FORGOTTEN DREAMS (Vergessene Traume)

Music: Gunter Noris
www.amazon.de/promenade_classics
Track #9 Time: 3:02
Available from choreographer

Rhythm: Slow Two Step Phase: IV+2 (Triple Traveler + Horse Shoe Turn)
+2U (Traveling R Turn + The Square)

Footwork: Opposite except where (Noted)
Release Date: Dec 16
Choreo: Jos Dierickx, Beverloestweg 14b2, 3583 Paal Belgium
Email: jos.dierickx@telenet.be
Sequence: INTRO ABC INTER AB(1-12) END

PART A

01-04  OP BASIC TWICE ; ; 2 SWITCHES ; ;
[OP Basics x 2] Sd L trng to ½ LOP RLOD, - XRiB (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, - XLib (W XRiB), rec R starting to fold in frt of W ; [2 Switches] Sd L Xg in frt of W to L-½OP, - fwd R, fwd L (W fwd R, - fowl L, fwd R com to fold in frt of M) ; Fwd R, - fwd L, fwd R com to fold in frt of W (W sd L Xg in frt of M to ½-OP, - fowl R, sm fowl L) to ½ OP LOD to manuver ;

05-08 TRAVELING TURN w/ OUTSIDE ROLL ; ; LUNG BASIC TWICE to Picking Up ;
(Traveling Right Turn w/ Outsd Roll) In BFLY Trng RF Xg in frt of W sd & bk L to fc RLOD, - XRiB, twist trn RF 5/8 on both ft to fc DLW, fwd L to LOD (W fwd R btw M's ft com RF trn, - contg RF tm fwd L twd WALL, contg trn fwd R twd RLOD) to BJO DLW ; Fwd R cont RF trn to fc WALL raising jnd ld hnds, - sd L, XRiB (W sd & bk L com RF trn undr jnd ld hnds, - cont trn RF sd & fwd R, sd L) end in LOP M f gql WALL ; [Lunge Basic x 2 to PU] Sd L extg lead arm sd, - rec R, XLib (W XRiB) ; Sd R extg trail arm sd, - rec L, XRiB (W XLib) to BFLY WALL (W starting to fold in frt of M to picking-up) ;

09-12 TRIPLE TRAVELER ; ; SIDE & FWD to SCAR CHECK / W DEVELOPE ; WAIT & BACK to Picking Up [2 Beats];
(Triple Traveler) Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, - sd R compg ½ LF trn, - sd L trng LF undr ld hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd L, - fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, - fwd & sd R to fc ptr, XRiB (W fwd R comm roll RF under jnd ld hnds, - bk L cont rol, fowl R comp Roll to fc ptr) to BFLY COH ; [Sd & Fwd to SCAR Chkg/W Develope] Sd R turg to SCAR DLC, fowl L outsd W checking, - (W sd L turg to SCAR DRW, bk R, bring L ft up R leg to insd of R knee, extend L ft fowl) ; [Wait & Bk to PU] [2 beats] Wait, “On the next tune of flute” Bk R (W fwd L starting to fold in frt of M to picking-up) ;

13-16 LEFT TURN w/ INSIDE ROLL ; BASIC ENDING ; UNDERARM TURN ; OP BASIC ;
[Left Trn w/ insd Roll] Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, - sd R compg ½ LF trn, XLib (W bk R comm LF trn, - sd L trng LF undr ld hnds, contg LF trn sd R) to loose CP WALL ; [Basic Ending] Sd R, - XLib (W XRiB), rec R to BFLY WALL ;

PART B

01-04 THE SQUARE w/ Manuver ; ; ; ;
[The Square] [Like a switch] M Xf of W sd L, - trng RF to step sd R twd COH in L ½ OP, XLib (W fwd R, - sd L twd COH, XRiB starting to Xf of M) ; Fwd R, - sd L twd RLOD, XRiB starting to Xf of W (W [like a switch] Xf of M sd L, - trng RF to step sd R twd RLOD in ½ OP, XLib) ; [Like a switch] M Xf of W sd L, - trng RF to step sd R twd WALL in L ½ OP, XLib (W fwd R, - sd L twd WALL, XRiB starting to Xf of M) ; Fwd R, - sd L twd LOD, XRiB (W [like a switch] Xf of M sd L) to ½ OP LOD starting to fold in frt of W to manuver ;

05-08 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING ; DBL HND UNDERARM TURN to STACKED HNDS ;
OP BREAK to FACE ;
(Right Trn w/ Outsd Roll) Sd & bk L Xg in frt of W in losse CP, - raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLib to fc ptr (W fwd R comm RF twd undr ld hnds, - fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to loose CP COH ; [Basic Ending] Repeat meas 14 Part A ; [Dbi Handhold Undrm Trn to Stacked HNDS] With both hands joined above lady's head] Sd L, - XRiB lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hands (W fwd R, - fowl L RF trn under dbl hd hold, fwd R stacked hnds L over R ) fowl ptr to COH ; [Open Break to Fc] With stacked hnds Sd R, - rk apt L, rec R to W's r-shldr s ;
09-12 CHANGE SIDES/W UNDERARM : HORSE SHOE TURN ;
SIDE & FWD to SCAR CHECK / W DEVELOPE ; WAIT & BACK to Picking Up [2 Beats];
(Change Sides / W Underarm) Fwd L to COH chq sds CW lead W tm under stacked hds, - , sd R, XLif (W fwd R to WALL ½ LF tm under stacked hds chg sds, - , sd L, XRif) to Loose CP WALL ; (Horse Shoe Turn) Relg tfl hnds Sd & fwd R to L-OP LOD, - , cont tm thru L to V position LOD, XRib to V pos & raise ld hnds ; LF ½ circ fwd L, - , R, L (W RF ½ circ undr jnd hnds fwd R, - , L, R) to Loose CP WALL ; (Sd & Fwd to SCAR Chkg/W Develop) Repeat meas 12 Part A ; [Wait & Bk to PU] [2 beats] repeat meas 13 Part A ;

