

THE FIRST HELLO (The Last Goodbye)

Music: Roger Whittaker
www.amazon.com/
Time 2:58 Speed Up w/ +10%
Available from choreographer

Rhythm: Bolero Phase: IV+2 (Horseshoe Turn + Riff Turn)

Footwork: Opposite except where (Noted)

Release Date: July 18

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: INTRO ABC AB(1-9) A(1-8) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL BASIC ; ;

{Wait} BFLY pos WALL ld ft free wt 2 meas ; ; {Full Basic} Sd L, -, bk R w/ bk contra ck action, rec L ; Sd R, -, fwd L w/ contra ck action, rec R ;

PART A

01-04 DBL HANDHOLD UNDERARM TURN ; STACKED HANDS OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; FENCE LINE w/ ARMSWEEP ;

{Dbl Hnd Hold Underarm Turn} Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked Lft over Rt hands (*W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hands L over R*) to WALL ; {Stacked Hnds OP Break} With stacked hnds Sd R, -, apt L, rec R to W's r-sd ; {Change Sides /W Underarm} Fwd L WALL chg sds lead W trn under stacked hnds, -, sd R, XLif (*W fwd R COH Lf trn under stacked hnds chg sds, -, sd L, XRif*) to BFLY COH ; {Fence Line w/ Armsweep} Sd R body rise, -, XLif bent knee left arm circle CW in front of body, rec bk R to BFLY COH ;

05-08 TURNING BASIC ; BACK BREAK to 1/2 OP LOD ; OP IN & OUT RUNS ; ;

{Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (*W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF*) to BFLY WALL ; {Bk Break to ½ OP LOD} Sd R, -. XLIB to SCP, fwd R to ½ OP LOD ; {Op In & Out Runs} Fwd L rise, -, fwd R twd DLW across W comm trn RF, bk L cont trn to fc LOD w/ free arms out to sd (*W fwd R rise, -, L, R*) to ½ LOP LOD ; Fwd R rise, -, fwd L, R w/ free arms out to sd (*W fwd L rise, -, fwd R twd DLW across M comm trn RF, bk L cont trn to fc LOD*) to ½ OP LOD ;

09-9^{1/2} SLOW HIP ROCK TWO ; SINGLE RIFF TURN ;

{Slow Hip Rock 2} [SS] Fwd & Sd L to fcg ptr rollg L hip, -, rec R rollg R hip, - ; {Single Riff Turn} [QQ] Sd L raisg ld hnds, cl R (*W sd & fwd R com RF spin, cl L compg full RF spin under ld hnds*) ;

PART B

01-04 RIGHT SIDE PASS ; LUNGE BREAK ; SPOT TURN TWICE ; ;

{Right Sd Pass} Fwd & sd L begin RF trn raise lead hds to create window, -, XRib cont RF trn, fwd L (*W fwd R, -, fwd L begin LF trn, bk R cont LF trn under raised lead hds*) to BFLY COH ; {Lunge Break} Sd R, -, lower on R extend L leg bk & sd extend trl arm to sd, rise on R (*W sd L, -, bk R, rec L*) to BFLY COH ; {Spot Turn x 2} Sd & fwd L to slight V pos RLOD, -, relg hnds & trng LF XRIF (*trng RF XLIF*), rec L to BFLY COH ; Sd & fwd R to slight V pos LOD, -, relg hnds & trng RF XLIF, fwd & sd R contg trn to BFLY COH ;

05-08 LEFT SIDE PASS ; REVERSE UNDERARM TURN ; AIDA PREPARATION ; AIDA LINE SWITCH & CLOSE ;

{Left Sd Pass} Fwd L trng RF to DLC, -, trng LF rec R, cont LF trn sd & fwd L to fc WALL (*W fwd R DLC trng ¼ RF & bk to ptr, -, sd & fwd L w/ strong LF trn, bk R*) to BFLY WALL ; {Reverse Underarm Trn} Sd R, -, XLif, bk R (*W sd L comm ½ LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr*) to BFLY WALL ; {Aida Prep} Sd L rise to slight OP "V" shape, -, thru R flex knee comm trn RF, sd L to Bfly ; {Aida Line Switch & Cl} Releasg trail hnds Trn RF bk R slight "V" bk to bk pos RLOD sweep trail hnds up (*lady trn LF*), -, trn LF bring lead hnds thru (*lady RF*) sd L soft knee shape to ptr, cl R ;

09-9^{1/2} VINE 4 ; SINGLE RIFF TURN ;

{Vine 4} [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) ; {Single Riff Turn} Repeat meas 9^{1/2} Part A ;

PART C

01-04 DOUBLE HANDHOLD OPENING OUT TWICE ; ; ALTERNATING UNDERARM TURN W & M ; ;

{DBL Hnd Opening Out x 2} Sd & fwd small step L body rise and body rotate LF, -, lower on L and extend R foot to sd, rise on L body rotate in Bfly (*W sd & bk R body rise and body rotate LF match ptr, -, XLib lowering, fwd R to Bfly*) ; CI R body rise and body rotate RF, -, lower on R and extend L foot to sd, rise on R body rotate in Bfly (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowering, fwd L to Bfly*) ; **{Alternating Underarm Turn W & M}** Raisg jnd Id hnds sd L, -, XRib, rec L (*W sd R, -, trng RF undr jnd Id hnds fwd L, fwd R cont RF trn to fc ptr*) ; [join tl hnds] Sd R, -, trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr (*W sd L, -, XRib, rec L*) to BFLY WALL ;

05-08 TURNING BASIC ; HORSESHOE TURN ; ; NEW YORKER ;

{Turning Basic} Repeat meas 5 Part A to BFLY COH ; **{Horseshoe Turn}** Sd & fwd R trng RF to V pos LOD, -, thru L to LOD, lk Rib to V pos & raise Id hnds ; Circ LF fwd L, -, R, L (*W circ RF ½ undr jnd hnds fwd R, -, L, R*) to BFLY WALL ; **{New Yorker}** Sd & fwd R RLOD rise, -, slght trn RF (*W LF*) ck thru L soft knee, rec R trn to BFLY WALL ;

ENDING

01-04 TURNING BASIC ; VINE 3 ; FWD to SCAR CHKG/W DEVELOPE ; On the word " BYE" BACK & HIP ROCK 2 ;

{Turning Basic} Repeat meas 5 Part A to BFLY COH ; **{Vine 3}** To LOD Sd R, -, XLib (*W XRib*), sd R ; **{Fwd to SCAR Chkg/W Develope & Wait}** [S,S] In BFLY Fwd L trng to SCAR outsd W checking & DRW, -, -, - (*W bk R trng to SCAR, bring L ft up R leg to insd of R knee, extend L ft fwd*) ; **{On the word "Bye" Bk & Hip Rock 2}** Bk R to fcg ptr, -, sd L rollg L hip, rec R rollg R hip to BFLY COH ;

05-06 TURNING BASIC INTO LUNGE & SIT LINE ; ;

{Turning Basic Into Lunge Break} Sd L w/ RF upper bdy trn, -, bk R comm trng ¼ LF, fwd L cont trn (*W sd R w/ RF upper bdy trn, -, fwd L comm trng ¼ LF w/ slip action, bk R cont trn*) to WALL ; [S] releasg trail hnds Lower on L extend R leg bk & sd extend trail arm to sd (*W bk L in sit line extend Id arm to sd*) ;