

## TRADITIONS II

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**RECORD:** Traditions of Christmas Artist: Mannheim Steamroller  
 MP3 Time: 3:36 Available: Amazon, others  
**RHYTHM:** Waltz, RAL Phase 2+1 unphased (Interrupted Box)  
 Easy level of difficulty  
**FOOTWORK** Opposite (Woman's footwork or other explanation in parentheses)  
**SEQUENCE:** A (modified), B, int, A, B, int, A (1-16), B (1-8), Ending  
**SPEED:** 45 rpm equivalent  
**DATE:** March 2016

<b>PART A (MODIFICATION)</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>(CP-WALL) WAIT 2 MEAS;; BOX;;</b>
1-2 3-4	In CP-wall with lead feet free, wait 2 measures;; (Box) Fwd L, sd R (with R stretch), cl L (no stretch); Bk R, sd L (with L stretch), cl R (no stretch);
	Note: Part A is done completely the first time through (see below), but with the modification of 2 measure wait as an introduction, instead of starting with the 2 LF turns

<b>PART A</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>2 LF TURNS;; BOX;;</b>
1	(CP-LOD) Forward left commence up to 1/4 left face turn, continue turn side right diagonally across Line of Progression turning up to 1/4 left face (with R stretch), close left;
2	Back right commence up to 1/4 left face turn, continue turn side left toward Line of Progression turning up to 1/4 left face (with L stretch), close right;
3	(CP-wall) Fwd L, sd R (with R stretch), cl L (no stretch);
4	Bk R, sd L (with L stretch), cl R (no stretch);
<b>5-8</b>	<b>DIP CENTER; MANUV; 2 RF TURNS;;</b>
5	(CP-wall) Back L with slight LF upper body turn and left stretch, -, -;
6	Forward right (between partner's feet) commence right face upper body turn, continue right face turn to face partner side left (with L stretch), close right (end CP-RL0D);
7	Back left commence up to 1/4 right face turn, continue turn side right toward Line of Progression turning up to 1/4 right face (with R stretch), close left;
8	Forward right (between partner's feet) commence up to 1/4 right face turn, continue turn side left diagonally across Line of Progression turning up to 1/4 right face (with L stretch), close right;
<b>9-12</b>	<b>TWISTY BAL L &amp; R;; TWISTY VINE; MANUV;</b>

9	(Bfly-wall) Sd L, behind R, in place L (woman – sd R, in front L, in place R);
10	Sd R, behind L, in place R (woman sd L, in front R, in place L);
11	(Blend to CP-wall) Step to the side on L foot, cross in back R on second step, step side L in same direction; (Woman: Step to the side on R foot, cross in front L on second step, step side R in same direction;)
12	(Manuv) Forward right (outside partner’s feet) commence right face upper body turn, continue right face turn to face partner side left (with L stretch), close right (end CP-RL0D);
<b>13-16</b>	<b>2 ¼ RF TURNS (to LOD);; BOX;;</b>
13-14	Same as Part A, meas 7 & 8, but underturn to end facing LOD;;
15-16	Same as Part A, meas 3 & 4, but start and end facing LOD;;
<b>17</b>	<b>SD CANTER;</b>
	Sd L, draw R, cl R (end CP-LOD);

<b>PART B</b>	
<b>Meas.</b>	
<b>1-4</b>	<b>LF TURNING BOX;;;;</b>
1	Forward L commence 1/4 left face turn, complete turn side R (w/R stretch), close L;
2	Back R commence 1/4 left face turn, complete turn side L (w/L stretch), close R;
3-4	Repeat meas 1 & 2 to end CP-LOD;;
<b>5-8</b>	<b>FWD WALTZ; DRIFT APT; THRU TWINKLE (to WALL); THRU, SD, CL;</b>
5	Forward L, forward and slightly side R (w/R stretch), close L;
6	Forward R, forward and slightly side L (w/L stretch) and drifting apt to Bfly, cl R;
7	Through L (toward wall) commence turn to face partner, side R completing turn to a Facing V Position, close L;
8	Through R (toward COH) commence turn to fc partner, sd L completing turn to fc partner, close R (blending to CP-LOD);
<b>9-12</b>	<b>2 LF TURNS;; TWIRL VINE 3; PICKUP;</b>
9-10	Same as Part A, meas 1 & 2 (end facing wall);;
11	With man’s left and woman’s right hands joined, raise L hand side L, cross R in back, side L (Woman: Side and forward R turning 1/2 right face under joined hands, side and back L turning 1/2 right face, side R) ending in SCP-LOD;
12	Fwd R, fwd L, cl R (leading woman to CP-LOD / woman forward L commence L face upper body turn, continue L face turn to face partner side R (with R stretch), close L end CP-LOD);
<b>13-16</b>	<b>INTERRUPTED BOX;;;;</b>
13	Fwd L, sd R (with R stretch), cl L (no stretch);
14	Bk R, sd L (with L stretch, leading woman under L hand), cl R (no stretch);
15	Fwd L, sd R (with R stretch), cl L (no stretch, blending back to CP-LOD);
16	Bk R, sd L (with L stretch), cl R (no stretch);
(13)	(Woman – Bk R, sd L, cl R;
(14)	Fwd L, fwd R turning RF under man’s L hand, fwd L continuing turn to fc LOD;
(15)	Continuing RF turn fwd R, fwd L, cl R blending to CP-LOD;
(16)	Fwd L, sd R, cl L;)

<b>INTERLUDE</b>	
<b>Meas.</b>	
<b>1-3</b>	<b>SWAY L &amp; R;; SD CANTER;</b>
1	(CP-LOD) Step side L shifting momentum of the body towards the weighted foot causing a L stretch. NOTE: This also causes the non-weighted foot to draw slightly towards the weighted foot.
2	Step side R shifting momentum of the body towards the weighted foot causing a R stretch.
3	Same as Part A, meas 17;

<b>ENDING</b>	
<b>Meas.</b>	
<b>1-5</b>	<b>2 LF TURNS;; BOX;; DIP CENTER, TWIST;</b>
1-2	Same as Part A, meas 1 & 2;;
3-4	Same as Part A, meas 3 & 4;;
5	Same as Part A, meas 5;