

DISNEY GIRLS

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Music: "Disney Girls"

Artist: Paola Fabris

CD: Ancona Open Ballroom Vol. 10 - Lucky Day or single download from Casa Musica

Release Date: Jan 2018

Rhythm: Waltz

Phase: V

Degree of Difficulty: Average

Original Length of Music: 3:53

Music Modifications: 1) Cut length of music to 2:35. 2) Fade music from 2:30 to 2:35.
3) Increase tempo 2% to 46rpm

Sequence: Intro ABC AB End

Footwork: Opposite for Woman unless otherwise noted in ()

INTRO [4 Measures]

CP DLW WITH LEAD FEET FREE WAIT 2 MEASURES

- 1-4 **WAIT; WAIT; FWD & TCH; OP FIN;**
- 1-2 {Wait 2 Measures} Wait; Wait;
- 3 {Fwd & Tch} From CP fcg DLW fwd L, tch R to L, -;
- 4 {Open Finish} From CP fcg DLW bk R trng LF, sd and fwd L to fc DLC, fwd R outsd ptr to BJO;

PART A [16 Measures]

- 1-4 **DIAMOND TRN 3/4 [DLW];:; HVR CORTE;**
- 1-3 {Diamond Trn 3/4 DLW} From BJO DLC fwd L blendg to CP trng LF on the diag, cont LF trn sd R, bk L with ptr outsd man in BJO fcg DRC; Trng LF blendg to CP bk R, sd L, fwd R outsd ptr in BJO fcg DRW; Fwd L blendg to CP and trng LF on the diag, sd R, bk L with ptr outsd man in BJO fcg DLW;
- 4 {Hvr Corte} From BJO fcg DLW bk R to CP startg LF trn, sd and fwd L with hoverg action cont body trn, rec R with R sd leadg to BJO fcg DRC;
- 5-9 **BK & BK/LK BK; OUTSIDE SPIN [DRW]; TO A L TRNG LK; NAT WEAVE;:**
- 5 {Bk & Bk/Lk Bk} Bkg twd DLW in BJO bk L, bk R/XLIF of R, bk R;
- 6 {Outsd Spin [DRW]} In BJO fcg DRC preparg to lead Woman outsd ptr comm a RF body trn toeg in with right sd lead bk L in CBMP small step strong 1/4 trn RF, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn between steps 2 and 3] sd and bk L to end in CP 1/8 RF trn to end fcg DRW; (Comm a RF body trn with left sd lead stayg well into the Man's right arm R foot fwd in CBMP outsd ptr heel to toe, L foot closes to R pvt on toes of both feet 1/2 trn between steps 1 and 2, cont to trn RF 1/8 between steps 2 and 3 fwd R between Man's ft to end in CP 1/8 RF trn end in CP fcg ptr;)
- 7 {To a L Trng Lk} From CP fcg DRW bk R with R sd lead and R sd stretch/XLIF of R, bk and slightly sd R startg to trn LF, sd and slightly fwd L to BJO DLW makg 1/4 LF trn between steps 3 and 4 as body trns less;
- 8-9 {Nat Weave} From BJO DLW fwd R comm to trn RF and blendg to CP, sd L with L sd stretch [a little under 1/4 RF trn between steps 1 and 2], with R sd lead bk R DLC preparg to lead ptr outsd man [slight RF trn between steps 2 and 3]; With R sd stretch bk L in CBMP, bk R comm LF trn passg through CP, with L sd stretch sd and fwd L [1/4 LF trn between steps 5 and 6 body trns less] in BJO fcg DLW; (Bk L comm to trn RF, R ft closes to L [heel trn] with R sd stretch trng 1/4 RF between steps 1 and 2, with L sd lead fwd L preparg to step in CBMP outsd ptr; With L sd stretch fwd R in CBMP outsd ptr, fwd L comm to trn LF passg through CP, with R sd stretch sd R [1/4 trn between steps 5 and 6] in BJO;)
- 10-12 **FWD & FWD/LK FWD; CURVED FEATHER [CKG]; BK PASSING CHG;**
- 10 {Fwd & Fwd/Lk Fwd} In BJO twd DLW fwd R, fwd L/XRIB of L, fwd L;
- 11 {Curved Feather [Ckg]} Fwd R comm to trn RF, with L sd stretch cont RF trn sd and fwd L, cont upper body trn to R with L sd stretch fwd R outsd ptr in BJO DRW; (Bk L comm to trn RF, stayg well in ptr's R arm with R sd stretch cont RF trn sd and bk R, cont upper body trn to R with R sd stretch bk L in BJO;)
- 12 {Bk Passing Chg} Staying in BJO bk L, bk R, bk L;

