

CAPRI FISCHER (Bella Bella Marie)

Music: Berolina Sound Orch.
Cd:Wochenend Und Sonnenschein
<https://www.amazon.fr/Wochenend-Sonnenschein-Instrumentale-Orcheste-allemand/dp/B003FMJ344>
Track # 22 Time 3:46 Available from choreographer

Rhythm: Slow Two Step Phase: V+Several U

Footwork: Opposite except where (Noted)

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Sequence: INTRO ABCD ABC END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; UNDERARM TURN ; REVERSE UNDERARM TURN ;
{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Underarm Trn} Sd L [raisg jnd ld hnds palm-to-palm], -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL ; {Reverse Underarm} [Relg trl hnds] Sd R [raisg jnd ld hnds palm-to-palm], -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL & Pickup ;

05-08 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to BFLY WALL ;
(Trav X-Chasse) [Jng both hnds low] Trng LF fwd L, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; (Passg X-Chasse) Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif ifo W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {W Passg X-Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; (Trav X-Chasse to WALL) Fwd R trng RF, -, sd & fwd L to fcg WALL, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ;

PART A

01-04 SIDE BASIC ; PREPARATION to AIDA ; AIDA LINE & SWITCH ; RICHT TURN w/ OUTSIDE ROLL ;
{Sd Basic} Sd L, -, XRib (W XLif), rec L ; {Preparation to Aida} Sd & twd R to LOP RLOD, -, fwd L trng LF to fc ptr, cl R ; {Aida Line & Switch} [SS] Bk L to bk-to-bk V pos raisg ld arms, -, trng RF to fc ptr bk & sd R, - ; {Right Turn w/ Outsd Roll} Xg ifo W sd & bk L to fc RLOD, -, XRib trn ¼ RF lead W to twirl, XLif (W fwd R comm outsd roll, -, sd L cont roll, sd R comp roll to fc ptr) to BFLY COH ;

05-08 OP VINE 3 ; THRU TOUCH to FACE & ROLL 2 ; HORSESHOE TURN ; ;
{OP Vine 3} Sd R swiv LF (W RF) to OP RLOD, -, bk L swiv RF (W LF) to fcg ptr, sd R to BFLY COH ; {Thru Tch to Fc & Roll 2} [Q&QQ] XLif (W XRif), tch R, roll RF (W LF) to LOD R, L to BFLY COH ; {Horseshoe Trn} [Rel trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (W [rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLif) end LOP LOD ; Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk) to Loose CP WALL ;

09-12 HIP LIFT ; BOLERO WHEEL 6 ; ; RIFF TURN ;
{Hip Lift} Sd R bring L ft alongsd R ft, -, w/ pressure on L toe lift L hip, lwr hip ; {Bolero Wheel 6} [Blending quickly to Bolero Pos M's rt hnd around W's rt sd & W's rt hnd on M's lft shldr both w/ lft arms extended out to sd] Fwd L, -, fwd R, L ; Cont wheel fwd R, -, fwd L, R to BFLY WALL ; {Riff Trn} [QQQQ] Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr ld hnds) to BFLY WALL ;

13-16 UNDERARM TURN to LARIAT w/ M's LEFT TURN & WINDMILL ARMS ; ; BASIC ENDING & Pickup ;
{Underarm Trn to Lariat w/ M's LF Trn & Windmill Arms} Sd L, -, XRib, rec L while leadg W under ld hnds fc wall (W sd & fwd R trng RF, -, under ld hnds fwd L cont RF trn, fwd R to RLOD) ; [Place W's ld hnd on stomach] Cl R and begin to trn LF on the spot liftg the rt arm straight up as W passes by to circle arnd the M, -, cont LF trn L, R to fc COH dropp rt arm & liftg lft arm straight up ; Cont LF trn L dropp lft arm and liftg rt arm straight up, -, cont LF trn R, L to end CP dropp rt arm connect lft lft arm beneath her rt arm to raise it to CP fc wall (W circle arnd the M keep the ld hnd on his body in six steps to fc him in CP circle fwd L, -, R, L ; R, -, L, R) ; {Basic Endg Pickup} Sd R, -, XRib, rec L to BFLY WALL & Pickup ;

PART B

01-04 TRIPLE TRAVELER ; ; ; OP BASIC ENDING ;
{Triple Traveler} Fwd L comm LF upper bdy trn to ld W to M's lft sd raise ld hnds to start W into L trn, -, fwd R, L (W bk ¼ RF trn, -, cont trn sd & fwd L ½ LF trn under ld hnds, sd & fwd R cont LF trn to fc LOD) to LOP LOD ; Fwd R spiral LF under ld hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) to LOP LOD ; Fwd L bring ld hnds down & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc W, XLif (W fwd R stg RF trn, -, sd L cont RF trn under ld hnds, fwd R to fc M) to BFLY COH ; {OP Basic Ending} Sd R, -, XLif to ½ LOP RLOD, rec R ;

05-08 THE SQUARE ; ; ; ;

{The Square} Fwd L trng RF Xg ifo W, -, sd R twd Wall, XLif (W fwd R, -, sd L twd Wall, XRif) to ½ OP WALL ; Fwd R, -, sd L twd Lod, XRif (W fwd L trng RF Xg ifo M, -, sd R twd Lod, XLif) to ½ LOP LOD ; Fwd L trng RF Xg ifo W, -, sd R twd Coh, XLif (W fwd R, -, sd L twd Coh, XRif) to ½ OP fcg COH ; Fwd R, -, sd L twd Rlod, XRif (W fwd L trng RF Xg ifo M, -, sd R twd Rlod, XLif) to ½ LOP RLOD ;

