

SLOWLY TO HEAVEN

Music: **Gunter Noris**
[www.amazon.de/Die Tanzplatte Des Jahres '89](http://www.amazon.de/Die-Tanzplatte-Des-Jahres-'89)
Track # 12 Time 2:57
Available from choreographer

Rhythm: **Foxtrot** Phase: **IV+2 (Natural Weave + Nat Hover Cross)**

Footwork: **Opposite except where (Noted)**

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INTRO AA* B AA(1-15) END



INTRO :

01-04 CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL/VINE 3 ; WHIPLASH to DLW :

{Wait} CP WALL Id ft free wt 2 meas ; ; {Twirl Vine 3} Sd L, -, XRib, sd L (W full RF trn undr jnd Id hnds fwd R, -, sd & bk L, fwd R) to SCP LOD ; {Whiplash to DLW} [S] Thru R, -, trng bdy RF to ptr pt L DLW, - (W thru L, -, pt R fwd, swivel slowly on L LF to fc ptr) to CP DLW, -;

PART A

01-04 WHISK ; NATURAL WEAVE ; ; THREE STEP :

{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Natural Weave} [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R (W fwd L, fwd R btwn M's feet, fwd L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; {Three Step} Fwd L, -, sd & fwd R btwn W's ft, fwd L ;

05-08 NATURAL HOVER CROSS ; ; TELEMARK to SCP ; THRU VINE 4 :

{Nat Hover Cross} [SQQ; QQQQ] Fwd R twd WALL begin RF trn, -, cont RF trn sd L, cont RF trn fwd R (W Bk L begin RF trn, -, cl R to L [heel turn] cont RF trn, cont RF trn sd & slightly back L backing DLW) to SCAR DLW ; Fwd L small step on toes, rec R, trng LF & blending briefly to CP sd L, XRif to BJO DLC ; {Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R) to SCP DLW ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

09-12 3 IN & OUT RUNS ; ; HESITATION CHANGE :

{In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R) to SCP DLC ; Repeat meas 9 Part A ; {Hesitation Chng} [SS-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

13-16 REVERSE TURN to DLW ; ; HOVER TELE ; WHIPLASH to DLW [2^{de} Time : SLOW SIDE LOCK] :

{Reverse Turn} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD (W Bk R comm LF trn, -, cl L [heel turn], fwd R btw M's ft) ; Bk R cont LF trn, -, sd & fwd L cont trn, fwd outsd ptr (W Fwd L cont LF trn, -, sd & bk R, bk L) to BJO DLW ; {Hover Tele} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP DLW ; {Whiplash to DLW} Repeat meas 4 Intro ;

2^{de} Time : {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -,sd R trng LF, XLif) to CP DLC ;

PART B

01-04 REVERSE WAVE ; ; CLOSED IMPETUS ; BACK HOVER to CP :

{Reverse Wave} Fwd L comm LF trn, -, sd R twd LOD trng LF (W heel trn), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ; {Closed Impetus} Commg RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft) to CP DLW ; {Bk Hover to CP} Bk R, -, bk L w/ rise, rec R to CP DLW ;

05-08 HOVER TELE ; PROMENADE WEAVE ; ; DRAG HESITATION :

{Hover Tele} Repeat meas 15 Part A ; **{Promenade Weave }** [SQQ;QOOQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Drag Hesitation}** [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ;

09-12 IMPETUS to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; SLOW SIDE LOCK :

{Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Thru Sd Behind}** Thru R, -, sd L to fc prtn, XRib (*W XLib*) ; **{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{Slow Sd Lk}** Repeat meas 16 Part A* ;

13-16 OP REVERSE TURN ; HOVER CORTE ; SLOW OUTSIDE SWIVEL ; WHIPLASH to DLW ;

{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; **{Slow Outsd Swivel}** [S] Bk L turning body RF, -, allow R to draw bk slightly in front of L (*W fwd R, -, swivel RF to SCP*), - ; **{Whiplash to DLW}** Repeat meas 4 Intro ;

ENDING

01-03 THRU VINE 4 ; SLOW CROSS CHECK INTO BACK TWISTY VINE 4 ; DIP BACK & HOLD :

{Thru Vine 4 } Repeat meas 8 Part A ; **{Slow X-Check into Bk Twisty Vine 4}** (SQOOQ) XRif (*WXLif*), -, to reverse bk L in BJO, sd R trng to WALL, XLif (*WXRib*) to SCAR DRW, sd & bk R trng to BJO DLW ; **{Dip Bk & Hold}** Bk L w/ flexed knee, -, -, - ;

Note: Meas 2 Ending = 1 1/2 meas