IT HURTS FOR A WHILE

By: Alex & Jennifer Kennedy.... 7 Magnolia Avenue, Rosehill, Auckland. New Zealand. 2113
[09] 2986673  kennedy.af@xta.co.nz

Music: Special Press “For A Little While” [Flip....” Make Love To Me”]

Sequ: Intro AA  B A Int. C B A End

Rhythm & Phase: Waltz Phase IV [Woman’s Footwork In Parentheses]

INTRO

1-4 WAIT IN LEFT OPEN FACING DLW:: TOGETHER & TOUCH; BOX FINISH; [DLC]
1-2 [In Left Open Mans Left/Ladies Right Foot Free] Wait 2 Measures;;
3  [Together & Touch] Fwd L, Drw R to L & Tch to CP;
4  [Box Finish] Bk R, Sd L, Cl R DLC;

PART A

1-4 TELEMARK TO SEMI; MANEUVER; BACK BACK/LOCK BACK; IMPETUS TO SEMI
1  [Telemark To Semi] Fwd L comm. to trn lft, sd R cont. trn, sd & slightly fwd left to SCP; (W Heel Turn)
2  [Maneuver] Fwd R, fwd & sd L comm. RF trn, cl R end fcng RLOD (W fwd L, sd R, cl L);
3  [Back Back/Lock Back] Bk L; Bk R Lk LIF (W Lk RIB), Bk R In BJO;
4  [Impetus To Semi] Bk L in CBJO comm. RF trn, cl R to L [Heel Turn] cont. to fc DC fwd L; (W fwd R outside Man, Sd L trng RF, brush R to L, Sd & fwd R cont. trn to SCP;)

5-8 WEAVE TO SEMI;; SEMI CHASSE; PICK UP SIDE CLOSE;
5-6 [Weave To Semi] Fwd R, Fwd L trng LF picking W up to CP, Sd & slightly Brk R, to DCLC;  Bk L DLC trng W to CBJO, Bk R trng LF to CP, Sd & Fwd L DLW trng Woman to CBJO;
7  [Semi Chasse] Thru R, Sd L/Cl R, Fwd L to SCP;
8  [Pick Up Side Close] Fwd R, Sd L, Cl R To CP DLC;

REPEAT A

PART B

1-4 1 x LEFT TURN; BACK CHASSE TO SEMI; HOVER FALLAWAY; BACK CHASSE TO SCAR;
1  [1 Left Turn] Fwd L comm. trng LF, Cont LF trn Sd R, Cl L R To CP DRC;
2  [Back Chasse Semi] Bk R trng LF, cont. trn Sd L, Cl R to L, Sd & Fwd L To SCP;
3  [Hover Fallaway] Thru R, Fwd L with rise, rec R In SCP;
4  [Back Chasse SCAR] Bk L, comm. RF trn Sd R/Cl L, Sd & Fwd R to SCAR DRW; (W Bk R, trng slightly LF, Sd L, Cl R, Cl R & Bk L to Scar);

5-8 CROSS CHECK RECOVER TURN TO BJO; MANEUVER; SPIN TURN; BOX FINISH;
5  [Cross Check Recover Turn To Bjo] XLR, Rec R start LF Trn, Sd & Fwd L To BJO DLW;
6  [Maneuver] Fwd R, fwd & sd L comm. RF trn, Cl R end fcng RLOD ;
7  [Spin Turn] Bk L pvt ½ RF, fwd R between W feet heel to toe cont trn leaving L bk & sd, rec sd & bk L; (W comm. RF upper body trn fwd R between Man’s feet heel to toe pvt ½ RF. bk L toe cont. brush R to L fhd R between Man’s feet);
8  [Box Finish] Bk R trng LF, Sd L, cl R DLC;

PART A
INTERLUDE

1-4 2 LEFT TURNS;; WHISK; PICK UP SIDE CLOSE;
1-2  [2 Left Turns] Fwd L trng LF, Sd R, Cl L; Bk R Trng LF, Sd L Cl R; [Wall]
3  [Whisk] Fwd L, Sd & slightly Fwd R, XLIB to SCP DLW;

PART C

1-4 DIAMOND TURN ¾;; BACK HALF BOX;
1-3  [Diamond Turn 3/4] Fwd L trng LF, Cont. trn Sd R, Bk L to BJO; Bk R trng LF in BJO, Sd L, Fwd R in CBMP, Fwd L trng LF in BJO, Sd R, Bk L; [in BJO DLW]
4  [Back Half Box]  Bk R; Sd L, Cl R; [DLW]

5-8 HOVER TO SEMI; SEMI CHASSE; SEMI CHASSE; PICK UP SIDE CLOSE;
9  [Hover To Semi] Fwd L, Fwd & Sd R rising to ball of foot, Rec Sd & Fwd L to SCP LOD;
10  [Semi Chasse] Thru R trng to face ptnr, Sd L/Cl R, Sd L to SCP LOD;
11  [Semi Chasse] Thru R trng to face ptnr, Sd L/Cl R, Sd L to SCP LOD;

PART B

PART A

END

1-5 TELEMARK TO SEMI; NATURAL HOVER FALLWAY; SLIP PIVOT TO BJO;
FORWARD TO A PROMENADE SWAY; CHANGE THE SWAY;
1  [Telemark To Semi] Repeat measures 1 of Part A
2  [Natural Hover Fallaway] Thru R comm. RF Trn, Fwd L cont. RF Trn rise to ball of foot, Rec Bk R to SCP fc DRW;
3  [Slip Pivot To Bjo] Bk L well under body, Bk R comm. LF trn, Fwd L to CBJO DLW; (W Bk R well under body, pivot LF ½ keeping left extended rec L, rec Bk & Sd R);
4  [Forward To Promenade Sway] Fwd R (W Bk L), Sd L trng W to SCP stretch body upward to Promenade Sway;
5  [Change Sway] Compress into left knee & Change to Oversway look at Woman; (W look Lf)