

WALTZ FOR JANE (4)

Music: The Ballroom Network

<https://music.amazon.ca/albums/B0GTWPN82D>

Track # 11 Time 4:11 For Intro by Jos copy from 1.31,58 to 1.34,58

Shortened from 1.02,7 to 1.34,67 to Time 3:41 Available from choreographer

Rhythm: Hesitation & Canter Walz Phase: IV

Footwork: Opposite except where (Noted)

Release Date: May 26

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO A A B(1-14) A B B(1-14) B(1-6) END



INTRO

01 - 02 CP DLC LEAD FOOT FREE WAIT FOR 2 MEASURES ; ;

{Wait} CP DLC ld ft free wt for 2 meas ; ;

PART A

01-04 FOUR VIENNESE TURNS ; ; ; ;

{Viennese Trns x 4} 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 ; Repeat meas 1,2 Part A to CP DLW ;

05-08 HOVER TELE ; CROSS PIVOT to SCAR ; FWD CHECKG/W DEVELOPE ; SLOW RECOVER to FACE w/ BRUSH to SCP ;

{Hover Tele} Fwd L,-,-, fwd R risg & lft shldr lead,-,-, sd & fwd L to SCP DLW ; {Cross Pivot to SCAR} Fwd R ifo W comm RF trn,-,-, sd L cont trn,-,-, fwd R (W fwd L sm stp,-,-, fwd R btwn M's ft heel to toe pvt 1/2 RF,-,-, contg trn sd & bk L) to SCAR DLW ; {Fwd Ckg/W Develope} [1] Fwd L DLW outsd W ckg,-,-,-,-,- (W bk R, bring L ft up R leg to insd of R knee, xtnd L ft fwd) ; {Slow Rec to Fc & brush to SCP} [14] Rec R & swiv to CP WALL,-,-,-, hvrg & trng fwd L SCP DLC,-,-,-;

09-12 THREE IN & OUT RUNS ; ; ; BACK TWISTY CANTER VINE ;

{In & Out Runs x 3} 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 ifo M,-,-, cont trn fwd & sd R) to SCP DLC ; Repeat meas 9 Part A ; {Bk Twisty Canter Vine} [1346] Bk L comm RF trn,-,-, sd R, in SCAR fwd L,-,-, sd R BJO (W fwd R comm RF trn,-,-, sd L, in SCAR bk R,-,-, sd L to BJO) ;

13-16 IMPETUS to SCP ; FWD HOVER to BJO ; BACK HOVER to SCP ; CHAIR & SLIP ;

{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 DLC ; {Fwd Hover to BJO} Fwd R,-,-, fwd L w/ rise (W trns LF),,-, rec R to BJO DLW ; {Bk Hover to SCP} Bk L,-,-, bk & sd R w/ rise & slight LF trn,-,-, rec fwd L (W fwd R,-,-, fwd & sd L trng RF to CP,-,-, fwd R) to SCP DLW ; {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 TELEMARK to SCP ; OP NATURAL ; QUICK DBL OUTSIDE SWIVEL ; BACK BACK/LOCK BACK ;

{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 ; {OP Natural} Thru R stg RF trn,-,-, contg RF trn sd L ifo W,-,-, bk R (W small thru L,-,-, fwd R btwn M's ft,-,-, fwd L) to BJO RLOD ; {Qk Dbl Outsd Swiv} [14] Bk L,-,-, XRif w/ no weight (W In BJO fwd R,-,-, swvl RF on ball of R ft) endg in SCP DRW, fwd R,-,-, lvng L w/ no weight (W in SCP fwd L,-,-, swvl LF on ball of L ft) endg to BJO DRW ; {Bk Bk/Lock Bk} (1346) Bk L,-,-, bk R/lk Lif,-,-, bk R to BJO ;

05-08 SPIN TURN STEP BACK & CHASSE to SCP ; ; WEAVE 6 to 1/2 OP LOD ; ;