09-12 To RLOD TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} Repeat meas 1,2,3 Part B ; ; ; {Basic Endg} Sd R, -, XLib, rec R (W sd L, -, XRib, rec L) to Loose CP WALL ;

13-16 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL ; ;

{Strolling Vine & Insd Roll} [SS;SQQ] Sd L, -, XRib (W XLif w/ LF trn like a pick up), -, Trng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R) to Loose CP COH ; {Strolling Vine & Outsd Roll} [SS;SQQ] Sd R, -, XLib (W XRif startg RF trn), -, Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L) to BFLY WALL ; ;

PART C

01-04 TURN INTO ROMANTIC SWAYS ; ; UNDERARM TURN ; REVERSE UNDERARM TURN & Pickup ;

{Trn Into Romantic Sways} [Relsg ld hnds] Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hnds betwn ptrs to lead hip, -, sd L, rec R ; {Underarm Trn} Repeat meas 3 Intro ; {Reverse Underarm Trn & Pickup} Repeat meas 4 Intro ;

05-08 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to BFLY WALL ;

(Trav X-Chasse) Repeat meas 5 Intro ; (Passg X-Chasse) Repeat meas 6 Intro ; {W Passg X-Chasse} Repeat meas 7 Intro ; (Trav X-Chasse to WALL) Repeat meas 8 Intro [1^{de}Time:Manvrg] ;

PART D

01-04 TRAVELING RIGHT TURN w/ OUTSIDE ROLL & Manvr ; ; TRAVELING RIGHT TURN w/ ZIG ZAG ; ;

{Travelg Right Trn w/ Outsd Roll} Cont trn RF Xg ifo W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end CP M fcg DLW ; Fwd R slightly trng RF to fc WALL raisg jnd ld hnd to lead W tm RF, -, sd L, XRif (W sd & bk L comm tm RF under jnd ld hnds, -, cont tm RF under jnd ld hnds R, L) end in BFLY WALL & Manvr ; {Travelg Right Trn w/ Zig Zag} Comm RF trn Xg ifo W sd & bk L to fcg RLOD, -, XRib, twist tm RF 5/8 on both feet shifting weight to L to CP DLW (W fwd R btwn M's ft, -, fwd L curvg RF around M, fwd R curvg RF to CP) ; Fwd R DLW trng 1/8 RF, sd L trng 1/8 RF, bk R trng LF to CP WALL ;

05-08 TWISTY VINE 3 ; MANUVER & PIVOT 2 to BFLY WALL ; TWISTY VINE 3 ; MANUVER & PIVOT 2 to BFLY WALL ;

{Twisty Vine 3} Trng RF sd L to fc, -, XRib to Scar DRW, trng LF sd & fwd L to BJO DLW to Manvrg ; {Manuver & Pivot 2 to Bfly Wall} Fwd R trng RF ifo W to CP DRW, -, cont RF tm bk L LOD pivot 3/8 RF, cont RF tm fwd R LOD pivot ¼ RF to CP WALL ; Repeat meas 5,6 Part D ; ;

09-12 SIDE & CROSS CHECK/W DEVELOPE ; BACK to FACE & ROLL 2 to RLOD ; SIDE & CROSS CHECK/W DEVELOPE ;

BACK to FACE & ROLL 2 to LOD ;

{Sd & X-Check/W Develope} [M SS] Sd L, -, XRif to DLW Checkg, - (W sd R, -, XLib to DRC, raise R up sd of L leg &, xtn d R fwd leavg toe pntd to floor) ; {Bk to Fc & Roll 2 to Rlod} Bk L swiv to fc ptr, -, roll RF R, L twd Rlod (W fwd R swiv to fc ptr, -, roll RF L, R twd Rlod) ; {Sd & X-Check/W Develope} [M SS] Sd R, -, XLif to DRW Checkg, - (W sd L, -, XRib to DLC, raise L up sd of R leg &, xtn d L fwd leavg toe pntd to floor) ; {Bk to Fc & Roll 2 to Lod} Bk R swiv to fc ptr, -, roll LF L, R twd Lod (W fwd L swiv to fc ptr, -, roll LF L, R twd Lod) to Loose CP WALL ;

13-16 RIGHT SPOT TURN w/ RONDES ; ; ;

{Right Spot Trn w/ Rondes} [Similar to a natural top w/ M and W alternating action in CP] Comm a ½ RF trn M sd L & ronde R CW, -, XRib cont RF trn, sd L cont RF trn (W comm ½ RF trn XRif btwn ptrn's ft, -, sd L cont RF trn, XRif cont RF trn) ; Comm another ½ RF trn XRif btwn ptrn's ft, -, sd L cont RF trn, XRif cont RF trn (W sd L ronde R CW cont RF trn, -, XRib cont RF trn, sd L cont RF trn) ; Repeat Measure 13, 14 Part D end fcg WALL ;

ENDING

01-04 VINE 4 ; RIFF TURN ; VINE 4 ; ONE SINGLE RIFF TURN INTO LEFT LUNGE ;

{Vine 4} Sd L, -, XRib (W XLib), sd L XRif (W XLif) ; {Riff Trn} Repeat meas 12 Part A ; {Vine 4} Repeat meas 1 Ending ; {One Single Riff Trn Into Lft Lunge} [QQS] [Relg trl hnds & raisg jnd ld hnds] Sd L, cl R (W sd & fwd R spin RF, cl L compg full trn undr ld hnds), lunge sd L w/ bend knee, -;