From Sarah with Love

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Music: "From Sarah With Love", Artist: Sarah Connor, CD XCL 6720582, Track #1 cut original music from 9.48sec to 37.37sec, then timewarp to 90%
Footwork: for man, lady opposite or in ( )
Sequence: Intro – A B C – Int – A B – A D – A B – End
Rhythm/Phase: Slow Two-step, Phase IV + 1 (triple traveller) 6/2006, Rev. 1.0

INTRO

1 WAIT (LOOSE CP),;
   1 in loose CP WALL wait 2 beats & 1 measure,;

2 – 5 BASIC:: 2 LUNGE BASICS::
sqq, sqq 2-3 (basic) sd L, -, XIB R, rec L; sd R, -, XIB L, rec R to BFLY WALL;
sqq, sqq 4-5 (2 lunge basics) sd L w/lunge action, -, rec R, XIF L; sd R, -, rec L, XIF R;

6 SIDE DRAW CLOSE;
ss 6 (sd draw cl) sd L, draw R to L, cl R to loose CP Wall, -;

PART A

1 – 4 BASIC TO PU:: L TRN INSIDE ROLL:: BASIC ENDING:
sqq sqq 1-2 (basic) sd L, -, XIB R, rec L; sd R, -, XIB L, rec R to PU;
sqq 3 (L trn w/insd roll) fwd L comm ¼ LF trn, -, sd R, XIF L to BFLY fc COH;
   (W: bk R comm ¼ LF trn, -, sd L cont LF trn under lead hnds, sd R);
sqq 4 (basic ending) sd R, -, XIB L, rec R to BFLY;

5 – 8 2 LUNGE BASICS TO MANUV:: R TRN OUTSIDE ROLL:: BASIC ENDING:
sqq sqq 5-6 (2 lunge basics) repeat Intro meas. 4-5 turn to manuver;,
sqq 7 (R trn w/outsd roll) bk L comm ¼ RF trn, -, sd R, XIF L to BFLY WALL;
   (W: fwd R comm. ¼ RF trn, -, sd L cont RF trn under lead hnds, sd R);
sqq 8 (basic ending) repeat Part A meas. 4 to low BFLY fc LOD,*
   * only 3rd time to ½ OP LOD

PART B

1 – 4 4 TRAVELING CROSS CHASSES TO BFLY:::
sqq 1 (4 trav X chasses) in low BFLY fwd L trn ¼ LF DLC, -, sd R, XIF L (W: XIF R);
sqq 2 fwd R trn ¼ RF DLW, -, sd L, XIF R (W: XIF L);
sqq 3 fwd L trn ¼ LF DLC, -, sd R, XIF L (W: XIF R);
sqq 4 fwd R trn ¼ RF DLW, -, sd L, XIF R (W: XIF L) to BFLY fc WALL;

5 – 8 2 OPEN BASICS:: L TRN INSIDE ROLL:: BASIC ENDING:
sqq 5 (2 op basics) sd L to left ½ OP, -, XIB R, rec L to fc prtn;
sqq 6 sd R to ½ OP, -, XIB L, rec R to PU fc LOD;
sqq 7 (L trn w/insd roll) repeat Part A meas. 3;
sqq 8 (basic ending) repeat Part A meas. 4;

9 – 12 BASIC:: L TRN INSIDE ROLL:: BASIC ENDING:
sqq 9-10 (basic) repeat Intro meas. 2-3 to PU;
sqq 11 (L trn w/insd roll) repeat Part A meas. 3;
sqq 12 (basic ending) repeat Part A meas. 4 to PU LOD,**
   ** 2nd time to BFLY
PART C

1 – 4

TRIPLE TRAVELLER:: BASIC ENDING:

sqq 1  {triple traveller} fwd L lead W to trn under lead hnds, -, fwd R, fwd L;

sqq 2  fwd R spiral LF under joined hnds, -, fwd L, fwd R;
   (W: bk R trn ¼ LF, -, sd & fwd L cont. trn ½ LF, sd & fwd R trn fc LOD;
   fwd L, -, fwd R, fwd L);

sqq 3  fwd L bring lead hnds down & bk to lead W trn, -, fwd & sd R, XIF L;
   (W: fwd R trn RF, -, sd L trn RF, fwd R to fc);

sqq 4  {basic ending} repeat Part A meas. 4 to BFLY COH;

5 – 6

2 LUNGE BASICS TO PU RLOD::

sqq, sqq 5-6  {2 lunge basics} repeat Intro meas. 4-5 to PU RLOD;

7 – 10

TRIPLE TRAVELLER:: BASIC ENDING:

7-9  {triple traveller} repeat Part C meas. 1-3;;;

10  {basic ending} repeat Part C meas. 4 to BFLY WALL;

11-12

2 LUNGE BASICS TO FC;;

11-12  {2 lunge basics} repeat Intro meas. 4-5 to loose CP WALL;

INTERLUDE

1 – 2

SLOW SIDE DRAW TOUCH L & R::

ss  1  {sl sd draw tch L} sd L, draw R to L, tch R, -;

ss  2  {sl sd draw tch R} sd R, draw L to R, tch L, -;

PART D

1 – 4

SWITCHES:: 2X::

sqq 1  {switches} fwd L XIF of W comm RF trn, -, fwd R to left ½ OP, fwd L;
   (W: fwd R, -, fwd L, fwd R to left ½ OP;)

sqq 2  fwd R, -, fwd L, fwd R to ½ OP;
   (W: fwd L XIF of M comm RF trn, -, fwd R to ½ OP, fwd L;)

3-4  {2x} repeat Part D meas. 1-2 to loose CP WALL;;

5 – 8

SIDE BASIC; REV UNDERARM TURN; UNDERARM TURN; BASIC ENDING ½ OP:

sqq  5  {sd basic} sd L, -, XIB R, rec L;

sqq  6  {rev underarm trn} sd R lead hands joined release trail hands, -, XIF L, rec R;
   (W: sd L start LF trn under joined lead hands, -, fwd trn R continue LF trn, rec trn L to face man)

sqq  7  {underarm trn} sd L still lead hands joined, -, XIB R, rec L;
   (W: sd R start RF trn under joined lead hands, -, fwd trn L continue RF trn, rec trn R to face man)

sqq  8  {basic ending} repeat Part A meas. 4 to ½ OP;;

9 – 12

SWITCHES:: 2X::

9-12  {switches, 2x} repeat Part D meas. 1-4;;;;;

13-16

SIDE BASIC; REVERSE UNDERARM TURN; UNDERARM TURN; BASIC ENDING;

13-14  {sd basic; rev underarm trn} repeat Part D meas. 5-6;;

15-16  {underarm trn; basic ending} repeat Part D meas. 7-8 to loose CP WALL;;

ENDING

1 – 4

2 OPEN BASICS:: DRIFT APT & PT:

sqq sqq 1-2  {2 op basics} repeat Part B meas. 5-6;;

ss  3  {drift apt & pt} apt L, -, pt R, -;

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