

THE SUN, THE SEA & THE SKY

Music: Manuel & The Music of the Mountain
www.amazon.com/The-Ultimate-Ballroom-Album-4/dp/B000B5KWLO
Track # 9 Time 3:12 Available from choreographer

Rhythm: Waltz Phase: III+2(Diamond Turn+Chair & Slip)
+1U (Box w/ 2 Ways Underarm Trn to LOP Rlod)

Footwork: Opposite except where (Noted)

Release Date: Dec 22

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Sequence: INTRO AB AB END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWISTY BALANCE LEFT & RIGHT ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; **{Twisty Balance L & R}** Sd L w/ slight RF body trn, XRib, trng slightly LF rec L (W sd R w/ slight RF body trn, XLif, trng LF rec R) to BFLY ; Sd R w/ slight LF body trn, XLib, trng slightly RF rec L (W sd L w/ slight LF body trn, XLif, trng RF rec R) to BFLY WALL ;

PART A

01-04 TWISTY VINE to BJO; FORWARD FACE CLOSE ; TWIRL/VINE ; PICKUP SIDE CLOSE ;

{Twisty Vine to BJO} Sd L w/ slight RF body trn, XRib, trng slightly LF sd & fwd L (W sd R w/ slight RF body trn, XLif, trng LF sd & bk R) trng to BJO DLW ; **{Fwd Fc Cl}** XRif (W XLif), fwd L to fc ptr, cl R ; **{Twirl/Vine}** Raisg jnd Id hnds Sd L, XRib, sd L (W sd R start trng RF on ball of R under Id hnds, cont RF trn bk L to fc COH, sd R) to SCP LOD ; **{Pickup Sd Cl}** Sm fwd R, sd L, cl R (W trng LF fwd L ifo M, cont trn sd R, cl L) to CP LOD ;

05-08 DIAMOND TURN ; ; ; ;

{Diamond Trn} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R to BJO DRW ; Repeat meas 5,6 Part A to BJO DLW & DLC ; ;

09-12 TWO LEFT TURNS ; ; WHISK ; THRU CHASSE to BJO ;

{2 Left Trns} Fwd L stg LF trn, sd R contg LF trn, cl L ; Contg LF trn bk R, sd L contg LF trn, cl R to CP WALL ; **{Whisk}** Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (W XRib) cont to full rise ; **{Thru Chasse to BJO}** 1,2&3] Thru R, sd to fc prt L/cl R, sd & fwd L (W thru L trng LF, sd R/cl L, sd & bk R) to BJO LOD ;

13-16 FWD FWD/LOCK FWD ; MANUEVER ; IMPETUS to SCP ; CHAIR & SLIP ;

{Fwd Fwd/Lock Fwd} [1,2&3] Fwd R, fwd L/lk Rib, fwd L ; **{Manuever}** Fwd R comm RF trn, fwd & sd L cont RF trn, cl R to CP RLOD ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd 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 LOD ;

PART B

01-04 BOX W/ TWO WAY'S UNDERARM TURN to LOP RLOD ; ; ; ;

{Box w/ 2 Ways Underarm Trn to LOP RLOD} Fwd L, sd R, cl L ; Bk R raisg jnd Id hnds, sd L, cl R (W fwd L startg wide RF circle under jnd hnds, fwd R contg RF trn, fwd L compg RF trn) to mod LOP LOD [W ahead of M, Id hnds high] ; Fwd L twd LOD then swiv ¼ LF to fc COH (W fwd R twd LOD then swiv ¼ RF to fc WALL) to offset LOP-FCG pos, sm sd R, cl L ; Fwd R passg W then swiv RF, contg RF trn sm sd L, compg RF trn cl R (W fwd L passg M and commg wide LF circle under jnd hnds, sd R contg LF trn, cl L compg LF trn) to LOP RLOD ;

05-08 THRU TWINKLE to SCP ; MANUEVER ; TWO RIGHT TURNS ; ;

{Thru Twinkle to SCP} Thru L twd RLOD, sd R trng LF to fc ptr, cl L to SCP LOD ; **{Manuever}** Thru R comm RF trn ifo W, sd L cont RF trng to fc ptr, cl R to CP RLOD ; **{2 Right Tns}** Startg RF trn bk L, sd R cont trn, cl L ; Cont RF trn fwd R, sd L, cl R to BFLY WALL ;

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09-12 HOVER ; THRU FACE BEHIND ; ROLL 3 to ½ OP LOD ; START OP IN & OUT RUNS ;

{Hover} Fwd L, sd & fwd R risg, sd & fwd L (*W bk R, sd & bk L risg, sd & fwd R*) to SCP LOD ; {Thru Fc Behind} Thru R, sd L to fc ptr, XRib (*W XLif*) ; {Roll 3 to SCP} Start LF trn (*W RF*) sd & fwd L, small sd R cont LF trn, sd & fwd L cont LF trn to ½ OP LOD ; {Start OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W fwd R, L, R*) ;

13-16 FINISH OP IN & OUT RUNS ; MANUVER ; SPIN TURN ; HALF a BACK BOX,

{Finish OP In & Out Runs} Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R*) to ½ OP LOD w/ free arms out to sd ; {Manuver} Repeat meas 6 Part B ; {Spin Trn} Stg RF upper bdy trn bk L pvtg ½ 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 ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; {1/2 Bk Box to LOD} Bk R, sd L trn to LOD, cl R to CP LOD ;

17-20 FORWARD WALTZ ; DRIFT APART ; THRU TWINKLE OUT & IN SWIVEL to SCAR DLW ; ;

{Fwd Waltz} Fwd L, R, L ; {Drift Apt} In place R, L, R (*W bk L, bk & sd R, cl L*) ; {Thru Twinkle Out & In to SCAR DLW} XLif (*W XRif*) to WALL, trng LF sd R, cl L to OP COH ; XRif (*W XLif*) to COH, trng RF sd L, cl R swiv to SCAR DLW ;

21-24 CROSS HOVER BJO - SCAR & BJO ; ; ; FORWARD FACE CLOSE ;

{Cross Hover to BJO – SCAR & BJO } XLif, sd R & fwd hvrg, rec L to BJO ; XRif, sd & fwd L sd hvrg, rec R to SCAR ; Repeat meas 21 Part B ; {Fwd Fc Cl} Fwd R, sd & fwd L trng RF to fc ptr, cl R to BFLY WALL ;

ENDING

01-04 TWIRL/VINE ; THRU CHASSE to SCP TWICE ; ; THRU CHAIR & HOLD ; ;

{Twirl/Vine} Repeat meas 3 Part A ; {Thru Chasse to SCP x 2} [1,2&3] Thru R, sd to fc ptr L/cl R, fwd L to SCP LOD ; Slow Down & Repeat meas 2 Endg ; {Thru Chair} Strong fwd R in lunge action bendg knee, -, -;