JA SENA

Music: Tol & Tol
www.discogs.com/Tol-Tol-Sedalia/release/1441334
Track #7 Time 2:49 Available from choreographer

Rhythm: Waltz Phase: V+1U (Hover Corte w/ Slip Action) Slow Down w/ -10%
OPTION (Diamond Turn w/ W Insd Turn)

Footwork: Opposite except where (Noted)

Release Date: Jan 17
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Sequence: INTRO AB AB END

INTRO

01-04 CP DRW LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;
[Wait] CP DRW ld ft free wt 4 meas ; ; ; ;

05-09 OUTSIDE change to BJO ; FWD FWD/LOCK FWD ; OP NATURAL ; OVER SPIN TURN ; BOX FINISH to DLW ;
[Outsd Chg to BJO] Comm LF trn bk L, bk & sd R cont LF trn, sd & f wd L (W f wd R, f wd L trn LF Xif of M, bk R) to BJO DLW ; [Fwd fwd/Lk Fwd] [1,2&3] Fwd R, f wd L/lk Rib, f wd L ; [OP Natural] Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (W bk L trng RF, f wd R btwn man’s feet, f wd L) to BJO DRC ; [Over Spin Turn] Stg RF upper bdy trn bk L pvtg 1/2 RF to fc LOD, f wd R btwn W’s ft heeel to toe cont trn leavg L leg xtd bk bk & sd, rec L (W stg RF upper bdy trn f wd R btwn M’s ft heeel to toe pvtg 1/2 RF, bk L cont trn brush R to L, f wd R btwn M’s ft) to CP DRW ; [Box Finish to DLW] Bk R, sd & bk L trng 1/4 LF, cl R to CP DLW ;

PART A

01-04 WHISK : NATURAL WEAVE ; ; OP NATURAL ;
[Whisk] Fwd L, f wd & sd R stg rise to ball of ft to SCP LOD, XLif (W XRib) cont to full rise ; [Natural Weave] Fwd R trng RF, sd L, bk R (W f wd L, R btwn M’s ft, f wd L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn f wd L to BJO DLW ; [OP Natural] Repeat meas 7 Intro ;

05-08 BACK BACK/LOCK BACK ; HESITATION change ; TELEMARK to SCP ; RUNNING OP NATURAL ;
[Bk Bk/Lk Bk] (S,Q&Q) Bk L, bk R/lk Lif, bk R to BJO DRC ; [Hesitation Chng] [SS-] Trng upper bdy RF bk L, sd R contng RF trn, draw L to CP DLC ; [Telemark to SCP] Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW ; [Running OP Natural] [S,Q&Q] Thru R comm RF trn, cont RF trn sd & bk L/with right sd lead bk R Lead W outsdt ptr, right sd stretch bk L (W thru L, f wd R/left sd lead f wd L, left sd stretch f wd R outsdt ptr) to BJO DRW ;

09-12 HOVER CORTE ; BACK & CHASSE to SCAR ; FWD CHECK/W DEVELOPE ; HOVER CORTE w/ SLIP ACTION ;
[Hover Corte] Bk R, trng LF sd & f wd L LOD leavg R leg in pl, compg ½ LF trn rec R (W f wd L, trng LF sd & fwd R & brush L to R, f wd L) to BJO DLW ; [Back & Chasse to SCAR] [S,Q&Q] Trn RF bk L shape to lft, sd R/cl L trn RF, f wd R DRW lose shape pvt RF to SCP DRW ; [Fwd Ck/W Develope] [S-] Fwd L outsdt W checking, - (W bk R, bring L ft up R leg to insd of R knee, extend L ft f wd) ; [Hover Corte w/ Slip Action] Bk R, trng ½ LF sd & fwd L to LOD leavg R leg in pl, w/ slight LF upper bdy trn slp R bhd L contng bdy trn (W f wd L, trng ½ LF sd & fwd R & brush L to R, f wd L outsdt M’s ft) to CP LOD ;

13-16 VIENNESE TURNS ; ; HOVER TELE ; THRU CHASSE to SCP ;
[VienneseTurns] Fwd L trng LF trn, sd R cont trn, XLif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W f wd L, cont LF trn, sd R cont trn, XLif) to CP DLC ; [Hover Tele] Fwd L, f wd R rising & trng 1/8 RF, sd & f wd L to SCP LOD ; [Thru Chasse to SCP] [S,Q&Q] Thru R, sd to fc prtn L/cl R, f wd L to SCP LOD ;

