

THEME FROM SHREK

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MUSIC: Casaphon - Ballroom Fantasy - Sabina Helsey "It Is You" Track 2 **RELEASED:** August 2013
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SEQUENCE: Intro, A, Int 1, A (9-16), Int 2, B, C, A (9-14), Ending **SPEED:** Slow From 29 to 28 MPM
RHYTHM: Waltz **PHASE:** V (Soft) **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 4 WAIT; SIDE LUNGE w/ARMS; ROLL 3 TO SEMI; THRU FACE CLOSE;

- 1 - Wait 1 Meas about 2 feet apt fcing ptr & Wall w/trail foot free nothing touching & arms down at sides;
- 1-- 2 - Taking arms to LOD/as you step sd R sway twd LOD sweeping both arms across body & extend twd RLOD;
- 3 - Fwd L LOD comm LF trn, fwd R cont LF trn, sd & fwd L LOD;
- 4 - Thru R adjusting & blending to SCP LOD, trng RF sd L to fc ptr, cl R to L to CP WALL;

5 - 8 SIDE PROMENADE SWAY; SLOW CHG TO OVERSWAY; HOVER BRUSH EXIT TO SCP (DLC); THRU PICKUP CLOSE;

- 1-- 5 - Sd & fwd L, stretch body upward, to look over joined lead hands to SCP LOD;
- 6 - Relax L knee slightly keeping R leg extended, with slight LF trn stretch L sd of body swiveling W's R ft to CP, look toward & over W cont to sway (head well to L) now in CP DLW;
- 1-3 7 - Sd R rising, brush L to R, sd & fwd L to SCP DLC;
- 8 - Thru R, fwd & sd L comm LF trn leading W to swing in front to pickup, trng LF cl R to L to CP DLC;

PART A

1 - 4 TELEMARK TO SEMI; THRU SYNC VINE; NAT HOVER FALLAWAY; SLIP TO BANJO DLW;

- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
- 12&3 2 - Thru R, sd L trng slightly RF to CP/XRIB of L, sd L to SCP DLW;
- 3 - Thru R comm RF trn, fwd L cont trng RF, bk R (thru L, fwd R toe pointing to M's L instep trng RF, bk L) to SCP DRW;
- 4 - Bk L, trng W to CP bk R trng LF, cont LF trn sd & fwd L (bk R, trng LF to CP slip fwd L, cont LF trn sd & bk R) to CBJO DLW;

5 - 8 MANEUVER; CLOSED IMPETUS; OPEN FINISH; OPEN REVERSE TURN;

- 5 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 6 - Bk L LOD comm RF trn, cl R to L heel trn, bk & sd L (fwd R comm RF trn, fwd & sd L cont RF trn, fwd R between M's feet) to CP DLW;
- 7 - Bk R DRC comm LF trn, cont LF trn sd & fwd L, fwd R outside ptr to BJO DLC;
- 8 - Fwd L comm LF trn, fwd & sd R cont LF trn (head to R), bk L (fwd R outsd ptr) to BJO DRC;

9-12 QUICK LOCK SLOW LOCK; BACK VIENNESE TURNS;; HOVER CORTE;

- 1&23 9 - Bk R/lk LIF of R, bk R, LIF of R (head still open to R) still in CBJO DRC;
- 10 - Bk R LOD comm LF trn, cont LF trn bk & sd L, cont LF trn cl R to L (XLIF of R) to end CP DLW;
- 11 - Cont LF trn fwd L LOD, cont LF trn fwd & sd R, cont LF trn XLIF of R (cl R to L) to end CP DRC;
- 12 - Cont LF trn bk R LOD, cont LF sd & slightly fwd L toe pting DLW, sd & bk R to CBJO DLW;

13-16 BK & R CHASSE TO SDCAR; FWD CHK REC SEMI; SLOW WHIPLASH; TO CONTRA BANJO;

- 12&3 13 - Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 14 - Fwd & across L DRW outsd ptr to SDCR checking, rec R trng LF, cont LF trn sd L to SCP LOD;
- 1-- 15 - Thru R, slowly trn W LF, pt L ft fwd;
- 16 - Slowly stand up straight & stretch lead side thru measure shaping a line to end CBJO DLW;

