

# MY SERENADE

**Music:** Ray Conniff  
Cd: Concert In Rhythm  
<https://www.amazon.com/Concert-Rhythm-Vol-Ray-Conniff/dp/B0000024QH>  
Track # 12 Time 2:29 Available from choreographer

**Rhythm:** Foxtrot **Phase:** IV+2 (DBL Reverse Spin + Check & Weave)

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

**Release Date:** Feb 24

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO ABC C BRIDGE A(1-8) BRIDGE END



## INTRO

### 01-05 CP DLW LEAD FOOT FREE WAIT TWO MEASURES ; ; HOVER TELE ; THRU VINE 4 ; CROSS HESITATION ;

**{Wait}** CP DLW ld ft free wt 2 meas ; ; **{Hover Tele}** Fwd L, -, fwd & sd R risg w/ rt shldr lead, sd & fwd L to SCP LOD ; **{Thru Vine 4}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{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 arnd M trng LF, contg LF trn cl L to DLW*) to BJO DRC ;

### 06-10 SPIN TURN ; OUTSIDE CHECK ; BACK & CHASSE to SCAR DRW ; FWD CHECKG/W DEVELOPE ; BACK to FACE SIDE CLOSE ;

**{Spin Trn}** Begin RF upper body trn 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 ; **{Outsd Check}** Bk R w/ checkg action, -, sd L w/ lft shldr ld, fwd R in BJO DLC w/ checkg action ; **{Bk & Chasse to SCAR [S,Q&Q]}** Bk L, -, trng RF to RLOD chasse sd R/cl L, sd & fwd R trng to SCAR DRW ; **{Fwd Checkg/W Develope}** Fwd L outsd W's lft sd checkg, -, - (*W bk R, -, bring L ft up R leg to insd of R knee, extend L ft fwd*) to DRW ; **{Bk to Fc Sd Cl}** Bk R swiv LF to fcg ptr, sd L, cl R swiv to DLW ;

## PART A

### 01-04 WHISK ; THRU to LEFT WHISK ; UNWIND/W in 4 to BJO ; SLOW OUTSIDE SWIVEL to SCP ;

**{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 L (*W thru L, -, sd & slightly bk R to CP, XLib*) to SCP DRW ; **{Unwind/W in 4}** [W S,Q&Q] Unwind RF w/ wgt on both ft, -, -, - (*W arnd M CW fwd R, fwd L/lk Rib, fwd L*) to BJO LOD ; **{Slow Outsd Swiv to SCP}** [S&] Bk L trng body RF, -, allow R to draw bk slightly ifo L (*W fwd R, -, swiv RF to SCP*) to SCP LOD, -;

### 05 08- PROMENADE WEAVE ; ; CHANGE of DIRECTION ; DOUBLE REVERSE SPIN to LOD ;

**{Promenade Weave}** 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 LOD ; [QQQQ] 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 ; **{Dbl Reverse Spin to LOD}** [SS/S,Q&Q] 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 LOD ;

### 09-12 DIAMOND TURN 1/2 ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

**{Diamond Trn 1/2}** Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to DRW ; **{Qk Diamond 4}** [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; **{Dip Bk & Rec}** [SS] Bk L w/ flexed knee, -, rec R to CP LOD, -;

## PART B

### 01-04 TELEMARK to SCP ; MANUVER ; IMPETUS to SCP ; THRU SIDE BEHIND ;

**{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 ; **{Manuver}** Trng RF fwd R ifo W, -, sd L cont trn, cl R (*W fwd L, -, R, L*) to CP RLOD ; **{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 ; **{Thru Sd Behind}** Thru R, -, sd L to fcg ptr, XRib (*W XLib*) to BFLY WALL ;

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### **05-08 ROLL 3 to SCP ; IN & OUT RUNS ; ; WHIPLASH to BJO ;**

**{Roll 3 to SCP}** [Rlsg both hnds] Start LF trn (*W RF*) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn 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 ; **{Whiplash to BJO}** [S&] Thru R, -, trng bdy RF to ptr pnt L LOD (*W thru L, -, pnt R fwd swiv slowly on L LF to fc ptr*) to BJO DLW, -;

### **09-12 BACK WHISK ; MANUEVER ; CLOSED IMPETUS ; FEATHER FINISH ;**

**{Bk Whisk}** Bk L, -, bk & sd R, XLib (*W fwd R trng ½ RF, bk & sd L, XRib*) to SCP LOD ; **{Manuever}** Repeat meas2 Part B ; **{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 ; **{Feather Finish}** Bk R trn LF, -, sd & fwd L compg ¼ LF trn, fwd R outsd W to BJO DLC ;

## PART C

### **01-04 REVERSE WAVE 3 to CHECK & WEAVE ; ; ; DRAG HESITATION ;**

**{Reverse Wave 3 to Check & Weave}** Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L to CP DRC ; [SQQ;QQQQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ rt shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ; **{Drag Hesitation}** [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ;

### **05-08 IMPETUS to ½ OP LOD ; OP IN & OUT RUNS ; ; CHAIR & SLIP ;**

**{Impetus to ½ OP LOD}** Repeat meas 3 Part B to ½ OP LOD ; **{OP In & Out Runs}** Fwd R comm RF trn, -, sd & fwd L ifo W contg trn, sd & fwd R to ½ LOP LOD [w/trl arms out to sd] ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L ifo M contg trn, fwd & sd R*) to ½ OP LOD [w/ ld arms out to sd] ; **{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 ;

### **09-12 LACE BOX ; ; ; ;**

**{Lace Box}** Fwd L trng ¼ LF to fcg DRC, -, sd R, cl L ; [Raisg jnd ld hnds] Bk R trng ¼ LF to fcg DRW, -, sd L, cl R (*W sm fwd L, R, L circ CW under ld arms [not passing thru & no trn]*) ; Fwd L trng ¼ LF to fcg DLW, -, bringing arms down sd R, cl L (*W passg thru under raised arms fwd R startg ½ CW circ, contg circ as arms come down fwd L, fwd R*) to CP DLW ; Bk R trng ¼ LF to fcg DLC, -, sd L, cl R ;

## BRIDGE

### **01-02 TELEMAR to SCP ; THRU SIDE BEHIND ;**

**{Telemark to SCP}** Repeat meas 1 Part B ; **{Thru Sd Behind}** Repeat meas 4 Part B ;

## ENDING

### **01-04 TWISTY VINE 3 ; MANUEVER PIVOT to WALL ; TWISTY VINE 3 ; MANUEVER PIVOT to WALL ;**

**{Twisty Vine 3}** Trng RF sd L, -, XRib, trng LF sd & fwd L to BJO DLW ; **{Manuever Pivot 3 to Wall}** Fwd R trng RF to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL ; Repeat meas 1,2 Ending ; ;

### **05-10 WHISK ; THRU VINE 4 ; MANUEVER ; DIP BACK ; WAIT ; LEG CRAWL ;**

**{Whisk}** Repeat meas 1 Part A ; **{Thru Vine 4}** Repeat meas 4 Intro ; **{Manuever}** Repeat meas 2 Part B ; **{Dip Bk}** [S] Bk L w/ flexed knee (*W fwd R*), -, -, - ; **{Wait}** -, -, -, - ; **{Leg Crawl}** [Q] (*W left leg up along man's outer thigh w/ toe pntd to floor*) ;