13-16 LEFT TURN w/ INSIDE ROLL ; SWEETHEART WRAP to LOD ; SWEETHEART RUN 6 to Picking Up Low Bfly ;
(Left Turn w/ Inside Roll) Repeat meas 13 Part A ; [Sweetheart Wrap to LOD] Sd R, - , XLif bringing lead hnds thru leading woman to tm LF, rec R (W sd L, - , XRif LF turn fwd R, cont LF turn rec fwd L to fc LOD) ending in wrapped pos fcg LOD ; [Sweetheart Run 6 to PU in Low Bfly] In wrapped position fcg LOD fwd L, - , fwd R, fwd L ; Fwd R, - , fwd L, fwd R (W fwd R, - , fwd L, R ; fwd L, - , fwd & sd R trng ¼ LF w/ jnd tl hnds, XLif) to Low Bfly WALL (W starting to fold in frt of M to picking up) ;

PART C

01-04 TRAVELING CROSS CHASSE 4 TIMES to BFLY WALL ; ; ; ;
(Traveling Cross Chasse x 4 to Bfly WALL) Joining both hnds low Fwd L trng LF, - , with rt side leading sd R, XLif (W bk R trng If, - , with If side leading sd L, XRif) to DLC ; Fwd R trng RF, - , with If side leading sd L, XRif (W bk R trng RF, - , with rt side leading sd R, XLif) to DLW ; Repeat meas 1 Part C ; Fwd R comm tfng RF fcg DLW w/L shld ld, - , sd L cont RF tm to fc prtn, cl R to Loose CP WALL ;

05-08 SIDE BASIC ; REVERSE UNDERARM TURN ; SPOT TURN TWICE to Picking Up ; ;
(Sd Basic) In loose CP sd L, - , XRib (W XLif), rec L ; [Reverse Underarm Turn] Sd R, - , XLif, rec R (W sd L comm LF tm undr jnd ld hds, - , XRif to line of prog trng ½ LF, rec fwd L conty tm to fc prtn) to relg both hnds ; (Spot Turn x 2) Sd L, - , XRif LF ½, rec L cont LF tm to WALL ; Sd R, - , XLif RF ½, rec R cont RF tm to BFLY WALL & to picking up ;

09-12 TRIPLE TRAVELER ; ; ; ; BASIC ENDING ;
(Triple Traveler) Repeat meas 9,10,11 Part A ; ; ; [Basic Ending] Repeat meas 14 Part A ;

13-16 UNDERARM TURN ; TUNNEL EXIT ; OUTSIDE ROLL ; OP BASIC ;
(Under Arm Trn) Repeat meas 15 Part A ; [Tunnel Exit] Sd & fwd R chkg leading W around, - , rec L with hip roll, rec R with hip roll trng LF jnd hnds over M’s head (W fwd L around M, - , fwd R, fwd L fc) end fcg RLOD ; [Outside Roll] Fwd L bringing jnd hnds down & bk, - , fwd R, fwd L bringing hnds up & around leading W to roll RF tfng to fc prtn (W fwd R comm RF turn, - , sd & bk L tmg RF under jnd hnds, cont RF tm fwd R) to BFLY WALL ; [Op Basic] Sd R trng to ½ OP LOD, - , XLif (W XRib), rec R ;

INTER

01-05 SWITCHES x 4 ; ; ; ; SLOW HIP ROCK 2 ;
(Switches x 4) Repeat meas 3,4 Part A ; ; Repeat meas 3,4 Part A ; ; [Slow Hip Rock 2 ] Slow rk L with hip roll, - , rk R with hip roll, - ;

ENDING

01-05 LEFT TURN w/ INSIDE ROLL ; SWEETHEART WRAP to LOD / W TRANS ; SWEETHEART RUN 4 to TANDEM WALL ; INTO SIDE CORTE & EXTEND ARMS ;
(Left Turn w/ Inside Roll) Repeat meas 13 Part A ; [Sweetheart Wrap /W Trans to LOD] Sd R, - , XLif bringing lead hnds thru leading W to tm LF, rec R (W sd L comm LF turn, - , small fwd R cont LF turn to fc LOD, tch L) ending in wrapped pos fcg LOD [Both L ft free] ; [Sweetheart Run 4 to Tandem Wall & Sd Corte] In wrapped position fcg LOD fwd L, - , fwd R, fwd L ; Fwd R turng RF to Tandem Wall, - , sd L (W fwd L, - , fwd R, fwd L ; Fwd R turng RF to Tandem Wall, - , sd L) softening knees, look at each other extendg ld arms to sd ;