INTERLUDE 1

1 - 4 BK R CHASSE TO SDCAR; FWD CHK REC BJO; MANEUVER; BACK PASSING CHANGE;

- 12&3 1 - Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd & fwd R to CONTRA SDCR DRW;
- 2 - Fwd & across L outsd ptr to SDCR DRW checking, rec R trng LF, cont LF trn sd & fwd L to CBJO DLW;
- 3 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 4 - Bk L, bk R w/R sd stretch to open W's head, bk L (fwd R outsd ptr head to R) to BJO DRC;

PART A (9-16)**INTERLUDE 2****1 - 4 BACK HOVER TO SEMI; QUICK OPEN REVERSE; OPEN FINISH; CHANGE OF DIRECTION;**

- 1 - Bk L, bk & sd R rising blending to CP DLW, sd & fwd L to SCP DLC;
 12&3 2 - Thru R, fwd L trng LF to CP/cont LF trn sd & bk R, bk L (fwd R outsd ptr) to BJO DRC;
 3 - Bk R blending to CP comm LF trn, sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
 12- 4 - Fwd L blending to CP, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;

PART B**1 - 4 TELEMARK TO BJO; FWD FWD LOCK FWD; CURVED FEATHER CHK; OUTSD CHG TO BJO;**

- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn (cl heel trn), sd & fwd L (sd & bk R) to CBJO DLW;
 12&3 2 - Fwd R outside ptr, fwd L/lk RIB of L, fwd L still CBJO DLW;
 3 - Fwd R comm RF trn, fwd L twd WALL, cont RF trn fwd R outsd ptr to BJO DRW;
 4 - Bk L, bk R blending to CP trng LF, cont LF trn sd & fwd L to CBJO DLW;

5 - 8 MANEUVER; PIVOT 3 (1 ½) TO; FORWARD HOVER BRUSH TO BJO; MANEUVER;

- 5 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
 6 - Bk L pivot ½ RF, fwd R pivot ½ RF, bk L pivot ½ RF to CP DLC;
 1-3 7 - Fwd R LOD between W's feet, rise trng slightly RF allowing L to brush next to R, fwd & sd L to BJO DLW;
 8 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

9-12 OVERSPIN TURN; BACK & CHASSE TO SEMI; IN & OUT RUN; (DLC);

- 9 - Bk L LOD toe turned in pivot ½ RF, fwd R heel lead LOD between W's feet rise to ball of foot & cont RF trn, bk & sd L to CP DRW;
 12&3 10 - Bk R DLC comm LF trn, cont LF trn sd & fwd L toe pointing DLW/cl R to L, sd & fwd L to SCP LOD;
 11 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to CBJO DRC;
 12 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, w/L sd leading sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;

13-16 WEAVE 6 TO SEMI;; OPEN NATURAL; HESITATION CHANGE;

- 13 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to CBJO DRC;
 14 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
 15 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R (fwd L, fwd R between M's feet, sd & fwd L) to CBJO DRC;
 12- 16 - Bk L comm RF trn (fwd R outside ptr), cont RF trn sd & fwd R toe pointing DLC, draw L to R to end CP DLC;

PART C**1 - 4 DOUBLE REVERSE TWICE;; TELEMARK TO SEMI; THRU SYNC VINE;**

- 12- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn tch L to R (bk R, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R) to CP DLC;
 (12&3) 12- 2 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn tch L to R (bk R, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R) to CP DLC;
 (12&3) 3 - Fwd L comm LF trn, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
 12&3 4 - Thru R, sd L trng slightly RF to CP/XRIB of L, sd L to SCP DLW;

5 - 8 NATURAL HOVER FALLAWAY; BK SLIP TO BJO; MANEUVER; CLOSED IMPETUS;

