SEA WIND

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Rhythm: Waltz   Speed: 28 MPM       Degree of difficulty: Above average    Phase: VI
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Prandi Sound    CD: Anocona Open Ballroom 9, Music: "Sea Wind"     Artist: Stefano Nanni
Available as mp3 download from Casa Musica http://www.casa-musica-shop.de/ Time: 3:20
SEQUENCE: INTRO-AA-INTERLUDE-BB-END    Footwork: Opp for Lady (except where noted)    Version 1.1

INTRO

1-4    WAIT; RUMBA CROSS TWICE (TO); QUICK/LOCK SLOW LOCK;

--- {Wait} In CBJO M Fcg LOD w/wgt on trlng ft both w/ld ft ptnd bk for M & fwd for W;
1&23 (Rumba Cross 2X) Strong stp fwd L comm RF trn w/L sd lead/XRIB of L (W XLIF of R)
1&23 cont trn, cont trng RF bk L pvt ½ RF, fwd R btwn W’s ft to CP/LOD; Repeat to CP LOD;
1&23 {Qk/Lk Slo Lk} Blnd BJO w/L shldr lead fwd L/lk RIB of L, fwd L, lk RIB of L in CBJO DLC;

5-8 TURN L & CHASSE TO BJO; IMP SCP; RUNNING FEAT TO SCP; PKUP TO DBL LKS;

12&3 {Trn L Chasse BJO} Fwd L comm LF trn. cont trng LF sd & bk R/cl L to R, sd & bk R to CBJO DLC;
123 (Imp Sccp) Bk L comm RF trn, cl R to L heel trn cont trn, sd & fwd L (W fwd R comm RF trn, sd & fwd L cont RF trn, sd & R) to SCP/DLC;
1&23 {Running Fea SCP} Thru R/fwd L stay low lead W to trn LF, fwd R outsd ptr rising to toe trng W bk RF, sd & fwd L (thru L/trng LF sd & bk R, cont LF trn bk L then rise trng RF, sd & fwd R) to SCP DLC;
12&3 {Pkup to Dbl Lks} Thru R, sd & fwd L/lk RIB of L, sd & fwd L/lk RIB of L picking up W to CP DLC;

PART A

1-4 DOUBLE REVERSE TWICE (DLC); OPEN TELEMARK; OPEN NATURAL;

12- {Db Rev 2X} Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn tch L to R (bk R, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R) to CP DLC; Repeat to CP DLC;
123 {Op Tele} Fwd L comm LF trn, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;
123 {Op Nat'l} Fwd R comm RF trn, sd & bk L cont RF trn to CP, cont trn bk R (fwd L, fwd R btwn M’s ft, fwd L outsd ptr) to BJO DLC;

5-8 OUTSIDE SPIN (DRW); FWD LADY SWVL DEVELOPE; XIB LADY SWVL DEVELOPE; LINK SCP DLW;

123 {Outsd Spin} Bk L toe trnd in strong RF rotation, fwd R outsd ptr heel to toe cont RF trn, sd & bk L (W fwd R arnd the M, cl L to R for toe spin, fwd R btwn M’s ft ) to CP DRW;
1-- {Fwd Lady Swvl Develope} Fwd R trng upper body slightly RF and sway slightly to the R (bk L swvlg slightly RF raise R knee toe pointing to floor extend R leg fwd outsd ptr twds DLW);
1-- {XIB Lady Swvl Develope} Strongly XLIB of R trng upper body LF and sway slightly to the L pt R ft bk twds DRC (bk R swvlg LF raise L knee toe pointing to floor extend L leg fwd outside ptr twds DRC) to BJO DLW;

-23 {Link SCP} Slightly rise on the L blnd to CP , cl R to L w/L side stretch (Lady’s head L) comm to rise, correct sway slight LF body trn sd & fwd L to SCP DLW;
PART A (CONTINUED)

9-12  CURVED FEATHER; BK PASSING CHG; BK TO SLO THROWAWAY/OVERSWAY;;

   123  {Curved Fea}  Fwd R comm RF trn,-, fwd L twd WALL, cont RF trn fwd R outsd ptr to CBJO DRW;
   123  {Bk Passing Chg}  Bk L, bk R w/R sd stretch opening W’s head, bk L to CBJO/DRW;
   12-  {Bk Throwawy/Ovrswy}  Bk R trng LF to CP, cont trng LF bk & sd L trng thru the hips to CP allow the L ft to swvl, comm softening into the L knee (fwd L to CP, fwd & sd R swvl LF to CP allow the R ft to swvl, comm softening into the R keee collecting L to R); Cont trng slightly LF thru the hips and extend the line by bringing the R sd thru to W allow R ft to pt bk twds RLOD hips fcg DLW (extend the L ft bk twds LOD keeping toe on the floor trng head well to the L keeping the hips fwd & lifted twds the M);

13-16  SWIVEL HER M CL TO SM FT LUNGE LN; TELESPIN ENDING TO BJO;

