

# UNE PETITE CANTATE (A SMALL CANTATE)

Music: Paul Mauriat  
[www.amazon.co.uk/ Cd 1Definitive Collection](http://www.amazon.co.uk/Cd1DefinitiveCollection)

Track # 12 Time: 2:27

Available from Choreographer

Rhythm: Slow Two Step Phase: IV

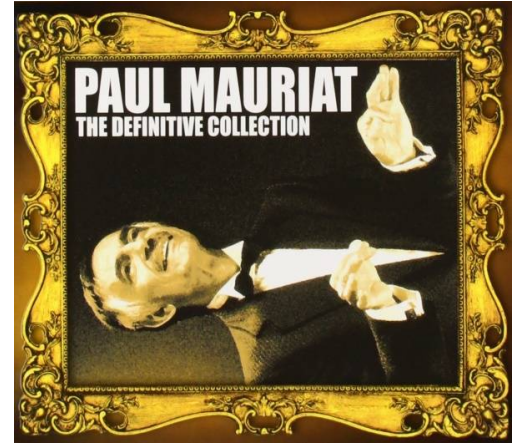
Footwork: Opposite except where (Noted)

Release Date: April 20

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Sequence: INTRO AB AB AB END



## INTRO

### 01-04 ½ OP to LOD LEAD FOOT FREE WAIT 2 MEASURES ; ; TWO SWITCHES to Picking Up Low Bfly ; ;

{Wait} ½ OP LOD ld ft free wt 2 meas ; ; {2 Switches to P/U in Low Bfly} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg ifo M, fwd R to ½ OP, fwd L) to ½ OP LOD & pickg Up in Low BFLY ;

### 05-08 TRAVELING CROSS CHASSE 4 TIMES ; ; ; end to BFLY WALL ;

{Traveling Cross Chasse x 4 end to BFLY} Joining both hands low Fwd L trng LF, -, with r-sd leading sd R, XLif (W bk R trng LF, -, w/ lft-sd leading sd L, XRif) to DLC ; Fwd R trng RF, -, w/ lft-sd leading sd L, XRif (W bk L trng rt, -, w/ r-sd leading sd R, XLif) to DLW ; Repeat meas 5 Intro ; Fwd R comm trng RF fcg DLW w/ lft-shld lead, -, sd L cont RF trn to fc ptr, cl R to BFLY WALL ;

## PART A

### 01-04 OP BASICS ; ; TWO SWITCHES to Picking Up Low Bfly ; ;

{OP Basics} Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XLib (W XRib), rec R starting to fold ifo W ; {2 Switches to Pickg Up in Low Bfly} Repeat meas 3,4 Intro ; ;

### 05-08 TRAVELING CROSS CHASSE 4 TIMES ; ; ; end to FCG WALL ;

{Traveling Cross Chasse x 4 end to BFLY} Repeat meas 5,6,7 & 8 Intro ; ; ;

## PART B

### 01-04 LUNGE BASICS to Manuver ; ; RIGHT TURN w/ OUTSIDE ROLL ; HIP LIFT to Pickg Up ;

{Lunge Basic x 2 to Manuver} Sd L, -, rec R, XLif (W XRif) ; Sd R, -, rec L, XRif (W XLif) to BFLY WALL to Manuver ; {Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W in loose CP, -, raisg jnd ld-hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif to fc ptr (W fwd R comm RF twrl undr ld-hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {Hip Lift to Pickg Up} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip ;

### 05-08 LEFT TURN w/ INSIDE ROLL ; BASIC ENDING/W WRAP to LOD ; SWEETHEART RUN TWICE / W UNWRAP to BFLY ; ;

{Left Trn w/ Insd Roll} P/U Fwd L comm LF trn raisg jnd ld-hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld-hnds, contg LF trn sd R) BFLY COH ; {Basic Ending/W Wrap to LOD} Sd R leading W to wrap LF under ld-arms, -, bk L, rec R (W sd L comm LF trn undr jnd ld-hnds, -, XRif cont LF trn, fwd L) to wrapped pos LOD ; {Sweetheart Run x 2 / W Unwrap to Bfly} Fwd L, -, fwd R, L ; Fwd R, -, fwd L leading W to unwrap LF w/ jnd ld-hnds, XLif (W fwd L, -, fwd & sd R trng ¼ LF w/ jnd ld-hnds, XLif) to BFLY WALL ;

**ENDING**

**01-03 FULL BASIC & Slow Down ; ; VINE 4 :**

**{Full Basic}** Sd L, -, XRib (*W XLib*), rec L ; Sd R, -, XLib (*W XRib*), rec R ; [Slow Down] **{Vine 4}** [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) ;

**04-06 UNDERARM TURN ; BASIC ENDING ; LUNGE SIDE & HOLD :**

**{Underarm Trn}** Sd L, -, bk R, rec L (*W sd R, -, fwd & across L trng RF under jnd ld-hnds, fwd R cont RF trn to BFLY*) ;  
**{Basic Ending}** Repeat meas 2 Ending ; **{Lunge Sd & Extend Arms}** Sd & fwd L to LOD w/ soft [flexed] knee and slight LF upper body rotation, -, -, extg both arms to sd ;