- 5 - Thru R comm RF trn, fwd L cont trng RF, bk R (thru L, fwd R toe pointing to M's L instep trng RF, bk L) to SCP DRW;
 6 - Bk L, trng W to CP bk R trng LF, cont LF trn sd & fwd L (bk R, trng LF to CP slip fwd L, cont LF trn sd & bk R) to CBJO DLW;
 7 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
 8 - Bk L LOD comm RF trn, cl R to L heel trn, bk & sd L (fwd R comm RF trn, fwd & sd L cont RF trn, fwd R between M's feet) to CP DLW;

9-12 OPEN FINISH; OPEN REVERSE TURN; OUTSIDE CHECK; BACK BACK LOCK BACK;

- 9 - Bk R DRC comm LF trn, cont LF trn sd & fwd L, fwd R outside ptr to BJO DLC;
- 10 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC;
- 11 - Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to end BJO DRW favoring RLOD;
- 12&3 12 - Bk L LOD (fwd R outside ptr), bk R/lk LIF of R, bk R still CBJO but now DRC;

13-16 SLOW OUTSD SWVL; CHAIR RECOVER POINT; SLOW CHAIR w/SWAY CHG; REC SWIVEL LADY TO BJO;

- 1-- 13 - Bk L LOD leaving R ft fwd & slowly lead W to swvl RF over measure to SCP RLOD;
- 12- 14 - Lower in L knee lunge fwd R w/fwd poise, rec L rise thru body, point R bk w/R sway twd LOD to look twd ptr;
- 1-- 15 - Lower in L knee lunge fwd R w/fwd poise, comm to sway R & bk trng head to R, cont sway to look twd ptr;
- 2- 16 - Complete R sway, rec bk L comm to rise, & swivel lady LF stretching R side high to keep ladies head open (after sway, rec bk R comm to rise, swivel LF on R head to R) to CBJO DRC;

PART A (9-14)**ENDING****1 - 4 WHIPLASH CONTRA BJO; BK & R CHASSE TO CP DRW; SLOW CONTRA CHK & EXTEND; BOX FINISH (DLW);**

- 1-- 1 - Thru R sharply trn W LF, pt L ft fwd, stand up to stretch the lead side shaping a line to CBJO DLW;
- 12&3 2 - Bk L RLOD comm RF trn, cont RF trn sd R/cl L to R, sd R to CP DRW;
- 1-- 3 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd but over W (head well to L);
- 4 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLW;

5 - 8 SLOW CONTRA CHK & EXTEND; BOX FINISH; DOUBLE REVERSE; DRAG HESITATION;

- 1-- 5 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd but over W (head well to L);
- 6 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLC;
- 12- 7 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn, (12&3) cont LF trn sd & slightly bk R/XLIF of R) to CP DLC;
- 12- 8 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont to rotate LF slightly drawing L to R to CBJO DRC;

9 - 12 OUTSIDE CHANGE TO SCP; FWD HOVER TO BOLERO BJO; M BK CHECK & SYNC BOLERO WHEEL 2 MEAS; TO CUDDLE LINE;

- 9 - Bk L, bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
- 10 - Thru R, fwd L trng W to CP, sd & bk R (fwd L, fwd & sd R trng LF, sd & fwd L) extending L arms to side to end in BOLERO BJO DLW;
- 12&3 11 - Looking at ptr small bk L checking toe to heel like outside spin but not nearly as strong a rotation, wheel fwd R/L, R outside ptr (looking at ptr fwd R around ptr, cont RF wheel fwd L/R, L) still in BOLERO BJO POS;
- &12&3 12 - Cont tight RF Bolero wheel looking at each other fwd on toes running around ptr L/R, L/R, L/cl R to L (fwd on toes R/L, R/L, R/L) blending to CUDDLE CP M facing LOD;

NOTE: This wheel makes a total of 1 7/8 RF rotation.

13-14 SLOW CONTRA CHECK; & EXTEND LEFT ARMS;

- 1-- 13 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading and continue bringing R sd thru to extend over meas looking twd W (looking at M) still in CUDDLE POS;
- 14 - Release ptr with L arm and slowly extend L arms out to side to extend the line (head now well to L) & hold;

NOTE: Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.