Ladyhawk

Choreo:
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Music:
“Ladyhawk” by Claudio Novelli - CD “Ancona Open Ballroom Vol 3” - Track # 3
Available as a Single track Download from Casa Musica (length 02.21 @ 100%)

Footwork:
Opposite, directions for man except where noted  (woman’s footwork in parentheses)

Rhythm:
Waltz  Ph V+2 (Spin & Twist, Checked Rev & Slip)

Timing:
Standard 123 except

Sequence:
Intro  A, B, A(1-8), B(5-15), A(11-15), ending

Intro
1-4
(BFY/DLW) Wait 2 Measures ; ;  Sway Apt;  Sway Tog To CP/DLC;
1-2 Wait 2 meas in BFY/DLW both with LEAD FEET free;
3 [Sway apart ] maintaining joined trail hands  Apart L and swaying twd COH, point R cont LF
body rotation away from ptr, sweeping lead arms to shld height ;
4 [Sway tog to CP/DLC]  Rec R, draw L to R gathering W to to CP DLC, tch L ;

Part A
1-4
(CP/DLC) Telemark Bjo;  Op Natural;  Outside Spin to a ;
Rt Turning Lock SCP/ DLC;
1 [Telemark Bjo]  (CP/DLC)  M fwd L, fwd and sd R armd W trng LF, step fwd and sd L to end
Bjo/ DLW (W bk R comm LF heel trn, cont heel trn close L to R, bk and sd R to Bjo);
2 [Open Natural]  fwd R comm RF upper body trn, trn sd & bk L , complete trn bk R to contra
Bjo backing LOD (W comm RF upper body trn bk L, sd & fwd R , fwd L outside partner with
left sd leading) ;
3 [Outside Spin]  Strong trn RF bk & sd L toe in (Lady fwd R in bjo trn RF), fwd R DLW heel to
toe spin RF, sd & bk L CP fc DLC;
4 [Right Turning Lock]  Trn RF bk R to bjo/lk LIFR (lk RIBL), sd & fwd R toe pnt DLC trn RF,
body trn RF sd & fwd L in SCP/DLC;
5-8
(SCP/DLC) Weave SCP;;  Ripple Chasse;  Chair & Slip CP/DLC;
5-6 [Weave SCP]  Thru R, fwd L trn LF, bk R to bjo bkng LOD; bk L in bjo, bk R to cp trn LF,
sd & fwd L to SCP/ DLW;
7 [Ripple Chasse]  Thru R, slight sway R to look twds W (W’s head L) sd & fwd L/cl R,
dissolve sway sd & fwd L to SCP/DLC;
8 [Chair & Slip]  Thru R relax R knee, rec bk L, sd & bk R body trn LF CP/DLC
(W thru L relax L knee , rec bk R leave L leg extended, pvt LF on R slip L toe fwd to CP) ;
9-12
Rev Fallaway ; Slip& Chasse Bjo;  Op Natural;
Bk Chasse/ W Rev Twirl to Tandem LOD;
9 [Rev Fallaway]  Fwd L trn LF, sd R, XLIB  (W bk R, bk L, XRIB) to SCP/RLOD ;
10 [Slip & Chasse Bjo]  with slight LF trn slip R beh L cont trn to fc DLW (W swiv LF on R fwd L
outside M R ft), sd L/cl R, sd L to contra Bjo DLC;
11 [Open Natural]  Repeat Meas 2 Part A
12 & 3 [Back Chasse/ W Rev Twirl to Tandem LOD]  Bk L trn RF, sd R/ cl L, sd & fwd R to LOD
(W fwd R prepare to LF twirl under the lead arm, twirl LF sd & fwd L/ sd & bk R, sd & fwd L )
to end Tandum LOD lady in front ;
13-16
Open Cross Hover Twice Chg Sides on the 2nd ;; Twirl  Vn 3 ;
Chk Thru Rec Sd to BFY Bjo (DLW);
13 [Open Cross hover]  Fwd L toward DLW, sd R, rec L trning to fc DLC shaping towards woman
(W fwd R toward DLC, sd L, rec R turning to face DLW shaping towards man) ;
Part A cont’d

14 [Open Cross hover to chg sides to fc] Fwd R toward DLC passing bnd W to chg sides, sd L, rec R trnng to fc DLC shaping towards woman (W fwd L toward DLC passing in front of man to chg sides, sd R, rec L trnng to fc DLC shaping towards man);

15 [Twirl Vine 3] sd L joining lead hnds, XRib, sd L (W sd & fwd R trnng RF under jnd lead hnds, sd & bl L trng RF, sd R to fc ptr);