{Spin Trn} 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 DLW ; {Step Bk & Chasse to SCP} [1346] Bk R trng LF,-,-, sd L,cl R,-,-, sd & fwd L to SCP DLW ; {Weave 6 to 1/2 OP LOD} 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 LOD to BJO) ; Bk L LOD,-,-, bk R trng LF trn,-,-, sd & fwd L (W fwd R outsd ptr,-,-, fwd L,-,-, fwd R) to 1/2 OP LOD ;

09-12 OP IN & OUT RUNS ; ; WHIPLASH to BJO ; BACK WHISK ;

{OP In & Out Runs} Fwd R begin RF trn,-,-, sd & fwd L xg ifo W cont trn,-,-, sd & fwd R (W fwd R,-,-, L,-,-, R) to 1/2 LOP LOD w/ free arms out to sd ; Fwd L,-,-, R,-,-, L (W fwd R begin RF trn,-,-, sd & fwd L xg ifo M cont trn,-,-, fwd & sd R) to 1/2 OP LOD w/ free arms out to sd ; {Whiplash to BFLY} [1] Thru R, trng bdy RF to ptr point L LOD (W thru L, point R fwd, swiv slowly on L LF to fc ptr) to BJO DLW ; {Bk Whisk} Bk L,-,-, bk & sd R,-,-, XLib (W fwd R,-,-, fwd & sd L trng RF,-,-, XRib) to SCP DLW ;

13-16 CROSS HESITATION ; PIVOT 2 to LOD ; TURN LEFT & R CHASSE to BJO ; HESITATION CHANGE

{Cross Hesitation} [1/146] Fwd R,-,-, w/o chg wgt trn 1/4 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 BJO DRC ; {Pivot 2} [14] Bk L pivot RF,-,-, fwd R heel to ball cont trn to CP DLC,-,-,-, ; {Trn Left & R Chasse to BJO} [1346] Fwd L comm LF trn,-,-, cont trng LF sd R,cl L,-,-, sd & bk R to BJO DRC ; {Hesitation Chng} [14] Trng upper bdy RF bk L,-,-, sd R contg RF trn,-,-, draw L to CP DLC ;

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ENDING

01-04 WEAVE 6 tp SCP ; ; THRU TWISTY CANTER VINE TWICE ; ;

{**Weave 6 to SCP**} 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 LOD to BJO*) ; Bk L LOD,-,-, bk R trng LF trn,-, sd & fwd L (*W fwd R outsd ptr,-,-, fwd L,-, fwd R*) to SCP DLW ; {**Thru Twisty Canter Vine x 2**} [1346;1346] Thru R,-, sd L,XRib (*W XLib*),-, sd L to SCP LOD ; Repeat meas 3 Ending ;

05-08 SLOW SIDE LOCK ; START FOUR VIENNESE TURNS ; ; ;

{**Slow Sd Lk**} Thru R,-,-, fwd & sd L risg trng LF,-, cl R (*W thru L trng LF,-,-, sd R trng LF,-, lk Lif*) to CP DLC ; {**Start Viennese Trns x 4**} Repeat meas 1,2 & 3 Part A ; ; ;

09-11 FINISH FOUR VIENNESE TURNS to DLW ; SLOW FORWARD to RIGHT LUNGE ; RECOVER w/ ROLL INTO RIGHT LUNGE ;

{**Finish 4 Viennese Trns to DLW**} Repeat meas 4 Part A to DLW ; {**Slow Fwd & R lunge**} [14] Fwd L to Dlw,-,-, flexg L-knee sd & fwd R twd Drw sway R lookg at W (*W look well L*),-,- ; {**Rec w/ Roll Into Right Lunge**} [14] Rec L (*W rotatg body CCW*),-,-, flexg L-knee sd & fwd R twd WALL sway R lookg at W (*W look well L*),-,- ;

About the Music

"Waltz for Jane" is a Viennese Waltz released by The Ballroom Network, composer Geraint Joseph.

Background: The song was written as a tribute to Jane Phillips Bullock, a dance coach recovering from a stroke, by her husband Warren Bullock and the dance community. The song was released in March 2026. It is an emotional piece composed specifically for the dance world. This beautiful piece of music is perfectly suited for Hesitation Canter Waltz, hope you enjoy this dance...