- 13-16** **OP FIN [DLW]; HVR TELEM RK; OP NAT; HESITATION CHG;**
- 13** {Open Finish} From BJO fcg DRW bk R trng LF, sd and fwd L to fc DLW, fwd R outsd ptr to BJO;
- 14** {Hvr Telemrk} Fwd L blendg to CP, diag sd & fwd R risg slightly [hoverg] with body trng 1/8 RF, fwd L on toes to SCP DLW; (Bk R, -, diag sd & bk L with hoverg action & body trng 1/4 RF, fwd R on toes to SCP;)
- 15** {Op Nat} From SCP DLW thru R heel to toe with RF upper body trn, sd L across LOD, cont slight RF upper body trn to lead ptr to step outsd bk R with R sd leadg to BJO fcg RLOD; (From SCP Thru L, fwd R to CP, fwd L with CBM;)
- 16** {Hesitation Chg} From CP RLOD comm RF upper body trn steppg bk L, sd R cont RF trn to fc DLC, drw L to R;

PART B [8 Measures]

- 1-4** **DRAG HESITATION; BK & BK/LK BK; OUTSD CHG SCP; X PVT [SDCAR];**
- 1** {Drag Hesitation} From CP DLC fwd L, beginng LF trn sd R cont LF trn drw L twd R over the remainder of the measure ending in BJO DRC, -;
- 2** {Bk & Bk/Lk Bk} Bkg twd DLW in BJO bk L, bk R/XLIF of R, bk R;
- 3** {Outsd Chg SCP} From BJO fcg DRC bk L, bk R trng LF, sd & fwd L to SCP DLW;
- 4** {X Pvt [SDCAR]} From SCP fcg DLW fwd R in front of Lady beginng a RF trn, sd L cont the RF trn, fwd R to SDCAR fcg DLC; (From SCP fcg DLW fwd L comm a RF trn, fwd R between ptr's ft heel to toe pvtg 3/8 RF, sd and bk L to SDCAR;)
- 5-8** **HVR X END; TRN LT & CHASSE BJO; OVER SPIN TRN [DRW]; OP FIN [DLW];**
- 5** {Hvr X End} With R sd stretch fwd L across R on toe/rec R, with L sd lead sd and fwd L, with a L sd stretch fwd R in BJO DLC; (With L sd stretch bk R across L on toe/rec L, with R sd lead sd and bk R small step, bk L in BJO;)
- 6** {Trn Lt & Chasse BJO} Fwd L comm LF upper body trn, sd R cont trn/cl L, sd R complete trn to BJO fcg DRC;
- 7** {Over Spin Trn [DRW]} From BJO DRC comm RF upper body trn bk L blendg to CP toe pvtg RF to fc LOD, fwd R between ptr's ft heel to toe cont RF trn keepg L leg extended bk and sd, complete trn sd and bk L to fc DRW; (Comm RF upper body trn fwd R outsd ptr's ft heel to toe blendg to CP and pvtg RF, bk L toe cont trn brush R to L, complete trn sd and fwd R;)
- 8** {Op Fin [DLW]} From CP fcg DRW bk R trng LF, sd and fwd L to fc DLW, fwd R outsd ptr to BJO;

PART C [15 Measures]

- 1-4** **HVR TELEM RK; RUNNING OP NAT; QK LK SLO LK; OP FIN;**
- 1** {Hvr Telemrk} From BJO fcg DLW fwd L blendg to CP, diag sd & fwd R risg slightly [hoverg] with body trng 1/8 RF, fwd L on toes to SCP DLW; (Bk R, diag sd & bk L with hoverg action & body trng 1/4 RF, fwd R on toes to SCP;)
- 2** {Running Op Nat} From SCP DLW thru R comm to trn RF, sd and bk L with slight L sd stretch [3/8 RF trn between steps 1 and 2]/bk R with R sd lead preparing to lead ptr outsd ptr in CBMP [1/8 trn R between steps 2 and 3], with slight R sd stretch bk L in BJO fcg RLOD; (Thru L comm upper body RF trn 1/4, stayg well into ptr's R arm with slight R sd stretch fwd R/fwd L with L sd lead preparg to step outsd ptr, with slight L sd stretch fwd R in BJO;)
- 3** {Qk Lk Slo Lk} With R sd lead and R sd stretch bk R/XLIF, bk R, XLIF;
- 4** {Op Fin} From BJO fcg RLOD bk R trng LF, sd and fwd L to fc DLW, fwd R outsd ptr to BJO;
- 5-8** **HVR [DLC]; X HESITATION; OUTSD CHG BJO; CL WING;**
- 1** {Hvr [DLC]} In BJO fcg DLW fwd L to CP DLW, fwd and slightly sd R risg to ball of ft, sd and slightly fwd L to tight SCP fcg DLC;
- 2** {X Hesitation} From SCP DLC thru R twd DLC, comm 1/2 LF trn to fc DRC on R tch L, -; (Thru L comm LF trn, sd R around ptr cont to trn LF, cont trn cl L to R in BJO;)
- 3** {Outsd Chg BJO} Bk L, bk R trng LF, sd and fwd L with L sd leadg to BJO fcg DLW;
- 4** {Cl Wing} From BJO fcg DLW fwd R, draw L to R with LF upper body trn, cont upper body trn to fc DLC tch L; (Bk L, sd R across Man, fwd L to SDCAR;)

