

SHADOW WALTZ

Music: Ronnie Aldrich
www.amazon.com/Lp One Fine Day
Track # 3 Time 3:09 Slow Down w/ -10%
Available from Choreographer

Rhythm: Waltz **Phase:** IV

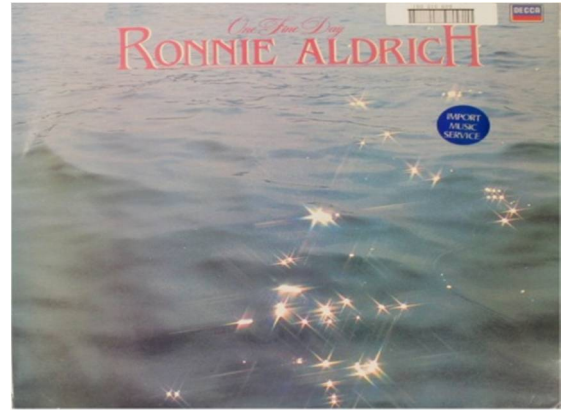
Footwork: Opposite except where (Noted)

Release Date : Nov 15

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Sequence: INTRO AB ABC B END



INTRO

01-04 CP DLW LD FT FREE WAIT 2 MEASURES ; ; FORWARD HOVER ; BOX FINISH ;

{Wait} CP DLW ld ft free wt 2 meas ; ; **{Fwd Hover}** Fwd L, fwd R w/ rise, rec L to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

05-08 LACE BOX ; ; ; ;

{Lace Box} Fwd L trng LF ¼ to fc DRC, sd R, cl L ; Raising jnd ld hnds bk R trng LF ¼ to fc DRW, sd L, cl R (*W sm fwd L,R,L twds WALL under lead arms [not passing thru & no turn]*) ; Fwd L trng LF ¼ to fc DLW, bringing arms down sd R, cl L (*W fwd R startg ½ RF circ trn passing thru under raised arms, contg circ as arms come down fwd L, fwd R*) to CP DLW ; Bk R trng LF ¼ to fc DLC, sd L, cl R to CP DLC ;

PART A

01-04 FORWARD WALTZ ; MANEUVER ; SPIN TURN ; BOX FINISH ;

{Fwd Waltz} Fwd L, fwd & sd R rising and curving slightly RF, cl L ; **{Maneuver}** Fwd R trng RF, sd & bk L cont RF trn, cl R to CP RLOD ; **{Spin Trn}** Stg RF upper bdy trn bk L & pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, bk L cont trn brush R to L, fwd R between M's ft*) to CP DLW ; **{Box Finish}** Repeat meas 4 INTRO ;

05-08 2 LEFT TURNS ; ; WHISK ; PICK UP SIDE CLOSE ;

{2 Left Trns} Trng LF fwd L, sd R, cl L to CP RLOD ; Cont LF trn bk R, sd L, cl R to CP WALL ; **{Whisk}** Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; **{PU Sd Cl}** Sm fwd R, sd L, cl R (*W trng LF fwd L in frnt of M, cont trn sd R, cl L*) to CP DLC ;

09-12 ONE LEFT TURN ; HOVER CORTE ; BACK HOVER to SCP ; START WEAVE 6 ;

{One Left Trn} Trng LF fwd L, sd R, cl L to CP RLOD ; **{Hover Corte}** Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg ¼ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Bk Hover to SCP}** Bk L, bk R risg, rec L (*W fwd R, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLW ; **{Start Weave 6}** Fwd R, fwd L begin LF trn, sd R DRC ;

13-16 FINISH WEAVE 6 to BJO ; FORWARD FACE CLOSE to BFLY ; TWIRL VINE ; PICK UP / W in 4 to SHADOW POS ;

{Finish Weave 6 to BJO} Bk L twd LOD in BJO, bk R trng LF in mom CP, sd & fwd L to BJO DLW ; **{Fwd Fc Cl to BFLY}** Fwd R, sd L to fc ptr, cl R to BFLY WALL ; **{Twirl Vine}** Sd L, XRib, sd L (*W full RF trn undr jnd ld hnds fwd R, sd & bk L, fwd R*) to SCP LOD ; **{PU / W in 4 to SHAD POS}** [1,2,3/W1,2&3] Sm fwd R, sd L, cl R (*W trng LF fwd L in frnt of M, cont trn sd R, small sd L cont LF trn, cl R*) to SHAD POS DLC ;

PART B

01-04 SHADOW DIAMOND TURN ; ; ; ;

{Shadow Diamond Trn} [Both Left foot free] In Shadow [M & W] Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R to BJO DLC ;

05-08 FWD WALTZ in SHADOW ; TWO RIGHT TURNS in SHADOW ; ; MANEUVER / W in 2 :

{Fwd Waltz in SHAD} [In SHAD Pos] Fwd L, fwd & sd R rising and curving slightly RF, cl L; **{2 Right Trns in SHAD}** [In SHAD Pos both have R foot free] Fwd R trng RF, sd & bk L, bk R fcg RDC ; Bk L trng RF, sd R, fwd L fcg DLW ; **{Maneuver / W in 2 to CP}** [1,2,3/W1,2,-] Fwd R trng RF, sd & bk L cont RF trn, cl R (*W fwd R, fwd L, -*) to CP RDC ;

09-12 IMPETUS to SCP ; IN & OUT RUNS ; ; CHAIR & SLIP :

{Impetus to SCP} Bk L w/ RF bdy trn, cont trng on L heel & cl R rising to toe, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M & brush R to L, fwd R*) to SCP LOD ; **{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L in frnt of M, cont trn fwd & sd R*) to ½ OP LOD ; **{Chair & Slip}** Ck fwd R /bent knee, rec L w/ slight LF trn, sm bk R to CP DLC ;

13-16 ONE LEFT TURN ; BACK & CHASSE to BJO ; MANEUVER ; HESITATION CHANGE :

{One Left Trn} Repeat meas 9 Part A ; **{Bk & Chasse to BJO}** [1,2&3] Trng LF bk R, cont trn chasse sd L/cl R, sd & fwd L to BJO DLW ; **{Maneuver}** Repeat meas 2 Part A ; **{Hesitation Chng}**[1,2,-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

PART C

01-04 LACE BOX ; ; ; - W TURN to SHAD in 4 :

{Lace Box} Repeat meas 5,6,7 INTRO ; ; ; Bk R trng LF ¼ to fc DLC, sd L, cl R (*[W 1,2&3] Release hnds fwd R strt LF trn, sd R in front of M cont LF trn, small sd L cont LF trn, cl R*) to fcg DLC ;

ENDING

01-04 LACE BOX ; ; ; ;

{Lace Box} Repeat meas 5,6,7 & 8 Intro ; ; ; ;

05-08 TURN LEFT & R CHASSE to BJO ; BK BK/LK BK ; IMPETUS to SCP ; CHAIR & EXTEND ARMS ;

{Trn Left & R Chasse to BJO} [1,2&3] Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO RLOD ; **{Bk Bk/Lk Bk}** [1,2&3] Bk L, bk R/lk Lif bk R to BJO LOD ; **{Impetus to SCP}** Repeat meas 9 Part B ; **{Chair & Extend Arms}** Strong fwd R in lunge action bending knee, extend ld arms to sd, -;

Note: **{SHADOW RIGHT TURNS}** More difficult option : Start in VARS keep left hnds jnd during first meas passing over W's head. For 2nd meas chng to right hnds jnd (M beh his bk) keep jnd while passing over W's head.