A Moment Lost

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Music: Casa Musica “Ballroom Fascination” CP-5008 Track #4  Artist: Aidana or Special CD “Shall We Round Dance 17” available from choreographers

Suggested speed: 28MPM

Footwork: Opposite, directions for man (lady as noted)  [Note: Timing indicates weight changes only]

Rhythm & Phase: Waltz VI

Sequence: Intro A A B A-Modif End  Released: August, 2009

Meas

INTRO

1-6 WAIT:: WHEEL RF 3: M WHEEL RF (W INSIDE TRN) TO BJO; IMPETUS TO SCP; SLOW SD LK;

1-2  {Wait} Wait 2 meas in BJO M fcg RLOD lead ft free;

3  {Wheel RF 3} Bk L small step w/ checking motion leading W fwd comm wheel RF, cont wheel RF fwd R, L (W fwd R comm wheel RF, cont wheel RF fwd L, R) end BJO M fcg DLW;

4  {M Wheel RF (W Inside Trn) to BJO} Cont wheel RF fwd R, raising jnd lead hnds to lead W trn LF fwd L, R w/ checking motion (W cont wheel RF fwd L, fwr R spiraling LF under jnd lead hnds, cont trng RF fwd L) end BJO M fcg RLOD;

5  {Impetus to SCP} Bk L ptr outside, trng RF on L-heel cl R, cont trng RF sd & fwr L (W fwd R outside ptr comm trng RF, sd & fwr L cont trng RF around M, cont trng RF sd & fwr R) end SCP fcg DLC;

6  {Slow Sd Lk} Thru R, sd & fwr L trng body LF, XRIB (W thru L comm trng LF, sd & bk R cont trng LF to fc M, XLIF) end CP M fcg DLC;

PART A

1-4 TELEMARK TO BJO; MANUV; OVERTRN SPIN TRN; R TRNG LK;

1  {Telemark to BJO} CP M fcg DLC fwd L comm trng LF, cont trng LF fwd & sd R around W (W heel trn LF), cont trng LF sd & fwr L (W sd & bk R) end BJO M fcg DLW;

2  {Manuv} Fwd R outside ptr comm trng RF, fwr & sd L cont trng RF, cl R end CP M fcg RLOD;

3  {Overtrn Spin Trn} Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF bk L twd LOD end CP M fcg RLOD;

5-8 SYNC NAT WEAVE; TUMBLE TRN; BK TO HINGE; RISE TO SAME FT LUNGE LINE;

5-8  {Sync Nat Weave} SCP fcg DLC thru R comm trng RF, sd & fwr L cont trng RF to fc DRW/cont trng RF bk R w/ R-shoulder lead, bk L ptr outside (W thru L comm trng RF, cont trng RF fwr R btwn M’s ft/fwrd L w/ L-shoulder lead, fwr R outside ptr) end BJO M fcg DRW;

12&3  {Tumble Trn} Bk R trng LF, sd L/fwr D outside ptr comm trng LF, cont trng LF slip L fwr lowering (W fwr D trng LF, sd R/bk L ptr outside comm trng LF, cont trng LF slip R bk lowering) end CP M fcg DRC;

12&7  {Bk to Hinge} Bk R, trng LF to fc WALL sd L, flexing L-knee rotate upper body extending R twd RLOD (W fwr D, trng LF sd R/swiveling LF to fc RLOD XLIB, flexing L-knee extend R fwr twd RLOD);

-2  {Rise to Same Ft Lunge Line} Rise on L leading W swivel RF, cl R, flex R-knee w/ sway to L (W rise on L swiveling RF to fc M, cl R cont swiveling RF to fc LOD, flex R-knee extending L fwr twd LOD) end Same Ft Lunge Line M fcg WALL (W fcg LOD);

9-14 PICKUP TO TELESPIN TO SCP:: CURVED FEATHER CHECK; OUTSIDE SWIVEL & LILT PIVOT;

9-14  {Pickup to Telespin to SCP} Same Ft Lunge Line M fcg WALL (W fcg LOD) swivel LF on R picking up W/fwrd L comm trng LF, sd & fwr R cont trng LF, sd & bk L twd LOD w/ partial weight (W fwr D trng LF to fc M/bk R comm trng LF, cont trng LF on R-heel cl L, fwr R cont trng LF);

123  (W &123) Taking full wgt on L spin LF, sd R cont trng LF, cont trng sd & fwr L twd DLW (W fwr L/fwr R comm spinning LF on toe, cont spinning LF cl L, sd & fwr R) end SCP fcg DLW;
PART A (cont’d)

