**FROZEN WALTZ**

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**Music:** Let It Go (from 'Frozen') by Hang Shuen Lee

CD: Premium Standard - Ballroom Symphony, Track #5  Also available as download from Casa Musica

**Time/Speed:** Time/RPM: 3:05 @45

**Rhythm/Phase:** Waltz III + 1 [Diamond Turn] + 1 [Sync Wheel]  **Degree of Difficulty:** AVG

**Footwork:** Opposite unless noted (Woman’s footwork in parentheses)

**Sequence:** INTRO - A - B - C - A(1-8) - B - C - END

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### INTRO

1 - 4  **(O P-FC/WALL) WAIT; WAIT; APT PT; SPIN MANUV (CP/RLOD):**

1-2  Wait 2 meas in Open Facing Position M facing WALL; ;

3  (Apt Pt) Apart L, pt R twd partner, -;

4  (Spin Manuv) Fwd R commence RF tm lead W LF spin, cont RF tm sd L, cl R to CP/RLOD;

5 - 8  **1 R TRN FC LOD; FWD WALTZ; 2 L TRNS; (WALL):**

5  (1 R Tm) Bk L. commence RF tm, sd R cont RF tm, cl L to R;

6  (Fwd Waltz) Fwd R, f wd L, cl R to CP/LOD;

7 - 8  (2 L Tms) Fwd L commence LF tm, sd R cont LF tm, cl L to R; Bk R commence LF tm, sd L cont tm, cl R to L to CP/WALL;

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### PART A

1 - 4  **HOVER; THRU HOVER (BJO); BK HOVER (SCP); THRU FC CL:**

1  (Hover) Fwd L, sd & f wd R, rec f wd L to SCP/LOD;

2  (Thru Hover to BJO) Thru R commence LF tm, sd L pointing DLW rising and leaving R extended bk, rec bk R with right sd leading in BJO backing RLOD and preparing for partner to step outside; (W Thru L commence LF tm, sd and bk R rising brush L to R, sd & f wd L left sd leading preparing to step f wd outside partner in BJO;)

3  (Bk Hover to SCP) Bk L, sd & bk with a slight rise, rec L (W f wd R, sd & f wd L commence RF tm with a slight rising brush R to L, cont RF tm sd & f wd R) to SCP/LOD;

4  (Thru Fc Cl to CP) Thru R, sd L & partner, cl R to CP/WALL;

5 - 8  **WHISK; MANUV; SPIN TRN; BO X FINISH (CP/DC):**

5  (Whisk) Fwd L, sd R, XLIB of R to SCP/LOD;

6  (Manuv) Fwd R commence RF tm, cont RF tm sd L, cl R to CP/RLOD;

7  (Spin Trn) Bk L pivot 1/2 RF, f wd R between woman’s feet heel to toe cont RF tm & DW, sd & bk L (W f wd R between man’s feet heel to toe pivot 1/2 RF, bk L cont RF tm brush R to L, sd & f wd R);

8  (Box Finish) Bk R commence LF tm, sd R cont LF tm, cl R to L & DC;

9 - 12  **2 L TRNS; (WALL); BOX; ;**

9-10  (2 L Tms) Fwd L commence LF tm, sd R cont LF tm, cl L to R; Bk R commence LF tm, sd L cont tm, cl R to L to CP/WALL;

11-12  (Box) Fwd L, sd R, cl L; bk R, sd L, cl R keeping CP;

13 - 16  **BAL L; BAL R; TWIRL VINE 3; PKUP (CP/LOD):**

13  (Balance L) Sd L, XRib of L, rec L;

14  (Balance R) Sd R, XLib of R, rec R;

15  (Twirl Vine 3) Sd L lead W RF tm, XRib of L, sd L(W f wd R twd LOD commence RF tm under lead hand, sd L cont RF tm, cont tm & COH sd R);

16  (Pickup) Fwd R twd LOD lead W LF tm commence LF tm, sd L & LOD, cl R (W f wd L front of man commence LF tm, cont LF tm sd R & RLOD, cl L ) to CP & LOD;
PART B

1 - 4 DIAMOND TRN; SCAR ENDING;

1-4 (Diamond Trn) Fwd L commence LF tm, sd R cont LF tm, bk L to BJO/RDC; Bk R cont LF tm, sd L cont LF tm, fwtd R to BJO/RDW; Fwd L cont LF tm, sd R cont LF tm, bk L to BJO/DW; Bk R, sd L, cl R to SCAR/DW;

5 - 8 X HOVER (BJO); X HOVER (SCAR); X HOVER (SCP); THRU FC CL (BFLY);

5 (Cross Hover BJO) XLIF of R commence LF tm, sd R cont LF tm, cont tm rec L to BJO/DC;

6 (Cross Hover SCAR) XRIF of L commence RF tm, sd L cont RF tm, cont tm rec R to SCAR/DW;

7 (Cross Hover SCP) XLIF of R, sd R lead W RF tm, sd & fwt L to SCP/LDW;

8 (Thru Fc Cl to BFLY) Thru R, sd L & partner, cl R to BFLY/WALL;

PART C

1 - 4 WALTZ AWAY & TOG; SOLO TRN 6; (BFLY);

1 (Waltz Away) Fwd L twd DC(W twd DW), fwt L, cl L;

2 (Waltz Tog) Fwd R, fwt L, cl & partner to BFLY/WALL;

3-4 (Solo Trn 6) Releasing hold and turning to & LOD fwt L commence LF tm, cont LF tm side R, cl L ending bk to bk; Commencing LF tm bk R twd LOD, cont LF tm sd L, cl R to BFLY/WALL; (W: Releasing hold and turning to & LOD fwt R commence RF tm, cont RF tm sd L, cl R ending bk to bk;

Commencing RF tm bk L twd LOD, cont RF tm sd R, cl L to BFLY/WALL;

5 - 8 WALTZ AWAY & TOG; SOLO TRN 6; (CP/WALL);

5-8 Repeat Part C 1-4; to end in CP/WALL;

9 - 12 LEFT TRNG BOX; ; ;;

9-12 (Left Trng Box) Fwd L commence LF tm, sd R, cl L & LOD; bk R cont LF tm, sd L, cl R & COH; fwt L cont LF tm, cl L & RLOD; bk R cont LF tm, sd L, cl R & WALL;

13-16 (OP) BAL APT; BAL TOG (BOLERO); SYNC WHEEL; SYNC WHEEL (WALL);

13 (Open Balance Apart) Bk L commence LF tm in OP/LOD, cl R to L, in plc L;

14 (Balance Tog) Step tog to ptr R commence RF tm in BOLERO/WALL, cl L to R, in plc R;

15(1&2 (Sync Wheel) Fwd L commence RF wheel/cont wheel R, L/R, L/R;

&3&)

16(1&2 (Sync Wheel) Fwd L commence RF wheel/cont wheel R, L/R, L/R to CP/WALL;

&3&)

ENDING

1 - 4 Hover; THRU HOVER (BJO); BK HOVER (SCP); CHAIR & HOLD;

1-3 Repeat Part A 1-3; ;

4 (Chair & Hold) Ck thru R with lunge action, extended lead hnds, hold;