF/XLIF continue trng RF to fc almost center of hall, continue trng RF sd & slightly fwd R between W's foot rising momentarily CP, continue trng RF to SCP sd & fwd L; (W fwd L w L shoulder lead/XRIB trng RF, continue trng RF sd & fwd L around M, continue trng RF to SCP sd & fwd R;) End SCP DC.
- 123 (Fwd Hover to Bjo) Fwd R DC, fwd L rise to toe trn W LF to bjo, bk R DRW to BJO;
- 123 (Bk Hover to SCP) Bk L DRW, bk R trng body RF with hovering action, fwd L SCP DC;

5-8 THRU CHASSE TO BJO; QUICK OPEN REVERSE; BK CHASSE TO BJO; MANEUVER;

- 12a3 (Thru Chasse to BJO) Thru R DC, fwd L/cl R to L, fwd L BJO DC; (W Fwd L, sd R trn LF to BJO/cl L, bk R);
- 12&3 (Quick Open Reverse) Fwd R outside ptr, fwd L comm LF trn/sd R, bk L fc RLOD; (W bk L, bk R comm LF trn/sd L, fwd R outside ptr;)
- 12a3 (Bk Chasse to BJO) Bk R trn LF, sd L LOD/cl R, sd L to BJO/DW;
- 123 (Maneuver) Same as Part A meas. 2;

9-12 PIVOT TO HAIRPIN, PIVOT PREPARATION; SAME FT LUNGE; TELESPIN ENDING TO SCP LOD;

- 12&3 (Pivot to a Hairpin) Bk L pvt R, fwd R cont trng rise to toe/fwd & sd L trng fc DRW, fwd R BJO;
(W: fwd R trng Rf, bk L cont trng sd & bk R, bk L BJO;)
12- (Bk Preparation) Bk L trng RF, tch R to L fc COH, -; (W fwd R trng RF, cl L fc RLOD,-;)
1- - (Same Ft Lunge) Relax L knee & reach sd & slightly fwd R (W reach bk with R toe well under body w
(1,-,-/&) head to left), continue to transfer weight to R with soft knee slight sway to R, -/(W rec L fwd trng LF);
123 (Telespin Ending) Fwd L RLOD, fwd & sd R trng LF, fwd L LOD SCP (W fwd R trng LF, cl L, fwd R;)

13-16 THRU CHASSE TO BJO; MANEUVER; ¹SPIN AND TWIST (2ND TIME: PIVOT TO SEMI; THRU TO WHIPLASH);;

- 12&3 (Thru Chasse to BJO) Same as Part A, measure 1 to DW;
123 (Maneuver) Same as Part A, measure 2;
123& (Spin and Twist) Bk L pivot RF ½, fwd R LOD cont RF trn, fwd & sd L well around woman (heel turn)
123 to CP DRW; XRIB of L to fc RLOD/twist trn RF on ball of L and heel of R, to end with all wt to R, bk on L in CP Wall (Fwd L LOD/fwd R, L around M brush R to L, fwd R to CP);

ENDING**1-4 BK TWISTY VINE & PREPARATION; SAME FT LUNGE; TELESPIN ENDING TO SCP LOD;**

- 1&2&3& (Bk twisty vine & Prep) To RLOD Bk L/sd R, XLIF of R/sd R, bk L trng RF/tch R to L fc WALL (W fwd R trng RF/cl L fc RLOD),-;
1 2 – (Same Foot Lunge) On the word “Sing” Relax L knee & reach sd & slightly fwd R (W reach bk with R toe well under body head to left), continue to transfer weight to R with soft knee slight sway to R, -/(W rec L fwd trng LF);
1 2 3 (Telespin Ending to SCP) On the word “You” Fwd L RLOD, fwd & sd R trng LF, fwd L SCP LOD (W fwd R trng LF, cl, fwd R;)

5-8 THRU SD BEHIND & HOLD;; TWIRL, 2, SD; THRU TO A HINGE & EXTEND;

- 1&2-;; When violins start: Thru R/ sd L, XRIB of L leaving most weight on L with lead hands palm to palm;-,-,
123 -/complete change of weight to R;
1 & 23 (Twirl 2) Sd L LOD/ cl R, sd & fwd L SCP LOD, -; (W twirl RF under lead hands R/cl L to R, sd & fwd R SCP LOD, -;)
123 {Hinge} Thru R SCP LOD, side & fwd L fcg WALL rotate slightly LF, lower slightly to extend the line; (W: thru L, sd R to fc man, XLIB of R softening on L leg with R arm draped across back of M’s neck extend left arm and look left;)