11 {Curved Feather Check} Thru R comm curving RF, sd & fwd L cont curving LF w/ L-shoulder lead, fwd R outside ptr w/ checking motion (W thru L comm trng RF, cont trng RF sd & bk R, bk L ptr outside w/ checking motion) end BJO M fcg DRW;

12 {Outside Swivel & Lilt Pivot} Bk L leading W fwd & swivel RF to SCP fcg DRW, thru R trng LF picking up W to CP, cont trng LF on R to fc DLW fwd L (W fwd R outside ptr swiveling RF to fc DRW, thru L trng LF to fc M, cont trng LF bk R) end CP M fcg DLW;

-2- 13 {Slow R Lunge} Flexing L-knee extend R sd & fwd w/ slight sway to L, shift wgt to R comm chang sway to R, cont sway to R looking at W (W flexing R-knee extend L sd & bk w/ slight sway to R, shift wgt to L chang sway to L, cont sway to L looking well L) end R Lunge Pos M’s body fcg DLW;

-23 14 {Hold Rec Highline & Slip} Hold extending sway to R, rec L trng upper body RF to fc DRW w/ sway to L looking L, swiveling LF on L slip R bk under body end CP M fcg DLC;

15-18 TELEMARK TO SCP: CONT HOVER CROSS::

15 {Telemark to SCP} CP M fcg DLC fwd L comm trng LF, sd R cont trng LF, cont trng LF sd & fwd L (W bk R comm trng LF drawing L to R, trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP fcg DLW;

16-18 {Cont Hover Cross} Thru R comm trng RF, cont trng RF sd & bk L twd DLW, cont trng RF strongly on L sd R (W thru L, fwd R comm trng RF, cont trng RF sd L) end CP M fcg DLC; XLIF outside ptr in SCAR, cl R comm trng body RF, cont trng body RF bk L ptr outside (W XRIB ptr outside in SCAR, sd L comm trng RF, cont trng RF fwt R outside ptr) end BJO M fcg DLW; Bk R slightly trng LF in CP, sd & fwd L, fwt R outside ptr (W slighty trng LF fwt L in CP, sd & bk R, bk R ptr outside) end BJO M fcg DLC;

PART B

1-4 OPEN REV TRN; HOVER CORTE; M CHASSE (W ROLL RF) TO SHADOW;

SHADOW CROSS HOVER;

1 {Open Rev Trm} BJO M fcg DLC fwd L comm trng LF, cont trng LF sd R twd LOD, cont trng LF bk L ptr outside (W bk R comm trng LF, cont trng LF sd L twd LOD, cont trng LF fwt R outside ptr) end BJO M fcg RLOD;

2 {Hover Corte} Bk R comm trng LF, cont trng LF to fc WALL sd L hovering, con trng LF rec R (W fwd L comm trng LF, cont trng LF sd R hovering, cont trng LF rec L) end BJO M fcg DLW;

12&3 3 {M Chasse (W Roll RF) to SHADOW} Bk L ptr outside releasing contact, trng RF to fc WALL sd R/cl L, cont trng RF to fc DRW sd R (W fwd R outside ptr comm trng RF, cont trng RF sd L, cont trng RF sd R) end SHADOW Pos fcg DRW; (now same footwork)

4 {Shadow Cross Hover} XLIF, sd R trng LF on R brush L to R, rec L end SHADOW Pos fcg DLW;

5-8 SYNC VINE TWICE:: M CHASSE TRN (W ROLL RF) TRANS TO CP: BOX FIN;

1&23 5-6 {Sync Vine Twice} SHADOW Pos both fcg DLW XRIF/sd L, XRIB, rising on R for slight hovering action sd L; Repeat Meas 5 of Part-B end SHADOW fcg DLW;

12&3 7 {M Chasse Trn (W Roll RF) Trans to CP} Fwd R leading W roll RF, trng RF 1/4 to fc DRW sd L/ (W 123) cl R, assuming CP bk L (W fwd R comm roll RF, sd L cont roll RF to fc M & DLC, fwt R) end CP M fcg DRW

8 {Box Fin} Bk R, trng LF 1/4 sd L, cl R end CP M fcg DLW;
PART B (cont’d)