- 9-12** **VIENNESE TRNS 1 & 1/2 [RLOD];: BK & CHASSE SCP [DLC]:**
- 9-11** {**Viennese Trns 1 & 1/2 [RLOD]**} Fwd L to CP comm LF trn, sd R cont LF trn, XLIF of R; Bk R cont LF trn, sd L cont LF trn, cl R to L; Fwd L comm LF trn, sd R cont LF trn, XLIF of R to end fcg RLOD; (Bk R comm LF trn, sd L cont LF trn, cl R to L; Fwd L cont LF trn, sd R cont LF trn, XLIF of R; Bk R comm LF trn, sd L cont LF trn, cl R to L;)
- 12** {**Bk & Chasse SCP [DLC]**} Bk R trng LF to fc WALL, sd L/cl R, sd L trng to SCP DLC;
- 13-15** **PROM WEAVE ~ SYNC THE ENDING:: CHG OF DIR:**
- 13-14** {**Promenade Weave ~ Sync the Ending**} From SCP DLC thru R, fwd L comm LF trn, sd & slightly bk on R to BJO DLC; Bk L DLC, bk R comm LF trn & lead lady to CP/sd & slightly fwd L DLW, fwd R outsd ptr to BJO DLW; (Thru L, sd & slightly bk R comm LF trn to BJO fcg DRW, cont trng on R until fcg LOD then fwd L DLW; Fwd R, fwd L DLC comm LF trn/cont LF trn sd & slightly bk R fcg COH, bk L to BJO;)
- 15** {**Chg of Direction**} Fwd L DLW, fwd R DLW with R shldr lead trng LF to fc DLC startg to draw L to R and cont drawg L to R over the remainder of the measure, -;

REPEAT PART A [16 Measures]

REPEAT PART B [8 Measures]

END [4 Measures]

- 1-4** **HVR [DLC]; THRU & CHASSE BJO; CL WING & BK TO SLO HINGE;:**
- 1** {**Hvr [DLC]**} From BJO fcg DLW fwd L to CP DLW, fwd and slightly sd R risg to ball of ft, sd and slightly fwd L to tight SCP fcg DLC;
- 2** {**Thru & Chasse BJO**} Thru R to fc ptr, sd L/cl R, sd L to BJO;
- 3-4** {**Cl Wing & Bk to Slo Hinge**} From BJO fwd R, draw L to R with LF upper body trn, cont upper body trn to fc DLC tch L; From SDCAR sd and slightly bk L to fc COH comm L sd stretch cont L sd stretch leadg ptr to cross her L ft beh her R keepg L sd in to ptr, relaxg L knee and trng R knee to sway R to look at ptr; (Bk L, sd R across Man, fwd L to SDCAR; Fwd & sd R trng to fc ptr comm R sd stretch and cont R sd stretch swvl LF, XLIF of R keepg L sd in twd ptr relaxg L knee [head to L with shldrs almost parallel to ptr] with no weight on R;)

"Disney Girls" Quick Cues**Sequence: Intro ABC AB End**

- CP DLW / Lead Feet Free / Wait 2 Measures
- Intro:** Wait; Wait; Fwd & Tch; Op Fin;
- A:** Diamond Trn 3/4 [DLW];;; Hvr Corte;
Bk & Bk/Lk Bk; Outsd Spin [DRW]; to a ~ Lt Trng Lk; Nat Weave;;
Fwd & Fwd/Lk Fwd; Curved Feather [Ckg]; Bk Passing Chg;
Op Fin [DLW]; Hvr Telemrk; Op Nat; Hesitation Chg;
- B:** Drag Hesitation; Bk & Bk/Lk Bk; Outsd Chg SCP; X Pvt [SDCAR];
Hvr X Ending; Trn L & Chasse BJO; Over Spin Trn [DRW]; Op Fin;
- C:** Hvr Telemrk; Running Op Nat; Qk Lk Slo Lk; Op Finish [DLW];
Hvr [DLC]; X Hesitation; Outsd Chg BJO; Cl Wing;
Viennese Trn 1 & 1/2;;; Bk & Chasse SCP DLC;
Promenade Weave ~ Sync the End;; Chg of Direction;
- A:** Diamond Trn 3/4 [DLW];;; Hvr Corte;
Bk & Bk/Lk Bk; Outsd Spin [DRW]; to a ~ Lt Trng Lk; Nat Weave;;
Fwd & Fwd/Lk Fwd; Curved Feather [Ckg]; Bk Passing Chg;
Op Fin [DLW]; Hvr Telemrk; Op Nat; Hesitation Chg;
- B:** Drag Hesitation; Bk & Bk/Lk Bk; Outsd Chg SCP; X Pvt [SDCAR];
Hvr X Ending; Trn L & Chasse BJO; Over Spin Trn [DRW]; Op Fin;
- End:** Hvr [DLC]; Thru & Chasse BJO; Cl Wing & Bk to a Slo Hinge [COH];,.