CHOPIN’S NOCTURNE

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Music : PEPE PD-0009 CD Track 14
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available from choreographer on MP3 file [free] or MD [at cost]
Rhythm : Waltz  Phase V + 2 [Big Top, Same Foot Lunge]
Sequence : Intro - A - Amod - B - A(1-14) - Ending
Timing : 123 unless noted by side of measure

INTRO

1 - 4
WAIT:: TOG TCH: BOX FIN:
1-2  {Wait}  LOP Fcg Pos fc DRW lead ft free wait 2 meas;;
3   {Together Touch}  Tog L blend to CP, tch R to L, hold end CP DRW;
4   {Box Finish}  Bk R trn 1/4 LF, sd L, cl R end CP DLW;

PART A

1 - 4
FWD TO QK MANUV; BK TO QK OUTSD CHK; BK TRNG WHISK; X HESIT;
123&
1   {Forward To Quick Maneuver}  Fwd L, fwd R trn 1/4 RF, sd L cont trn to fc RLOD/cl R end CP RLOD;
123&3
2   {Back To Quick Outside Check}  Bk L, bk R trn slightly LF/sd & fwd L, chk fwd R outsd ptr end Bjo DRW;
3   {Back Turning Whisk}  Bk L comm trn RF with slight right sd stretch, sd R cont RF upper body trn with right sd stretch, XLIB (W XRIB) end tight SCP DRC;
4   {Cross Hesitation}  Thru R, comm trn LF on R tch L to R, cont trn (W thru L, comm trn LF sd R around M, cont trn cl L in CBMP) end Bjo DRW;

5 - 8
BK TO VIEN X; DBL REV; TRN L & R CHASSE; BK TO QK RISING LK;
123&
5   {Back To Viennese Cross}  Bk L in CBMP, bk R comm trn LF, sd L/cont trn cl R (W fwd R outsd ptr in CBMP, fwd L comm trn LF, sd R/cont trn lk LIF) end CP DLC;
6   {Double Reverse Spin}  Fwd L comm trn LF, sd R, spin LF on ball of R bring L ft beside R with no wgt flex knees (W bk R comm trn LF, cl L heel trn, cont trn sd R/cont trn lk LIF) CP DLC;
(123&)
7   {Turn Left & Right Chasse}  Fwd L comm trn LF, sd R/cl L, sd R cont trn end Bjo DRC;
123&
8   {Back To Quick Rising Lock}  Bk L, bk R comm trn LF, sd & fwd L cont trn/lk RIB end CP DLC;
“Chopin’s Nocturne” (Continued)

9 - 12  **CL TELE: CURVED FEATHER; OUTSD SWVL LILT PVT: BK CHASSE BJO:**
9  {Closed Telemark}  Fwd L comm trn LF, fwd & sd R around W cont trn, sd & fwd L (W bk R, cl L heel trn, cont trn sd & bk R) end Bjo DLW;
10  {Curved Feather}  Fwd R outsd ptr comm trn RF, with left sd stretch cont trn sd & fwd L, cont upper body trn with left sd stretch fwd R outsd ptr in CBMP chkg (W bk L comm trn RF, with right sd stretch cont trn sd & bk R, cont upper body trn with right sd stretch bk L in CBMP) end Bjo DRW;
11  {Outside Swivel Lilt Pivot}  Bk L leave R ft fwd lead W to swivel RF to SCP RLOD, thru R with lifting action body trn LF pick W up, fwd L then lower pivot LF (W fwd R swivel RF, thru L with lifting action trn LF to fc ptr, bk R then lower pivot LF) end CP DRW;
12&3  12  {Back Chasse To Bjo}  Bk R trn LF, sd L/cl R, sd L to Bjo DLW;

13 - 16  **NAT WEAVE:: SYNC TWIST VINE TO SCP; CHKD SWVL:**
13-14  {Natural Weave}  Fwd R outsd ptr trn RF, sd L with left sd stretch, bk R twd DLC with right sd lead; bk L in CBMP, bk R comm trn LF, cont trn sd & fwd L (W bk L comm trn RF, cl R heel trn with right sd stretch, fwd L in CBMP with left sd stretch; fwd R outsd ptr, fwd L comm trn LF, cont trn sd & bk R with right sd stretch) end Bjo DLW;
1&23  15  {Syncopated Twist Vine To SCP}  Fwd R outsd ptr trn RF to fc DRW/sd L, XRIB, lead W to trn to SCP sd & fwd L (W bk L in CBMP trn RF to fc ptr/sd R, XLIF, sd & fwd R) end SCP DLW;
16  {Checked Swivel}  Thru R chkg lead W to swivel LF, rec L, bk R (W thru L swivel LF on L to Bjo, fwd R outsd ptr, fwd L) end CP DLW;

