LA MER

Choreographers: George & Pam Hurd, 2901 Concord Lane, Anchorage, AK 99502 PH: (907) 243-0723
Special Press Contact: choreographers@palominorecords.com SP: 246
Sequence: INTRO-A-A-B-BRIDGE-C-B-INTERLUDE-END
Speed: 45
Rhythm: Fox trot
Phase: IV + 2 (Nat'l Hvr Cross, Rev Fallaway)
Release Date: Aug 97

INTRO

1-4 WAIT; WAIT; SLOW SWAY LEFT; SLOW SWAY RIGHT:
1-2 [Wait] in cp wd M's L & W's R foot free wait two measures;
3 [Slo Sway Left] in cp fcg lsd L to L, draw R to L;
4 [Slo Sway Right] in cp fcg lsd R to R, draw L to R;

PART A

1-4 THREE STEP; HALF NAT'L TRN; CLOSED IMPETUS; FEATHER FINISH:
1 [Trot Seq] fwd L, fwd R, fwd L in three passing steps;
2 [1/2 Nat'l Trn] fwd R begin RF tmn., sd & bk on R (W cl R to L heel turn) cont tmn, bk R to cp fcg rld;
3 [Cl Cmpt] brk L, short step (W fwd R brn M's feets) commencing RF turn bring R besides L with no wgt &
   commence RF head turn, chg wgt to R cont RF turn (W sd & fwd L and M cont tm RRF), sd & bk L (W brsh R to L
   step fwd on R brn M's feets) to cp fcg dw;
4 [Feather Fin] bk R (W fwd L) lmg L/F, sd & fwd L (W sd & bk R), fwd R (W bk L) to contra b/jo fcg dc;

5-8 TELEMARK TO SCP; LADY ACROSS TWICE; FEATHER:
5 [Tell to SCP] fwd L (W bk R) commencing LF tmn (W brng L besides R with no wgt), sd R cont turn (W tm LF on R
   heel turn & chg pr R to L), sd & slightly fwd L (W Rvd R) to end in tight spt pos fcg dw;
6-7 [Ld ACross Twice] rwd R extng L arm sd (W fwd L extng R arm sd.), bwn W's ft wth R shld lngd
   (W sd & fwd L armd M psvng LF ½ on ball of R), fwd R (W sd & lmg L) to end in ½ LOP fcg dw, lmg L
   extng R arm sd (W Rvd R extng L arm sd.), bwn R bwn W's ft w/ L shld lngd & starting LF body tmn (W sd &
   lmg L armd M psvng RF ½ on ball of L), sd & fwd L (W sd & lmg L) to end in ½ OP fcg dw;
8 [Feather] bk R (W fwd L), lmg L (W Rwd R lmg RF scp tm), fwd R (W bk L) to contra b/jo fcg dc;

9-12 REVERSE WAVE; BK FEATHER; FEATHER FINISH:
9-10 [Rev Wve] lmg L starting LF body tmn., sd R td dw dc (W cl L to R with head tmn), bk L (W fwd R) to fdc;
   bk R (W sd & lmg L), lmg R (W bk R), lmg L (W Rwd R) curving LF to end in dp fcg rld maintain cp through;
11 [Bk Feather] bk L., bk R with R shld lngd, bk L to contra b/jo pos;
12 [Feather Fin] bk R (W fwd L) lmg L/F, sd & fwd L (W Rwd R lmg RF LF), XDRF of L (W XDRB of R) to contra b/jo fcg dw;

PART B

1-4 HOME TELEMARK; OVERTURN OF NAT'L; BK LADY DEVELOP; FEATHER:
1 [Home Flcd] fwd L (W bk R), diag sd & fwd R (W bk & sd L turn to scp) raising slightly with hving action and
   body tm 1/4 RF, fwd L (W Rwd R) twin step on toe to scp pos fcg dw;
2 [Ortm OP Nat'l] lmg R (W Rwd L) commencing RF tmn, sd & bk L (W Rwd R brw M's ft) cont tmn, bk R (W fwd L)
3 [Bk Lady Develop] step L, bk L under body partial wgt and left swy (W Rwd R lmg dw), taking full wgt
   on L chg swy to right look at woman (W on ball of R ft brng L ft up R leg to outside of R knee, endd L Rvd R);
4 [Feather Fin] bk R (W bk L), lmg L (W bk R to contra b/jo), fwd R (W bk L) to contra b/jo fcg dc;

5-8 REVERSE TURN TO HOVER; SCP TO TRU TO LEFT WHISK:
5-6 [Rev Trm] fwd L (W bk R) starting LF body tmn., sd R cont turn (W cl L to R heel turn), bk L (W lmg L) to scp rld;
   bk R (W lmg L) lmg L cont tmn., sd & lmg R to scp L (W bk R) to scp dw, fwd R (W bk L) to contra b/jo fcg dw;
7 [Home Flcd] lmg L in cp., sd & lmg R (W bk & L lmg R) rising to ball of ft, rev fwd R (W Rwd R) to scp;
8 [Left Whisk] thru R to mmnty scp, sd & fwd L binding to cp, XDRF of L (W XDRB of R) to lght rev scp;

9-12 LADY UNWIND IN 4 TO BJO; BK HOVER TO SCP; PROMENADE WAVE:
9 [Unwind in 4 Bjt] unwind in 4 beats strug RF on ball of R ft and heel of L ending with wgt on R ft (W wgt
   on W & man R L), lmg R to jy b/jo fsg dw;
10 [bk Hvr to SCP] bk L (W Rvd R.), sd & bk R (W Rvd R) swiveling to fcg prn in cp with risk while brushing action.
11-12 [Prom Wve] thru R strug LF tmn., fwd L cont tmn (W sd & slightly bk R to cp, sd & slightly bk R to contra b/jo fcg
dc, bk L dw still in contra b/jo), bk R trm body. LF & lmg W to scp, sd & slightly fwd L, fwd R to contra b/jo fcg dw.

