

ANSIEDAD

Music: Ray Conniff
www.ebay.co.uk/ Ray Conniff - Exclusivamente Para Amigos
Track # 12 Time 3:28 Slow down w/ -10 %

Rhythm: Foxtrot **Phase:** V

Footwork: Opposite except where (Noted)

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Sequence: INTRO AA BB C A C(1-9) END



INTRO

01 CP DLC LEAD FOOT FREE WAIT ONE MEASURE ;

{Wait} CL DLC ld ft free wt 1 meas ;

02-05 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Turn / W Inside Turns} Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk raisg ld hnds, -, compg ¼ LF trn sd L, fwd R (W fwd L comm LF trn under ld hnds fc RDC, -, small sd R cont LF trn, small sd L compg LF trn) to BJO DRW ; Repeat meas 2,3 Intro to BJO DLW & DLC ; ;

06-09 TELEMARK to SCP ; NATURAL WEAVE ; ; CURVING THREE STEP CHECKG ;

{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 ; {Natural Weave} [SQ: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 ; {Curving Three Step Checkg} Fwd L stg to trn LF, -, contg LF trn sd & fwd L, contg LF trn fwd R to CP DRC Checkg ;

10-11 BACK & CHASSE to SCP ; WHIPLASH BJO DLW ;

{Bk & Chasse to SCP} [SQ&Q] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L to SCP LOD ; {Whiplash to BJO DLW} [S] Thru R, -, trng bdy RF to ptr pt L LOD (W thru L, -, pt R fwd swivel slowly on L LF to fc ptr) to BJO DLW, -;

PART A

01-04 HOVER TELE ; OP NATURAL ; BACK TWISTY VINE 4 ; CLOSED IMPETUS ;

{Hover Tele} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP DLW ; {OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ r sd lead (W thru L, -, fwd R, fwd L) to BJO ; {Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to fc ptr, fwd L in SCAR, sd & bk R trng to BJO ; {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 ;

05-08 FEATHER FINISH ; TELEMARK to SCP ; NATURAL HOVER CROSS ; ;

{Feather Finish} Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ; {Telemark to SCP} Repeat meas 6 Intro ; {Nat Hov Cross} [SQ:QQQQ] Fwd R comm RF trn, -, sd L cont RF trn, sd R cont RF trn to fc DLW in SCAR (W fwd L comm RF urn, -, fwd R cont RF trn, cont RF trn sd L) ; Fwd L small step on toes, rec R, trng LF & blendg briefly to CP sd L, XRif to BJO DLC ;

09-12 REVERSE TURN to DLW ; ; WHISK ; THRU to LEFT WHISK ;

{Reverse Turn to DLW} Fwd L twd DLC comm LF trn, -, 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 ; {Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Thru to Left Whisk} Thru R, -, sd & fwd L to CP, XRib trn upper bdy to left (W thru L, -, sd & slightly bk R to CP, XLib) to SCP DRW ;

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13-16 UNWIND/W in 4 ; SLOW OUTSIDE SWIVEL to SCP ; CHAIR & SLIP ; DBL REVERSE SPIN to DLW (2^{de} & 3^{the} TIME: To LOD) ;
{**Unwind/W in 4**} [QOOQ] Unwind RF w/ wgt on both feet, -, -, - (W CW amd M fwd R, fwd L/k Rib, fwd L) to BJO LOD ;
{**Slow Outsd Swivel**} [S] Bk L trng body RF, -, allow R to draw bk slightly ifo L (W fwd R, -, swivel RF to SCP), - ; {**Chair & Slip**} Ck thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvlg LF on R fwd L) to CP DLC ; {**DBL Reverse Spin**} Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif) to CP DLW (2^{de} & 3^{the} TIME: To LOD) ;

PART B

01-10 REPEAT MEAS 2-11 INTRO ; ; ; ; ; ; ; ; ;

11-12 HOVER TELE ; CROSS HESITATION ;

{**Hover Tele**} Repeat meas 1 Part A ; {**Cross Hesitation**} [S,-,-/SQQ] 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 amd M trng LF, contg LF trn cl L) to BJO DRC ;

13-16 IMPETUS to SCP ; PROMENADE WEAVE ; ; CHANGE of DIRECTION ;

{**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 ; {**Promenade Weave**} [SQQ:QOQQ] 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 RLOD ; 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 ; {**Chng of Direction**} [SS] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

PART C

01-04 CLOSED TELEMAR ; CURVED FEATHER ; QUICK DBL OUTSIDE SWIVEL ; WEAWE ENDING ;

{**Closed Telemark**} Fwd L comm LF trn, -, fwd & sd R amd W close to W's feet trng LF, fwd & sd L (W Bk R comm LF heel trn on R heel bringing L beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L, bk & sd R) to BJO DLW ; {**Curved Feather**} Fwd R stg RF trn, -, cont RF trn sd & fwd L, cont upper bdy RF trn fwd R outsd W to BJO DRW ; {**Qk DBL Outsd Swvl**} [S,-,S,-] Bk L, Xg Rif w/ no wgt, fwd R, pt L to R (W fwd R & swvl ½ RF to SCP DRC, fwd L & swvl LF ½) to BJO DRW ; {**Weawe Ending**} [QOOQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ;

05-08 HOVER TELE ; IN & OUT RUNS ; ; OP NATURAL ;

{**Hover Tele**} Repeat meas 1 Part A ; {**In & Out Runs**} Trng RF fwd R, -, sd & bk L ifo W, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg tm fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R) to SCP DLC ; {**OP Natural**} Repeat meas 2 Part A ;

09-12 SPIN TURN ; FEATHER FINISH ; FORWARD TWISTY VINE 4 TWICE ; ;

{**Spin Turn**} Begin RF upper body tm bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R) to CP DLW ; {**Feather Finish**} Repeat meas 5 Part A ; {**Fwd Twisty Vine**} [1,2&3] Fwd R swvl to fc ptr, sd L trng RF to DRW/XRib (W XLif) trng LF to fc ptr, sd L cont trng LF to DLW ; Repeat meas 11 Part C ;

13-16 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; WHIPLASH to BJO DLW ;

{**Cross Hover to BJO**} XLif (W XRib), -, sd R rise trn LF, rec L to BJO DLC ; {**Cross Hover to SCAR**} XRif, -, sd L w/ rise comm RF trn, rec R to SCAR ; {**Cross Hover to SCP**} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {**Whiplash to BJO DLW**} Repeat meas 11 Intro ;

ENDING

01-03 BACK & CHASSE to SCP ; THRU to HINGE & EXTEND ; ;

{**Bk & Chasse to SCP**} Repeat meas 10 Intro ; {**Thru to Hinge & Extend Arms**} [SS] Thru R, -, fwd & sd L w/strong LF body trn & stretch trlg leg extended, hold (W fwd L comm LF trn, -, sd R, XLib/extend R) ; {**Extend Arms**} With upper body stretch lower trlg hnd to ptr's waist (W lower ld hnd to ptr's shldr), extend free arms ;