9-13  HOVER TELEMARK TO SCP; OPEN NAT; OUTSIDE SPIN; DBL RONDE; NAT TWIST TRN TO SCP;
       9  {Hover Telemark to SCP} CP M fcg DLW fwd L, sd & fwd R trng RF, sd & fwd L end SCP fcg DLW;
       10  {Open Nat} Thru R comm trng RF, cont trn RF sd & bk L, cont trng RF bk R (W thru L, fwd R
            comm trng RF, cont trng RF fwd L) end BJO M fcg RLOD;
       11  {Outside Spin} Bk L small step ptr outside comm trng RF, fwd R cont trng RF to fc DLW, cont
            trng RF on R sd & bk L w/ checking motion (W fwd R outside ptr comm trng RF, cont trng RF cl L,
            cont trng RF fwd R w/ checking motion) end CP M fcg RLOD;
       12  {Db1 Ronde} Fwd R comm trng RF ronde L CW, cont trng RF on R sd L, cont trng RF XLIB (W
            bk L comm trng RF ronde R CW, cont trng RF on L XLIB, cont trng RF sd & fwd L) end BJO M
            fcg DRW;
       --3  13  {Nat Twist Trn to SCP} Comm twist trn RF 1/2 on both ft, cont twist trn shifting wgt to R, rising on
            (W 1&2&3) R sd & fwd L (W cont trng RF fwd R outside ptr/comm running around M L, R/L, rising on L sd &
            fwd R) end SCP fcg DLC;

14-17  BIG TOP; CONTRA CHECK REC TO BJO; MANUV; HESITATION CHG;
       14  {Big Top} SCP fcg DLC thru R comm spinning LF, cont spinning LF on R XLIB, cont spinning LF
            slip R bk under body (W fwd L comm spinning LF, cont spinning LF fwd R around M’s L-sd, cont
            spinning LF brushing L to R fwd L between M's ft) end CP M fcg DRC;
       15  {Contra Check Rec to BJO} Flexing R-knee fwd L across body w/ R-sd lead, rec R comm trng
            LF, cont trng LF to fc DLW sd & fwd L (W flexing L-knee bk R across body w/ L-sd lead looking
            well R, rec L comm trng LF, cont trng LF bk R) end BJO M fcg DLW;
       16  {Manuv} Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP M fcg RLOD;
       12-  17  {Hesitation Chg} Bk L comm trng RF, cont trng RF sd R, draw L to R end CP M fcg DLC;

PART A - MODIFIED

1-4  TELEMARK TO BJO; MANUV; OVERTRN SPIN TRN; R TRNG LK;
       5-8  SYNC NAT WEAVE; TUMBLE TRN; BK TO HINGE; RISE TO SAME FT LUNGE LINE;
       9-14  PICKUP TO TELESPIN TO SCP;; CURVED FEATHER CHECK; OUTSIDE SWIPE & LILT PI-VOT;
            SLOW R LUNGE; HOLD REC HIGHLINE & SLIP;
       15-16  TELEMARK TO SCP; CROSS PIVOT TO SCAR;
            14  Repeat Meas 1-14 of Part-A;---------------------;
            15  {Telemark to SCP} Repeat Meas 15 of Part-A end SCP fcg DLW;
            16  {Cross Pivot to SCAR} Thru R comm trng RF, cont trng RF sd & bk L twd DLW, cont trng RF
            strongly on L sd & fwd R (W thru L, fwd R comm trng RF, cont trng RF sd & bk L) end SCAR M
            fcg DLW;

17-20  HOVER TELEMARK TO SCP; CONT HOVER CROSS;;;
            17  {Hover Telemark to SCP} SCAR M fcg DLW fwd L, sd & fwd R between W’s ft trng RF, sd & fwd L
            end SCP fcg DLW;
            18-20  {Cont Hover Cross} Repeat Meas 16-18 of Part-A;;

END

1-4  DBL REV SPIN W TRANS; SPLIT RONDE & SLIP; SLOW CONTRA CHECK & EXTEND;;
       12-  1  {Db1 Rev Spin W Trans} BJO M fcg DLC fwd L comm trng LF, cont trng LF sd R, spin LF on R to
            fc LOD (W bk R comm trng LF, cont trng LF on R-heel cl L/cont trng LF sd & bk R, cont trng LF
            XLIB/shift wgt to R) end CP M fcg LOD;
            -23  2  {Split Ronde & Slip} Lowering on R ronde L CCW comm trng LF, cont trng LF XLIB, cont trng LF
            on L slip R bk under body (W lowering on R ronde L CCW comm trng LF, cont trng LF XLIB/cont
            trng LF sd & bk R, cont trng LF slip L fwd) end CP M fcg DRW;
            -2-  3-4  {Slow Contra Check & Extend} Flexing R-knee extend L fwd w/ R-sd lead, shift wgt to L looking
            at W, cont roll body up onto L; Extend as music fades out, - - -;

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