   OUTSIDE RUN MANUV & Pvt (TO);  CHECKED NATURAL & SLIP;

   -2-  {Swvl to Sm Ft Lunge Ln}  Slightly rise leading W to swivel RF, cl R to L lwr into R knee w/L sd stretch entend L fwd twds LOD (rise on R swvl RF, cont swivelizing RF, lwr into R knee extend L fwd twds LOD);
   123  {Telesping End Bjo}  Trng LF to lead ptr fwd/transfer wgt fwd L cont LF trn to CP, fwd & (123) sd R past ptr cont trng LF, sd & fwd L (fwd L/fwd & sd R trng LF to fc M, cl L to R toe spin, sd & bk R) to BJO DLW;

   12&3  {Outsd Run Manuv & Pvt}  Fwd R, fwd L outsd ptr/fwd R trng RF to CP DRC, bk L pvtng ½ RF (bk L, bk R/bk L pvtng RF to CP, fwr R btwn ptr's feet pvtng ½ RF) to CP DLW;

   123  {Chk'd Nat'l & Slip}  Fwd R trng RF, sd & fwd L twds LOD shaping well to the L & looking twds LOD checking RF trn (bk L trng RF, small sd R almost closing stp shaping well to the R), pvtng LF on the L toe draw R past L bk R trng RF w/slip pvnt action to CP DLC;

   Note:  Alternate timing may be used 12-&

REPEAT PART A

DOUBLE REVERSE TWICE (DLC); OPEN TELEMARK; OPEN NATURAL;
OUTSIDE SPIN (DRW); FWD LADY SWVL DEVELOPE; XIB LADY SWVL DEVELOPE;
LINK SCP DLW;
CURVED FEATHER; BK PASSING CHG; BK TO SLO THROWAWAY/OVERSWAY;;
SWIVEL HER M CL TO SM FT LUNGE LN; TELESPIN ENDING TO BJO;
OUTSIDE RUN MANUV & Pvt (TO);  CHECKED NATURAL & SLIP;

INTERLUDE

1-4  RUNNING HVR (BJO LOD); RUMBA CROSS 2X (TO); QUICK/LOCK SLOW LOCK;

5-8  TURN L & CHASSE TO BJO;  IMP SCP;  RUNNING FEA TO SCP; PKUP TO DBL LKS;

   1&23  {Running Hvr BJO}  Fwd L, fwr R btwn ptr's feet in CP trng slightly RF/fwd & slightly sd L w/L sd lead comm to step outsd ptr, fwr R trng slightly RF in CBMP to CBJO LOD;

Repeat measures 2-8 of INTRO to CP DLC; ; ; ; ; ;
PART B

1-4  **START DOUBLE TELESPIN;; LWR TO SM FT LUNGE LN; w/MINI TELESPIN END;**

12-  **(Start Dbl Telespin)**  Fwd L comm trng LF, fwd & sd R cont trng LF (cl L to R heel turn), sd & slightly bk L LOD w/partial wgt now fcg DRW (fwd R twds LOD);

12-  **(Cont trng upper body LF to lead ptr fwd/take full wgt on the L ft cont trng LF to CP, fwd & (123) sd R cont trng LF (cl L to R heel turn), sd & slightly bk L LOD w/partial wgt now fcg DRW (fwd R twds LOD));**

---  **(Lwr to Sm Ft Lunge Ln)**  Lwr into R knee w/L sd stretch allow L ft to slide twds LOD look R past ptr's L shldr (lwr into R knee extend L ft fwd twds LOD looking to the L)

---  **(Mini Telespin End)**  Rise trng upper body LF to lead ptr fwd/take full wgt on the L ft spin LF on L, step sd R to LOD now fcg COH in CP, draw L to R no wgt cont trng slightly LF on R ft /on the & count of previous measure fwd L trng LF to CP;  Cont trng LF ptyng on the ball of the R ft, sd L to LOD now fcg ptr & WALL in CP , draw R to L no wgt trng slightly LF on the L ft) to end in CP DRC;

5-9  **CONTRA CHECK & EXTEND;, REC & SWITCH;, CONT NATURAL HOVER CROSS;;**

1-  **(Contra Check & Extend)**  Lwr into the R knee while keeping hips fhd up to ptr fhd L in CBMP w/R sd leading & slowly continue to bring R sd thru ovr the entire measure (W's head well to the L);

-23  **(Rec & Switch)**  Extend contra check one more beat, rec bk R trng strongly RF, rec bk L cont RF trn to CP/DLW;

123  **(Cont Hvr Cross)**  Thru R commence RF trn, cont trng RF stp sd L, strongly trng RF on L stp sd & fwd R toe pts LOD body trns less fcg DLC (bk L comm trng RF, cl R to L heel trn, cont trng RF sd & bk L) to SCAR DLC;

123  **(Xrif of R, trng body RF cl R to L, bk L w/R sd ld ptr outsdl (XRIB of L, trng RF stp sd L to CP LOD, fwd R outsdl ptr w/L sd ld);**

