

# RECOGNISE YOURSELF

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa-ken

250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp

Record : "Tu Te Reconnaître" CD: Ballroom Nights 7 CD 1 track 19

Rhythm : Hesitation Canter Waltz ph IV+2 (Double Rev Spin, Contra Ck)

Speed : As on CD time: 2'58" Date : December 2017 Ver.1.1

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - INT - A - B - B(9-16) - Ending



## Meas

## INTRO

### 1~ 9 Low Bfly/Wall lead foot free for both Wait Pickup notes & 1 meas; Explode Apt; Spin Manuv; OP Impetus; Prom Weave;; Whisk; Thru Fc Cl(Bfly/Wall); Canter;

- 1— 1 Low Bfly/Wall lead foot free for both Wait pickup notes & 1 meas;  
146 2 (Explode Apt) Step strongly apt L with lead arm sweep CCW to OP fc LOD;  
146 3 (Spin Manuv) Fwd R twd DW commence RF trn lead W LF spin,, cont RF trn sd L,, cl R  
Fc RLOD(W fwd L twd DC commence LF spin,, cont spin R,, L fc LOD) CP/RLOD;  
146 4 (OP Impetus) Bk L commence RF trn,, cl R cont RF trn(heel trn),, SCP/DC fwd L(W fwd R  
heel to toe pivot 1/2 RF,, sd & fwd L cont RF trn around man brush R to L,, fwd R);  
146 5- 6 (Prom Weave) Fwd R,, fwd L commence LF trn to CP,, cont LF trn sd & bk R fc RDC(W fwd L,  
LF trn sd R to CP, commence trn sd & fwd L);  
1346 Bk L twd DC contra Bjo,, bk R cont LF trn CP, cont LF trn sd & fwd L contra Bjo/DW,,  
fwd R(W fwd R contra Bjo,, fwd L cont LF trn to CP,, sd & bk R) Bjo/DW;  
146 7 (Whisk) Fwd L,, sd R,, XLIB of R SCP/LOD;  
146 8 (Thru Fc Cl) Thru R,, sd L fc partner,, cl R Bfly/Wall;  
1-6 9 (Canter) Sd L,, draw,, cl R;

## Meas

## PART A

### 1~ 8 Waltz Away; Roll Across(LOP/LOD); Canter Vine to Bfly; OP Fallaway & Slip(CP/RDW); Contra Ck & Hold; Rec Prom Sway; Chg Oversway; Rec Tch;

- 146 1 (Waltz Away) Blend OP/LOD fwd L,, fwd R cont LF body trn but look twd LOD,, cl L in  
slightly V bk to bk;  
146 2 (Roll Across LOP) Fwd R twd Wall commence RF trn,, cont RF trn sd L,, cont trn fc LOD  
sd R(W fwd L twd COH commence LF trn,, cont LF trn sd R,, cont trn fc LOD sd L) to LOP;  
1346 3 (Canter Vine) Fwd L 1/4 LF trn,, sd R to Bfly, XLIB of R,, sd R Bfly/COH;  
-46 4 (OP Fallaway & Slip) Flare L CCW on R OP/RLOD,, XLIB of R,, slip R bk cont LF trn on R  
(W flare R CW on L,, XRIB of L,, swivel LF fwd R) CP/RDW;  
1— 5 (Slow Contra Ck) Opening heads slowly start to slide L ft fwd chg to closed head as ck fwd  
L,,,,;  
14 6 (Rec Prom Sway) Rec R,, sd & fwd L twd LOD stretch left sd look over joined lead hand,, ;  
— 7 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of  
body, cont sway & look W(W look L);  
1— 8 (Rec Tch) Rec R,, tch L to R,, ;

### 9~13 Twirl Vine 3 SCP; Chair Rec Sd(Scar/RDW); Canter Twisty Vine; Scar Ck Fwd W Develop; Rec W Insd Trn(CP/LOD);

- 146 9 (Twirl Vine 3) Sd L lead W RF trn,, XRIB of L,, sd L(W fwd R twd LOD commence RF trn  
under lead hand,, sd L cont RF trn,, cont trn fc COH sd R) SCP/LOD;  
146 10 (Chair Rec Sd) Thru R relax right knee,, rec L commence RF trn,, sd R cont RF trn  
Scar/RDW;  
1346 11 (Canter Twisty Vine) XLIF of R,, sd R, XLIB of R to Bjo,, sd R Scar/RDW;  
1— 12 (Ck Fwd W Develop) Ck fwd L,,,, (W bk R,, L knee lift,, kick L foot extend);  
146 13 (Rec W Insd Trn) Rec R commence LF trn lead W LF trn under lead hands,, cont LF trn  
sd L,, cl R(W fwd L commence LF trn under lead hands,, sd & bk R cont LF trn,, fwd L  
cont trn fc RDC) CP/LOD;

