

SYBILLE 5

Music : Hans Herchenhahn
CD Laserlight Langsamer Walzer Track # 6 Time 3:47
www.amazon.co.uk/Langsamer-Walzer-VariouS/dp/B0000245FV
Available from Choreographer

Rhythm : Waltz Phase : V+2 (Checked Nat & Slip + Checked Reverse & Slip)

Footwork : Opposite except where (Noted)

Release Date : May 22

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Sequence: INTRO AB AB AB END



INTRO

01-04 LOP FACING LOD TRAIL FOOT FREE NO HANDS JOINED WAIT TWO MEASURES ; ; SLOW SIDE & CROSS-CHECK ; RECOVER & ROLL ACROSS in TWO ;

{Wait} LOP Fcg LOD trl ft free no hnds jnd wt 2 meas ; ; {Slow Sd & Cross Check} (SS) Sd R twds WALL passing bhnd W raisg arms to shldr height, cross check XLif (*W sd L twds COH raisg arms to shldr height, cross check XRif*), -; {Rec & Roll Across in 2} Rec R to fc LOD, solo roll LF (*W roll RF*) one full trn over 2 steps L, R passing bhnd W to OP LOD no hnds jnd ;

05-08 SLOW APART w/ ARMSWEEP ; SLOW RECOVER to FACE ; TWIRL/VINE ; CHAIR & SLIP ;

{Slow Apart w/ Armsweep} [S] Contg the motion of the roll step apart L twrds COH & allow shldrs to overtrn, then sweep arms to lft twd COH (*W sweep arms twrds WALL*) ; {Slow Rec to Fc & Bfly} [S&] Rec R trng body twrds ptr & BFLY, pnt L to R ; {Twirl Vine} Raisg jnd ld hnds Sd L, XRib, sd L (*W sd R start trng RF on ball of R under ld hnds, cont RF trn bk L to fc COH, sd R*) to SCP LOD ; {Chair & Slip} Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

PART A

01-04 CHECKED REVERSE TURN ; CURVED FEATHER ; OUTSIDE SPIN to RIGHT TURNING LOCK to SCP ; ;

{Checkd Reverse & Slip} Fwd L, -, fwd R trng LF around W risg strongly & chkg (*W heel trn*), trng RF slip L bk sml step to end CP DLW ; {Curved Feather} Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (*W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong R sd ld, bk L*) ckg to BJO RLOD ; {Outsd Spin to R Trng Lock SCP} Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DRW ; [1&2,3] Bk R rt sd lead comm RF trn/ XLif to fc COH, slight lft sd lead cont RF trn sd & fwd R btwn W's ft, cont RF trn fwd L (*W fwd L comm RF trn/XRib, fwd & sd L cont RF trn, fwd R*) to SCP DLC ;

05-08 PROMENADE WEAVE & SYNCOPATE the ENDING ; ; OP REVERSE TURN ; HOVER CORTE ;

{Promenade Weave} Fwd R, fwd L comm LF trn to CP, cont LF trn sd & bk R to Bjo RDC (*W fwd L, LF trn sd R to CP, comm trn sd & fwd L Bjo*) ; {Sync the Ending} [1,2&3] Bk L twd DC, bk R cont LF trn CP/cont LF trn sd & fwd L Bjo DW, fwd R (*W fwd R, fwd L twd DC cont LF trn to CP/sd & bk R Bjo, bk L*) to BJO DLW ; {OP Reverse Trn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; {Hover Corte} Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg 1/2 LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ;

09-12 BACK & CHASSE TO SCAR ; CROSS SWIVEL to BJO/W DEVELOPE ; CHECKED NATURAL & SLIP ;

DBL REVERSE SPIN to DLW ;

{Bk & Chasse to SCAR DRW} [1,2&3]Trn RF bk L CP DRC shape to lft, sd R/cl L trn RF, fwd R DRW lose shape pvt RF to SCAR DRW ; {Cross-Swiv to BJP/Lady Developpe} Fwd L outsd ptr/swvlg on L ft LF DLW, pt R sd & bk RLOD, hold shaping twd W to BJO DLW (*W bk R/swvlg LF on R ft to fc DRC, bring L ft [w/ toe pntd down] up R leg to insd of R knee, xtnd L ft fwd*) ; {Checkd Natural & Slip} Fwd R (*W bk L*) comm RF trn risg strongly, fwd & around L checkg (*W Cl*), trng LF slip R bk sml stp to end CP DLC ; {Dbl Reverse Spin to DLW} [1,2-/W1&2,3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside R w/ no wgt & keepg knees flexed (*W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, XLif*) to CP DLW ;

13-16 WHISK ; SYNCOPATED WHISK ; THRU SYNCOPATED VINE ; SLOW SIDE LOCK ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {Sync Whisk} [1,2&3] Thru R in SCP, trng twd ptr cl L to CP WALL/sd R, XLib (*W XRib*) to tight SCP LOD ; {Thru Sync Vine} [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; {Slow Sd Lock} Thru R, fwd & sd L risg trng LF, cl R (*W thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

PART B

01-04 FOUR VIENNESE TURNS ; ; ; ;

{4 Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; Repeat meas 1,2 Part B ; ;

05-08 HOVER TELE ; OP NATURAL ; BACK TIPPLE CHASSE PIVOT & PIVOT TWO to DLC ; ;

{Hover Tele} Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; **{OP Natural}** Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; **{Bk to Tipple Chasse Pivot}** [1,2&3] Bk L comm RF trn, w/ R sway cont trn sd R/cl L, sd R (*W fwd R comm RF trn, w/ L sway cont trn sd L/cl R, sd L*) to CP DRW ; **{Pivot 2 to DLC}** [1,2] Bk L pivot RF, fwd R heel to ball cont trn to CP DLC ;

09-12 TURN LEFT & R CHASSE to BJO ; IMPETUS to SCP ; CROSS HESITATION ; BACK BACK/LOCK BACK ;

{Trn Left & R Chasse to BJO} [1,2&3] Fwd L comm LF trn, cont trng LF sd R/cl L, sd & bk R to BJO DRC ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Cross Hesitation}** [1,-,-/123] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, cont trng LF on ball of R ft ckg (*W fwd L stg LF trn, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Bk Bk/Lock Bk}** (1,2&3) Bk L, bk R/lk Lif, bk R to BJO ;

13-16 OUTSIDE SPIN INTO TURNING LOCK to BJO ; ; OP NATURAL ; HESITATION CHANGE ;

{Outsd Spin} Comm strong RF trn bk L in Bjo small step, cont RF trn fwd R almost twrds LOD still in Bjo, spinning on R ft blend to CP then step sd & bk L (*W fwd R outsd ptr heel lead comm strong RF trn, closg L to R spin RF on balls of ft, blendg to CP step sd & fwd R btwn ptr's ft to end in CP DLC*) to end in CP backg DLC ; **{Trng Lock BJO}** [1&2,3] Bk R w/ rt sd leadg/ XLif, bk R blendg to CP, sd & fwd L (*W fwd L w/ lft sd leadg/XRib, fwd L blendg to CP, sd & bk R in Banjo*) to BJO DLW ; **{OP Natural}** Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (*W bk L trng RF, fwd R btwn M's ft, fwd L*) to BJO DRC ; **{Hesitation Chng}** [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

ENDING

01-03 TELEMARK to SCP ; THRU to PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{Thru to Promenade Sway}** Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from rt to lft*) ;