

# JA SENA

**Music :** Tol & Tol  
[www.discogs.com/Tol-Tol-Sedalia/release/1441334](http://www.discogs.com/Tol-Tol-Sedalia/release/1441334)  
Track # 7 Time 2:49 Available from choreographer

**Rhythm:** **Waltz** Phase: **V+1U** (Hover Corte w/ Slip Action) Slow Down w/ -10%  
**OPTION** (Diamond Turn w/ W Insd Turn)

**Footwork:** **Opposite except where (Noted)**

Release Date: Jan 17  
Choreo: Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium  
Email: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

**Sequence: INTRO AB AB END**



## INTRO

### 01-04 CP DRW LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} CP DRW ld ft free wt 4 meas ; ; ; ;

### 05-09 OUTSIDE CHANGE to BJO ; FWD FWD/LOCK FWD ; OP NATURAL ; OVER SPIN TURN ; BOX FINISH to DLW ;

{Outsd Chg to BJO} Comm LF trn bk L, bk & sd R cont LF trn, sd & fwd L (*W fwd R, fwd L trn LF Xif of M, bk R*) to BJO DLW ; {Fwd fwd/Lk Fwd} [1,2&3] Fwd R, fwd L/lk Rib, fwd L ; {OP Natural} Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet, fwd L*) to BJO DRC ; {Over Spin Turn} Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg 1/2 RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DRW ; {Box Finish to DLW} Bk R, sd & bk L trng 1/4 LF, cl R to CP DLW ;

## PART A

### 01-04 WHISK ; NATURAL WEAVE ; ; OP NATURAL ;

{Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; {Natural Weave} Fwd R trng RF, sd L, bk R (*W fwd L, R btwn M's ft, fwd L*) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn fwd L to BJO DLW ; {OP Natural} Repeat meas 7 Intro ;

### 05-08 BACK BACK/LOCK BACK ; HESITATION CHANGE ; TELEMAR to SCP ; RUNNING OP NATURAL ;

{Bk Bk/Lk Bk} (S,Q&Q) Bk L, bk R/lk Lf, bk R to BJO DRC ; {Hesitation Chng} [SS-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ; {Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; {Running OP Natural} [S,Q&Q] Thru R comm RF trn, cont RF trn sd & bk L/with right sd lead bk R Lead W outsd ptr, right sd stretch bk L (*W thru L, fwd R/left sd lead fwd L, left sd stretch fwd R outsd ptr*) to BJO DRW ;

### 09-12 HOVER CORTE ; BACK & CHASSE to SCAR ; FWD CHECK/W DEVELOPE ; HOVER CORTE w/ SLIP ACTION ;

{Hover Corte} Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg 1/2 LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; {Back & Chasse to SCAR} [S,Q&Q] Trn RF bk L shape to lft, sd R/cl L trn RF, fwd R DRW lose shape pvt RF to SCAR DRW ; {Fwd Ck/W Developpe} [S-]Fwd L outsd W checking, -, - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) ; {Hover Corte w/ Slip Action} Bk R, trng 1/2 LF sd & fwd L to LOD leavg R leg in pl, w/ slight LF upper bdy trn slp R bhd L contg bdy trn (*W fwd L, trng 1/2 LF sd & fwd R & brush L to R, fwd L outsd M's R ft*) to CP LOD ;

### 13-16 VIENNESE TURNS ; ; HOVER TELE ; THRU CHASSE to SCP ;

{Viennese Turns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; {Hover Tele} Fwd L, fwd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {Thru Chasse to SCP} [S,Q&Q] Thru R, sd to fc prtn L/cl R, fwd L to SCP LOD ;

### 17-19 IN & OUT RUNS ; ; CHAIR & SLIP ;

{In & Out Runs} Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L in frnt of M, cont trn fwd & sd R*) to SCP LOD ; {Chair & Slip} Ck fwd R w/bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

## PART B

### 01-04 DIAMOND TURN [OPTION : W INSIDE TURN] ; ; ; ;

**{Diamond Turn}** Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R **[OPTION {W Insd Turn} W fwd L comm LF trn under lead hands fc RDC, small sd R cont LF trn, small sd L compg LF trn]** to DRC ; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R **[OPTION {W Insd Turn} Repeat meas 2 Part B]** to BJO DLC ;

### 05-08 OP REVERSE TURN ; BACK & CHASSE to BJO ; OP NATURAL ; BACK & CHASSE to SCAR ;

**{OP Reverse Turn}** Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; **{Bk & Chasse to BJO}** [S,Q&Q] Bk R trng LF, sd L/cl R, sd & fwd L to BJO DLW ; **{OP Natural}** Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R btwn man's feet, fwd L*) to BJO DRC ; **{Bk & Chasse to SCAR}** [S,Q&Q] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DLW lose shape pvt RF to SCAR DLW ;

### 09-12 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; START WEAVE 6 ;

**{Cross Hover to BJO}** XLif, sd R hvrg, rec L to BJO ; **{Cross Hover to SCAR}** XRif, sd L hvrg, 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 DLC ; **{Start Weave 6}** Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L*) to BJO ;

### 13-17 FINISH WEAVE 6 to BJO ; FWD FWD/LOCK FWD ; OP NATURAL ; OVER SPIN TURN ; BOX FINISH to DLW ;

**{Weave 6 to BJO}** Bk L LOD, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R*) to BJO DLW ; **{Fwd fwd/Lk Fwd}** Repeat meas 6 Intro ; **{OP Natural}** Repeat meas 7 Intro ; **{Over Spin Turn}** Repeat meas 8 Intro ; **{Box Finish}** Repeat meas 9 Intro ;

## ENDING

### 01-04 WHISK ; THRU SYNCOTADED VINE ; SLOW THRU to a PROMENADE SWAY ; CHANGE to OVERSWAY ;

**{Whisk}** Repeat meas 1 Part A ; **{Thru Syncop Vine}** [S,Q&Q] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{Thru to a Prom Sway}** [1,2,-] Thru R, sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; **{Chng to Oversway}** W/no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ;

### 05-07 RECOVER to a HOVER to SCP ; SLOW THRU to HINGE & EXTEND ARMS ; ;

**{Rec to a Hover to SCP}** [SS] Rec R, risg sltly & brushg L to R, fwd L (*W Rec L trng RF risg & brushg R to L, contg RFtrn sd & fwd R*) to SCP LOD ; **{Slow Thru to a Hinch & Extend Arms}** Slow Thru R, fwd & sd L w/strong LF body trn & stretch trailing leg extended, hold (*W fwd L comm LF trn, sd R, XLib/extend R*) ; With upper body stretch lower trailing hnd to ptr's waist (*W lower ld hnd to ptr's shldr*), extend free arms ;