123  **(Bk R trng LF to CP, sd & fwd L w/L sd ld, fwd R outsdl ptr (fwd L trng body slightly LF, sd & bk R w/R sd ld, bk L outsdl ptr) to CBJO DLC;**

10-12  **TURN L & CHASSE TO BJO; BK TIPPLE CHASSE; TRVLNG CONTRA CHECK (DW);**

10-12  **(Repeat measure 5 of INTRO to CBJO DLC;**

123  **(Bk Tipple Chasse)**  Bk L comm trng RF, w/slight sway R cont RF trn sd R/cl L loose sway, sd & fwd R to CP LOD;

123  **(Trvlng Contra Chk)**  Fwd L with contra body action trng upper body trn LF (W's head well to L), trng body RF R ft almost closing to L ft (W cl L) then rise on on both ft with hovering action, cont RF trn sd & fwd L to SCP DLW;

13-16  **NATURAL WEAVE;; BJO WHEEL 3; SYNC WHEEL (CP DLC);**

123  **(Nat'l Weave)**  Fwd R strtg RF trn, trn RF sd L, bk R (fwd L, fwd R, fwd L);  Bk L in BJO,

123  **(bk R to CP strtg to trn LF, trn LF sd & fwd L (fwd R in outside ptr, fwd L to CP strtg to trn LF, trn LF sd R) to BJO DLW;**

123  **(Wheel 3)**  With early RF rotation fwd R outsdl ptr leading W to stp bk, wheel RF fhd L, fwd R (rotate RF sm bk L, then wheel fhd R, L) to BJO RLOD;

&1&2&3  **(Sync Wheel)**  Continue trng RF in BJO small steps fhd L/R, L/R, L/ fhd R swvl ptr RF completing 1 ⅜ RF trn to CP DLC

**REPEAT PART B**

1-4  **START DOUBLE TELESPIN;; LWR TO SM FT LUNGE LN; w/MINI TELESPIN END;**

5-9  **CONTRA CHECK & EXTEND;, REC & SWITCH;, CONT NATURAL HOVER CROSS;;**

10-12  **TURN L & CHASSE TO BJO; BK TIPPLE CHASSE; TRVLNG CONTRA CHECK (DW);**

13-16  **NATURAL WEAVE;; BJO WHEEL 3; SYNC WHEEL (CP DLC);**
1-4  RUNNING HVR (BJO LOD);  RUMBA CROSS 2X (TO);;  QUICK/LOCK SLOW LOCK;

5-8  TURN L & CHASSE TO BJO;  IMP SCP;  RUNNING FEA TO SCP;  PKUP SD LK/M CL;

\[\text{Repeat measure 1 of Interlude to CBJO LOD;}
\text{Repeat measures 2-7 of INTRO to SCP DLC; ; ; ; ;}
\]

123  \{Pkup Sd Lk/M Cl\}  Thru R, sd & fwd L comm LF trn leading ptr in front, trng LF cl R to L (W Lf Lf of R) to CP DLC;

9-12+  CONTRA CHK & SWITCH;  STEP DBL RONDE MAN HOOKS (TO);
\[\text{LADY'S RUNAROUND & BOTH RUNAROUND & SWVL PREP TO SAME FT LUNGE; ; ; ; ;}
\]

123  \{Contra Ck & Switch\}  Lwr into the R knee while keeping hips fwd up to ptr fwd L in CBMP w/R sd leading, rec bk R trng strongly RF, rec bk L cont RF trn to CP/DRW;

12-  \{Dbl Ronde & M Hook\}  Cont RF rotation fwd R btwn ptr's ft rotate body RF ronde L leg CW, cont trng RF arnd ptr sd L to CP LOD, hook RIB of L w/partial wgt trng RF to BJO DLW (sm fwd L around M ronde R leg CW, XRIB of L, sd & fwd L comm to step outsd ptr);

\text{Note:}  No timing is shown over the next 2 + measures. The runaround is on the last 9 notes of the piano and is an even count and swvl prep to Sm Ft Lunge happens on the short series of drum notes.

\{M Unwind Lady Runaround \}  Unwind trng RF on both ft over the the first 4 of 9 piano notes mentioned above allow feet to uncross taking full wgt on the L ft M fcg approx COH (W runaround trng RF small stps fwd R, L, R, L)

\{Both Runaround\}  Join ptr in runaround in BJO on the 5th piano note same ft fwd R, L, R, L (W fwd R, L, R, L)

\{Swvl Prep to Sm Ft Lunge\}  On the last (9th) piano note fwd R twds RLOD swvl RF on R ft/cl L to R to prep pos M fc ptr & COH (W fwd R twds LOD swvl RF on R ft/cl L to R to prep pos W fcg DRW) sharply step sd & slightly fwd R twds DLC (W XRIB of L) w/soft knee stretch L sd looking R past W's L shoulder (W head well to the L);;