17-19 IN & OUT RUNS ; ; CHAIR & SLIP ;
[In & Out Runs] Trng RF f wd R, sd & bk L to CP RLOD, bk R (W f wd L, f wd R btwn M’s ft, f wd L) to BJO RLOD ; Trng RF bk L, cont trn f wd R btwn W’s ft, sd & f wd L (W trng RF f wd R, cont trn sd L In frnt of M, cont trn fwd & sd R) to SCP LOD ; [Chair & Slip] Ck f wd R w/bent knee, rec L w/ slight LF trn, sm bk R (W ck f wd L, rec R svvlg 5/8 LF, f wd L) to CP DLC ;
PART B

01-04 DIAMOND TURN [OPTION : W INSIDE TURN] ; ; ;

{Diamond Turn} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R [OPTION {W Insd Turn} W fwd L comm LF trn under lead hands fc RDC, small sd R cont LF trn, small sd L compg LF trn] to DRC ; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R [OPTION {W Insd Turn} Repeat meas 2 Part B] to BJO DLC ;

05-08 OP REVERSE TURN ; BACK & CHASSE to BJO ; OP NATURAL ; BACK & CHASSE to SCAR ;

[OP Reverse Turn] Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr) to BJO RLOD ; [Bk & Chasse to BJO] [S,Q,Q] Bk R trng LF, sd L/cl R, sd & fwd L to BJO DLW ; [OP Natural] Fwd R stg RF trn, cont trn sd & bk L, bk R w/ R sd ld (W bk L trng RF, fwd R btwn man’s feet, fwd L) to BJO DRC ; [Bk & Chasse to SCAR] [S,Q,Q] Trn RF bk L cp DRC shape to lft, sd R/cl L trn RF, fwd R DLW lose shape pvtr RF to SCAR DLW ;

09-12 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; START WEAVE 6 ;

[Cross Hover to BJO] XLif, sd R hvrg, rec L to BJO ; [Cross Hover to SCAR] XRif, sd L hvrg, rec R to SCAR ; [Cross Hover to SCP] XLif, sd R hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP DLC ; [Start Weave 6] Fwd R DLC, fwd L stg LF trn, contg trn sd & bk R to fc DRC (W fwd L trng LF, sd & bk R to CP, contg LF trn sd & fwd L) to BJO ;

13-17 FINISH WEAVE 6 to BJO ; FWD FWd/LOCK FWd ; OP NATURAL ; OVER SPIN TURN ; BOX FINISH to DLW ;

[Weave 6 to BJO] Bk L LOD, bk R trng LF trn, sd & fwd L (W fwd R outsd ptr, fwd L to CP contg LF trn, sd & bk R) to BJO DLW ; [Fwd fwd/Lk Fwd] Repeat meas 6 Intro ; [OP Natural] Repeat meas 7 Intro ; [Over Spin Turn] Repeat meas 8 Intro ; [Box Finish] Repeat meas 9 Intro ;

ENDING

01-04 WHISK ; THRU SYNCOTATED VINE ; SLOW THRU to a PROMENADE SWAY ; CHANGE to OVERSWAY ;

[Whisk] Repeat meas 1 Part A ; [Thru Syncop Vine] [S,Q,Q] Thru R, sd L/XRib (W XLib), sd L to SCP LOD ; [Thru to a Prom Sway] [1,2] Thru R, sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; [Chng to Oversway] W/no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (W relax R knee w/ LF upper bdy trn slowly change hd from R to L usg full meas) ;

05-07 RECOVER to a HOVER to SCP ; SLOW THRU to HINGE & EXTEND ARMS ; ;

[Rec to a Hover to SCP] [SS] Rec R, risg sitly & brushg L to R, fwd L (W Rec L trng RF risg & brushg R to L, contg RFtrn sd & fwd R) to SCP LOD ; [Slow Thru to a Hinch & Extend Arms] Slow Thru R, fwd & sd L w/strong LF body trn & stretch trailing leg extended, hold (W fwd L comm LF trn, sd R, XLib/extend R) ; With upper body stretch lower trailing hnd to ptr’s waist (W lower ld hnd to ptr’s shldr), extend free arms ;