**PART A(mod)**

1 - 16  **FWD TO OK MANUV; BK TO OK OUTSD CHK; BK TRNG WHISK; X HESIT; BK TO VIEN X; DBL REV; TRN L & R CHASSE; BK TO OK RISING LK; CL TELE; CURVED FEATHER; OUTSD SWVL LILT PVT; BK CHASSE BJO; NAT WEAVE:: SYNC TWIST VINE TO SCP; PICK UP DBL SD LKS:**
1-15  Repeat meas 1 thru 15:

12&3&  16  {Pick Up Double Side Locks}  Thru R pick W up, trng slightly LF sd & fwd L/lk RIB, sd & fwd L/lk RIB (W thru L trn LF to fc ptr, sd & bk R/lk LIF, sd & bk R/lk LIF) end CP DLC;

**PART B**

1 - 4  **MINI TELESPIN:: SLO CONTRA CHK; SLO REC SWITCH:**
123&123  1-2  {Mini Telespin}  Fwd L comm trn LF, sd R cont trn, bk & sd L no wgt/trn body LF no wgt lead W to CP; fwd L spin LF draw R to L, cl R flex knees, hold (W bk R comm trn LF, cl L heel trn, fwd R/fwd L trn LF; fwd R cont trn to CP head to left draw L to R, cl L flex knees, hold) end CP DRC;
3  {Slow Contra Check}  Comm upper body trn LF flex knees with strong right sd lead fwd L in CBMP with partial wgt, shift full wgt to L, extend;
4  {Slow Recover Switch}  rec R comm strong trn RF leave L ft almost in place, cont strong trn keep wgt still on R, cont strong trn rec L soft knees end CP DLW;
“Chopin’s Nocturne”  (Continued)

5 - 8  UNDERTRN NAT HVR X TO TOP SPIN 2X:;

5-6  {Underturn Natural Hover Cross}  Fwd R comm trn RF, sd L cont trn with left sd stretch, cont trn sd R with body trn RF to fc DLC
(W bk L comm trn RF, cl R heel trn, cont trn sd L with body trn RF to fc DRW);

12&3  with right sd stretch fwd L outsd ptr on toe, rec R with left sd lead trn LF/sd L, XRIF twd DRC
(with left sd stretch bk R outsd ptr on toe, rec L with right sd lead trn LF/sd R, XLIB)
end Bjo DRC;

12&3  7-8  {Top Spin Twice}  With toe spin LF on R bk L twd DLC, slip bk R/cont trn sd & fwd L, cont trn fwd R outsd ptr end Bjo LOD; repeat meas 7 end Bjo DRW;

9 - 12  OK DIAMOND 4: CORTE HOLD REC; FWD W DEVELOPE; BK CHASSE BJO;

12&3  9  {Quick Diamond 4}  Fwd L trn 1/8 LF, sd R/XLIB twd DRC in Bjo, blend to CP bk R;

10  {Corte Hold Recover}  Bk & sd L with lowering action, hold, rec R to Scar DLW;

11  {Forward W Develope}  Fwd L outsd ptr chkg, hold, hold (W bk R, bring L ft up to insd of R knee, extend L ft fwd);

12&3  12  {Back Chasse To Bjo}  Bk R trn LF, sd L/cl R, sd L to Bjo DRC;

13 - 16  FWD W DEVELOPE; OK PASSING CHG; BK HVR TELE; BIG TOP:

12&3  13  {Forward W Develope}  Repeat meas 11 Part B on opposite ft with Bjo Pos;

14  {Quick Passing Change}  In Bjo XLIB, sd & bk R/XLIB, sd & bk R;

15  {Back Hover Telemark}  Comm RF upper body trn bk L in CBMP, cont trn sd & fwd R between W’s feet with hovering action, sm fwd L on toe to SCP (W comm RF upper body trn fwd R, sd & fwd L cont trn with hovering action, sm sd & fwd R on toe) end SCP DLC;

12&3  16  {Big Top}  Thru R comm spin LF with right sd stretch, cont spin on R/XLIB with no sway, slip bk R (W thru L comm spin LF/fwd R around M’s left sd, cont spin on R brush L to R, fwd L) end CP DLW;

REPEAT PART A  MEAS 1 THRU 14

END

1 - 2  MANUV PREP TO SAME FT LUNGE:;

1  {Maneuver Preparation}  Fwd R outsd ptr comm trn RF, cont trn sd & bk L, teh R to L cont trn to fc COH (W bk L, cl R heel trn, sd & fwd L cont trn to fc RLOD);

2  {Same Foot Lunge}  Lower on L with slight left sway while reaching sd R with toe pointing to DLC, transfer wgt to R soft knee and comm to stretch upward, cont stretch and sway right look ptr (W XLIB well under body, trng body to left and head well to left, head rec to right);