INTRODUCTION

1 - 8 WAIT 3 lead in notes -,-,-, SPOT & TIME; TIME & SPOT; TRNG BASIC ;; AIDA PREP; AIDA LINE & HIP RKS; SWIVEL TO FC & SPOT TRN; SHLDR TO SHLDR;

1-8 OP fng (wall), ld hnds palm to palm, wait ld in notes -,-,-; \{{time & spot\} Sd R w/body rise,_, XLIB lowering, fwd R} (sd L, Xrif trng on Xg ft ½, continue trn in place L to fc ptnr (sd R w/body rise,_, XLIB lowering, fwd R (sd L, Xrif trng on Xg ft ½, continue trn in place L to fc ptnr)); \{turning basic\} Side L,-, bk R trng ¼ LF w/slip pivot action, side & fwd L trng ¼ LF (sd R, fnd L w/contra check like action, recover R); \{aida prep – aida line & hip rks\} Sd L to modified slight open "v" shape twds ptrnrs,-, thru R, trng RF stp sd L; continue RF trn bk R in aida line,-, rk fnd L, rec R; \{swivel to face & spot trn\} Recover fnd L swlvlng to fc,_, Xrif trng on Xg ft ½, continue trn in place L to fc ptnr; \{shldr to shldr\} \{In BFLY\} Sd R,-, XLif to BFLY sicecar-position, rec R to fc ptnr; ;;

PART A

1 - 8 LEFT PASS; FWD BREAK; HLF BASIC; LUNGE BREAK; RIGHT PASS; FWD BREAK; TRNG BASIC HLF; FWD BREAK;

1-8 \{{left pass\} Fwd L to contra scar commence to trn ptrn RF,-, bk R w/slipping action, fnd L trng LF compl. ½ trn (fwd R trng ½ rf with bk to ptrnrs,-, sd & fnd strong LF trn, bk R trng to fc ptrnrs); \{fwd break\} Sd & fnd R w/bdy rise to LOP fng,-, XLIB lowering, fwd L w/contra ck like action, bk R; \{half basic\} Sd L,-, bk R, fnd L; \{lunge break\} Sd & fnd R,-, lower on R with slight RF body trn leading woman bk extend L to sd & bk, rise on R with slight LF body trm to recover (sd & bk L,-, bk R with contra ck like action, rec L); \{right pass\} Fwd & sd L commencing RF trm raise ld hnds to create window,-, XRib of L continuing RF trm, fnd L (fnd R, fnd L commencing LF trm, fnd R continuing LF trm under raised lead hnds to fc ptrnrs); \{fwd break\} repeat meas 2 above; \{turning basic half\} Side L,-, bk R trng ¼ LF w/slip pivot action, side & fwd L trng ¼ LF, \{fwd break\} repeat meas 2 above ;

PART B

1 - 8 SPOT TURN; TIME STEP to BFLY; BASIC ;; AIDA PREP; AIDA LINE & HIP RKS; SWIVEL TO FC & SPOT TRN; FWD HLF BASIC to SEMI;

1-8 \{{spot turn\} fng ptrn} Sd L,-, Xrif trng on Xg ft ½, continue trn in place L to fc ptnr; \{time step\} Sd R w/body rise,_, XLIB lowering, fnd R to BFLY; \{basic\} Sd L,-, bk R, fnd L; Sd R,-, fnd L, bk R; \{aida prep – aida line & hip rks\} Sd L to modified slight open "v" shape twds ptrnrs,-, thru R, trng RF stp sd L; continue RF trn bk R in aida line,-, rk fnd L, rec R; \{swivel to face & spot trn\} Recover fnd L swlvlng to fc,_, Xrif trng on Xg ft ½, continue trn in place L to fc ptnr; \{fwd half basic to semi\} Sd R,-, fnd L, bk R trng to SEMI;

PART C

1 - 8 SLO FWD to open nat; HOOK & UNWIND TO SEMI LOD; SLO FWD to open nat; HOOK & UNWIND TO CP WALL; X-BODY to handshake; HLF MOON ;; REV UA TRN TO BFLY;

1-8 \{{slow fwd to open natural in 2\} Fnd & slightly right L, starting to cross LOD,-, manuver R outside, bk L to contra BJO; \{hook & unwind to semi LOD\} Hook RIB, unwind ld ty to semi LOD transferring weight to R ft (fnd R,-, fnd L trng RF, fnd R); \{slow fwd to open natural in 2\} repeat meas 1 above; \{hook & unwind to CP WALL\} Hook RIB, unwind ld ty to CP WALL transferring weight to R ft (fnd R,-, fnd L trng RF, fnd R); \{cross body\} Sd & bk L trng LF,-, bk R w/slipping action to handshake, fnd L trng LF (sd & fnd R,-, fnd L Xg in front of M trng LF, small sd R); \{half moon\} Sd R commencing RF trn slight "V" shape twds ptrnrs,-, continue trng fnd L w/slip action, rec bk R trng to fc ptrntr; \{reverse underarm turn to BFLY\} Sd R with body rise,_, XLIB lowering, bk R (sd L with body rise commencing LF trn under joined handshake, Xrif lowering and trng ½ LF, fnd L continging LF trn to fc ptrntr) blending to BFLY;

BRIDGE

1 - 4 SPOT & TIME; TIME & SPOT; TRNG BASIC HLF; SLOW SD TO FWD LUNGE & HOLD;

1-6 \{spot & time, time & spot\} repeat meas 1 & 2 of introduction ;; \{turning basic half\} Side L,-, bk R trng ¼ LF w/slipping action, side & fwd L trng ¼ LF, \{slow side to a fwd lunge & hold\} Sd R,-, fnd L & hold,;;