“FOUR” SEASONS

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Record: Fabulos Collection International & Standard Vol II CD =Track # 4 PHASE IV + 1 WALTZ (DbI Rev)
Sequence: Intro – A – B – C – A mod – C mod – End (degree of difficulty – Average)
Footwork: Opposite, Unless noted (W's footwork & timing in parentheses) 1.2
Timing: Standard Waltz unless noted 1/09

INTRO

Meas: 1-4
LEFT SHAD POS (W ON INSIDE) BOTH RT FT FREE WAIT 1 MS; RT LUNGE; WHISK;
W SYNCO ROLL X BJO JN RT HDS;
1-2 L shad pos fc DLW both have RT ft free w 1 ms;[rt lunge] sd R into RT Lunge, - - - ;
(12&3) 3-4 [whisk] Rec L, XRIB of L, rec L; [w synco roll x] Fwd R, L, R (W roll RF 1 _ trn R/L, R, L) jn R
hds fc DLW

PART A

1-4
(RT HDS) HOVER TELEMARK; W INSIDE TRN M HEAD LOOP; W ROLL ACROSS; SL CHECK
THRU;
1-2 [hvr tele] R hds jnd Fwd L DLW, fwd & sd R rising slightly trng body 1/8 RF, fwd L DLW (W bk
R, bk & sd L comm RF trn, fwr R fn slight “L” pos); [inside trn] Fwd R raise jnd R hds, comm
RF trn sd L lead W to trn LF under jnd hds, cont trn fwr & sd R put jnd hds over head hds
rest beh neck (W comm LF trn under jnd R hds fwr L, cont trng sd R spiral LF, sd & fwr L
release hds beh M’s neck) W now on inside fc LOD ; note: This is like a cross pivot for the
man.
3-4 [w roll x] Fwd L, fwr R betw W’s ft, fwr L (W fwr R comm RF trn, sd & bk L, cont trn fwr R to
_ OP/LOD; [sl x thru] Shape twds ptr chk thru R, (W shape twds ptr chk thru L), -;
5-8
BK WHISK; RIPPLE CHASSE SCP; M ROLL ACROSS; SL X CHECK THRU;
5-6 [whisk] Rec L, sd R, XLIB of R (W rec R, sd L, XRIB of L) blend to SCP LOD; [ripple
chasse]
12&3 Thru R trn head to R with R sway to CP, sd L/cl R holding sway, sd & fwr L (W thru L trn head
to L with L sway blend to CP, sd R/cl L hold sway, sd & fwr R) SCP;
7-8 [m roll x] Fwd R comm RF trn, sd & bk L, cont trn fwd R (W fwr L, fwr R betw M’s ft, fwr L) to
L _ OP ; [sl x thru] Shape twds ptr chk thru L. (W shape twds ptr chk thru R), - ;
9-12
OUTSIDE CHK; OP IMP; SCP CHASSE; THRU FC CL;
9-10 [outsd chk] Rec R comm LF trn, cont trn sd & fwr L, fwr R outsд ptr (W rec L, bk R, bk L)
BJO/DRC; [op imp] Bk L LOD comm RF trn, cl R to L heel trn, sd & fwr L (W fwr R comm RF
trn, fwr & sd cont RF trn, sd & fwr R) to SCP/DLC;
13-16 [hvr; SLOW SD LK; 2 LF TURNS;
13- 14 [hvr] Fwd L DL in CP, fwr & sd R rising and brushing L to R, sd & fwr L to SCP DLC; [sl sd
lk] Thru R, fwr & sd L rising and trn slight LF, XRIB of L (W thru L, sd R trn LF, XLIF of R) to
CP/DLC;
15-16 [2 L trns] Fwd L DLC trn LF, sd & bk R cont LF trn, cl L to R CP/RLOD; Bk R LOD trng LF, sd & bk L
DC
cont LF trn, cl R to CP/DLC;

PART B

1-4
HOVER TELEMARK JN RT HDS; OP IN & OUT RUNS;; IN & OUT RUN w/M’S HEAD LOOP;
1-2 [hvr tele] Fwd DLW L, fwr & sd R rising slightly trng body 1/8 RF (W trn 3/ RF), fwr L LOD &
slightly Wall to end _ OP M fcg DLW ( W fc LOD) jn R hds acrs front of W and L hnds
extended to sd ( W’s L arm behind M; [start op in & out runs] Fwr R acrs W comm RF trn, sd
& bk L then cont RF trn, sd & fwr R LOD (W fwr L, R, L trng 1/8 RF to end fcg DLC ( W fcg
DLW) w/R hds jnd across front of M and L hds extended to sd & M’s L arm behind W;
Four Seasons

3-4

[fin in & out runs] Sm fwd L, R, L trn RF (W fwd R acrs M comm. RF trn, sd & bk L then cont RF trn, sd & fwd R LOD) end fchg DW (W fwd DLC) w/hnds as in meas 2 of Part B; [m's head loop] Repeat meas 3 Part B raising Jnd R hnds on bt 2 and taking them over M's head on beat 3 then release them to blend to L _ OP POS LOD.