Meas

PART B

**1~ 8 Slow Viennese Trns;; Hover Telemark; Cross Pivot Scar; Cross Hover SCP; Canter Vine; Chair & Slip; Canter DBL Rev Spin(CP/DC);**

- 146 1-2 (Slow Viennese Trns) Fwd L trn LF,, sd R cont LF trn,, XLIF of R (W cl R) fc RDC; cont LF  
 146 trn bk R trn LF,, sd L cont LF trn,, cl R (W XLIF of R) fc DW;  
 146 3 (Hover Telemark) Fwd L,, sd & fwd R btwn W's ft trning RF,, fwd L in SCP DW;  
 146 4 (Cross Pivot Scar) Fwd R in front of W commence RF trn,, sd L cont RF trn,, fwd R (W fwd  
 L commence RF trn,, fwd R between M's feet heel to toe pivoting 1/2 RF,, sd & bk L) to  
 Scar fc DW;  
 146 5 (Cross Hover SCP) XLIF of R,, sd R lead W RF trn,, sd & fwd L SCP/LOD;  
 1346 6 (Canter Vine) Thru R,, fc partner sd L, XRIB of L,, sd & fwd L SCP/LOD;  
 146 7 (Chair & Slip) Lunge thru R,, recov L,, slip LF bk R (W slip fwd L to CP) CP/DC;  
 1346 8 (Canter Double Rev Spin) Fwd L commence LF trn,, sd R arnd W cont LF trn, spin LF on R to  
 CP fc DC,, (W bk R,, cl L to R heel trn, cont LF trn sd R,, XLIF of R end CP);

**9~16 Slow Viennese Trns;; Hover Telemark; Cross Pivot Scar; Cross Hover SCP; Canter Vine; Chair & Slip; Canter DBL Rev Spin(CP/DC);**

9-16 Repeat meas 1-8 of Part B:;:;:;:;

Meas

INTERLUDE

**1~ 5 OP Rev Trn; Hover Corte; Outsd Swivel Twice; Bk Whisk; Thru Fc Cl;**

- 146 1 (OP Rev Trn) Fwd L commence LF trn,, sd R & bk cont LF trn,, right side stretch bk L  
 twd LOD in contra bjo;  
 146 2 (Hover Corte) Bk R commence LF trn,, sd L cont LF trn and body stretch,, cont LF trn  
 Bjo/DW rec bk R twd RDC;  
 14 3 (Outside Swvls Twice) Bk L trn body RF to cause W to swivel to SCP (W fwd R trning body RF  
 to swivel on R end SCP LOD),,, fwd R trn body LF to cause W to swivel to Bjo(W fwd L trn  
 body LF to swivel on L) end Bjo LOD,,;  
 146 4 (Bk Whisk) Bk L,, sd & bk R lead W RF trn,, XLIB of R(W fwd R commence RF trn, cont  
 RF trn sd L, XRIB of L) SCP/LOD;  
 146 5 (Thru Fc Cl) Thru R,, sd L fc partner,, cl R Bfly/Wall;

Meas

ENDING

**1~ 4 OP Telemark; Canter Vine; Thru Fc Cl; Sd to Oversway;**

- 146 1 (OP Telemark) Fwd L commence LF trn,, sd R cont LF trn,, sd & slightly fwd L(W bk R  
 commence LF trn bring L beside R with no weight,, cont LF trn on R heel and change  
 weight to L,, sd & fwd R) to end SCP/LOD;  
 1346 2 (Canter Vine) Thru R,, fc partner sd L, XRIB of L,, sd & fwd L SCP/LOD;  
 146 3 (Thru Fc Cl) Thru R,, sd L fc partner,, cl R Bfly/Wall;  
 1— 4 (Sd to Oversway) Sd & fwd L stretch left sd look over joined lead hand,, relax L knee keeping  
 R leg extended slight LF trn stretch L sd of body,, cont sway & look W(W look L);