BRIDGE

1- CHANGE OF DIRECTION:
1 [Chg of Dir] fwd L tds dw start LF tmn., fwd R with right shld lngd cont LF tmn to end dic, draw L to R no wgt.

PART C

1-4 DIAMOND TURNS:
1-4 [Dmd Turn] fwd L tmn on the diag., cont tmn sd R, bk L to b/jo pos; staying in b/jo & trm step bk R., sd on L;
   sd still in b/jo step fwd L tmn on the diag., sd R, bk L cont tmn, sd L, fwd R to end in b/jo fsg dw;

5-8 ONE LEFT TURN; HOVER CORTEO; BK WHISK; CROSS HESITATION:
5 [One Lft Trn] fwd L Rvd L 3/8 tmn., sd R, cl R to L end in cp fsg rld;
6 [Hvr Crt] bk R (W Rvd R) starting tmn to LF tmn, sd & fwd L (W sd & lmg R) cont tm with hving action, rev bk R
   (W Rvd L) to contra b/jo fsg dw;
7 [bk Whisk] bk L., bk & sd R, XBID of R (W XRIB of L) to end in lop;
8 [Cross Head] thru R (W thru L) commencing 3/8 LF turn on right R.; draw L to R no wgt and chg (W sd & fwd R and
   L cont mg L T5, cont tm and cl L to R) to end in contra b/jo fsg dw;

9-12 BK BK/BL/BBK; IMPETUS TO SCP; NAT'L HVR CROSS:
9 [Bk Bk/Lb/Blb] bk L tds dw, bk L/Rook L tds dw, bk R maintain b/jo pos throughout;
10 [Imp to SCP] bk L (W fwd L) rkoj RF tmn., cl R to L, Rvd L cont tm (W cont mg R sd & Rwd L) tmn RF & slly lmg L (W cont
   mg R sd & lmg L) lmg L cont tm (W cont mg R sd & Rwd L) to end in slly & slly fwd R) to scp fsg dw;
11-12 [Nat'l Hvr Cross] fwd R (W Rvd R) begin RF tmn., cont tm L & dl dw fsg dw (W Rwd R cont tm, with strng RF tmn
   on L, up R mpn sd & Rwd L lmg dw dc (W sd L to scp), lmg L across R of use with R sd strch (W Rwd R cont tm
   with L sd rch) to contra/sr posit. rcd R (W Recd L), sd & fwd L (W sm R), with L sd id fwd R (W Rbd L) to contra b/jo fsg dw.

INTERLUDE

1-4 REVERSE TURN TO HOVER; SCP TO TRU CHASSE TO SCP:
1-2 [Rev Trm] same as Part B mm 5-6;
3 [Hvr to SCP] same as Part B mm 7;
4 [Chasse] thru r., sd L/d R, fwd L to scp.

END

1-4 IN & OUT RUNS; FEATHER; REVERSE FALLAWAY:
1-2 [In & Out Runs] lmg R (W lmg L) curving RF tmn., sd & bk L tds wall and lbd to cp (W Rwd R brw M's ft), bk R to
   scp contra/sr. pos. bk L, trm RF, sd & sd R wbn W's feet cont RF tmn (W W & sd L cont tm), fwd L to scp;
3 [Feather] thru R (W thru L), lmg L (W Rvd R lmg RF scp tm), lmg L (W Rvd R brw M's ft) to contra b/jo fsg dw;
4 [Rev Fallaway] lmg L (W Rvd R) lmg RF scp tm, sd & bk R (W bk L) tds lmg, XDIF of R (W XRIF of L) tds dw to
   end in fsg dw pos fcg dw;

5-8 FEATHER ENDING; REVERSE FALLAWAY; BK TO PROMENADE SWAY OVERWAY;
5 [Feather Ending] bk R (W swvng LF on ball of R ft) step fwd L) lmg LF to cp., sd & fwd L (W sd & Rwd R lmg R)
   tds dw, fwd R (W bk L) to contra b/jo fsg dc;
6 [Rev Fallaway] same as mec 5 of END;
7-8 [Prom Wve Overway] bk R (W rdg RF on ball of R ft step fwd L), cont tm with slight b/jo & rcd b/jo fsg dw;
   sd & slightly lmg L (W sd & Rwd R) rkoj RF tmn to scp bo and strch body - upbeat to look over jyb and lds, slyly rls L Lkne (W Rced R Lkne) lmg L (W W's ft) extended and stretching L sd of body to end looking lbd (W loo fng rld).

© PALOMINO RECORDS INC.
Tom & Pam Dillard
1404 Weavers Run Rd
West Point, KY 40177