5-8

W ACROSS; MANV; SPN TRN; BX FIN;

5-6

[w acrs to _op] Sm fwd L,R,L (W fwd R acrs M comm. RF trn, sd & bk L then cont RF trn, sd & fwd L LOD) to end _ OP POS LOD: [manv] Fwd R, sd & fwd L trng RF, cl R to L CP/RLOD;

7-8

[spn trn] Bk L pivot RF to fc LOD, fwd R cont trn to fc DWL rising on ball of ft, rec sd & bk L DRC; [bx fin] Bk R DRC trng LF, sd L cont LF trn to CP/DLC, cl R;

9 – 12

DBL REV; OP REV; OUTSD CHK; OUTSD CHG SCP;

9-10


11-12

[outsd chk] Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to end JO/DRW; [outsd chg] Bk L, bk R blending to CP trng LF cont LF trn sd & fwd L (W sd & fwd R) to SCP;

13-16

SLOW SD LK; FWD TRN & R CHASSE; OUTSD CHG SCP; THRU FWD CL (W TRANS TO SHAD)

13-14

[sl sd lk] Thru R, fwd & sd L comm. LF trn lead W to swing in front to p/u, cont trng LF lk RBoL (W lk LIF of R) to CP/DLC; [trn & rt chasse] Fwd L comm. LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to end CBJO/DRC;

(12&3)

15-16

[outsd chg scp] Repeat meas 12 Part B; [thru fwd cl W synco trans shad] Thru R, fwd L, cl R plc R hnd on W's waist (W L, R/L, R) to SHAD/LOD;

PART C

1 – 4

(LF FREE FOR BOTH) SHADOW DIAM TRN _ DLC;; BK SD CL;

1-2

[start shad diam trn] Fwd L trn LF, cont LF trn sd R, bk L fc DRC, Cont LF trn bk R, cont Lf trn sd L, fwd R DRW;

3-4

[fin shad diam trn] Cont LF trn fwd L trng LF, cont LF trn sd R, bk L DLW; bk R, sd L, cl R fc DLW;;

5-8

SHADOW VINE 3.; SHAD RT TURNS;; SL SD LK W TRANS (12&3)

5-6

[shad vn] Sd L, XRIB, sd L, DLW; [start shad R trns] Fwd R comm RF trn, cont trn Sd L, bk R RLOD;

7-8


(12&3)

9-12

CL TELE; FWD W DEVELOPE; SL OUTSIDE SWVEL; SL SD LK;

9-10

[cl tele] Fwd L, comm. LF trn sd & bk R, cont LF trn sd & fwd L (W bk R, comm. LF trn bring L to R no wgt trn LF on R (heel trn) chg wgt to L, sd & bk R) to BJO/DLW; [develope] Ck fwd R, (W bk L, bring R ft up L leg, extend R ft fwd);

11-12

[outsd swvl] Rec L comm RF upper body trn, leave R XIF of L (W rec fwd R, swvl RF on R), -: [sl sd lk] Thru R, sd & fwd L, XRIB of L (W fwd L trn LF, sd & bk R, XLIIF of R) CP/DLC;

9-13

OP TELE; OP NAT; OUTSD CHG SCP; THRU SD CL;

9-10

[op tele] Fwd DLC L comm. LF trn, fwd & sd R cont trn, sd & fwd L (W bk R, cl L to R heel turn/cont LF trn sd & fwd R) SCP/DLW; [op nat] Rwd Fwd comm. RF trn, sd & bk L cont trn, bk R fwd L, fwd R between ptr's feet, fwd L) CBJO/RLOD;

11-12

[outsd chg scp] Repeat meas 15 Part B; [thru sd cl] Thru R, sd L, cl R;

A 1 – 8 MOD

1-4

RT HDS HVR TELE; W INSIDE TRN; W ROLL ACROSS; SL CHECK THRU;

1-2

Repeat Meas 1 & 2 of Part A;;

3-4

Repeat Meas 3 & 4 of Part A;
5-8  BK WHISK; RIPPLE CHASSE TWICE SCP;; THRU FWD CL (W TRANS TO SHAD)
5-6  Repeat Meas 5 & 6 Part A;;
7-8  [ripple chasse] Repeat Meas 6 Part A;
     [thru fwd cl W synco trans shad] Thru R, fwd L, cl R (W fwd L, R/L, R)to SHAD/DLC

REPEAT PART C MEAS 1 – 8

1 – 4  (LF FREE FOR BOTH) SHADOW DIAM TRN;;;;
1-2  Repeat Meas 1 & 2 Part C;;
3-4  Repeat Meas 3 & 4 Part C;;
5 – 8  SHADOW VINE 3: SHAD RT TURNS;; SL SD LK W TRANS (12&3);
5-6  Repeat Meas 5 & 6 Part C;;
7-8  Repeat Meas 7 & 8 Part C;;

END

1-4  OP TELE: SCP CHASSE; THRU TO PROM SWAY; CHG OF SWAY:
1-2  [op tele] Fwd DLC L comm. LF trn, fwd & sd R cont trn, sd & fwd L (W bk R, cl L to R heel
     turn/cont LF trn sd & fwd R) SCP/DLW; [scp chasse] Thru R, sd & fwd L/cl R to L, sd & fwd L
     to SCP/LOD:
3-4  [prom sway] Thru R, sd L with slight R sd stretch (W L sd stretch),--; [oversway] lower into
     Left Knee and chg to Left sd stretch to oversway position Rleg extended RLOD;

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