16 [Check thru, Rec Sd to BFY/BJO] Thru R chkg, rec L, sd R to BFY/BJO DLC;

17-18 SLOW OUTSD SWIVEL; SLOW SD LK (CP/LOD);

17 [Slow outside swivel] BFY/BJO bk L lead ptr swvl rf SCP / LOD, ___ (W BFY/BJO fwd R outsdp ptr swvl rf SCP / LOD, ___);

18 [Slow Side Lock CP/LOD] Thru R, fwd L trng upper body LF (W tgt LF sd & bk R to CP), trn LF lk RIBL (W lk LIFR) to CP/LOD;

PART B

1-4 FWD WLTZ; MANUV; CLOSED IMPETUS; BOX FINISH;

1 [Fwd Waltz] Fwd L, fwd & slightly sd R, cl L;

2 [Maneuver] Fwd R between W's feet comm RF upper body trn, cont RF trn fwd & sd L, cl R to CP/RLOD;

3 [Closed Impetus] Bk L LOD comm RF trn, cl R to L heel trn, sd & bk L (W fwd R comm RF trn, fwd & sd L cont RF trn, fwd R between M's feet) to CP DLW;

4 [Box Finish] Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLC;

5-8 CHK REV & SLIP; NAT HOVER CROSS & SYNCOP the ENDING; CURVING 3

5 [Checked Reverse & Slip] Fwd L comm LF turn rising, swinging R side step sd & fwd R (W cl L to R small heel turn rising to toes) checking LF rotation rising straight over R, comm RF turn slip L bk small step trng to CP/DW;

6 [start a Natural Hover Cross] Fwd R trng RF, sd L continue RF trn, sd & fwd R (W bk L, cl R heel trn, sd & bk L) to SCAR LOD;

7 [& Syncopate the ending] Fwd L checking, rec R/ sd & fwd L to BJO, fwd R (W bk R, rec L/ sd & bk R, bkL) to BJO DC;

8 [Curving 3] fwd L, trng LF fwd R, check fwd L to CP DRC;

9-12 BK & CHASSE BJO; MANUV; SPIN & TWIST;

9 [Bk & Chasse to BJO] Crossing line of progression and in front of W step bk R commence slight if turn, sd L/cl R, sd R bdng BJO/DLW;

10 [Maneuver] Fwd R commnce rf upper body turn, sd & trn RF fwd L, cl R CP/RLOD;

11 [Spin & Twist] Bk L pivot ½ RF, fwd R LOD cont RF trn, fwd & sd well around W (heel turn) to CP DRW;

12&3 12 XRIB of L to fc RLOD.twist turn to R mainly on the balls of feet, to end w/weight on R in CBJO/DLW, sd & fwd L (W fwd L LOD/fwd R, L around M brush R to L to CBJO DLW, sd & bk R) to CBJO DLW;

13-16 BK TO SLOW HINGE; LADY HOVER ACROSS TO SCP; PK-UP DBLE LOCK;

13 [Bk to Slow Hinge] BK R trng LF, sd & fwd L rotate LF, - (Thru L trn LF, sd & fwd R to CP, swivel LF on R);

14 Lower into L knee, extending the line,- (XLIB of R lower leave R ft ptnd twds LOD with head now well to the L and extend the line);

15 [Lady Hover across to SCP] Rotate upper body RF to lead W to take sd stp, rec R with rise, sd & fwd L (Tmg RF recover R, cont RF across fwd &sd L with rise, recover sd & fwd R to SCP) to SCP/LOD;

16 [Pk-up with Double lock] Fwd R comm trng upper body LF, fwd &sd L cont to rotate LF to BJO DLC/ lk RIB of L, fwd &sd L / lk RIB of L;
Part B cont’d

17-20  DBL REV TWICE DLW ;;  HOVER TELEMARK;  SLOW SD LOCK to DLC;
12-    17  [Double Reverse to CP/LOD]  Fwd L comm LF trn, sd R cont turn, spin LF on ball of R end
f cg LOD  (Bk R comm LF trn, close L to R [heel turn], sd & bk R cont LF trn / XLIF of R) ;
12-    18  [Double Reverse to CP/DLW]  Fwd L comm LF trn, sd R cont turn, spin LF on ball of R end
f cg DLW (Bk R comm LF trn, close L to R [heel turn] sd & bk R cont LF trn / XLIF of R) ;
19    20  [Hover Telemark]  Fwd L, fwd & sd R trn RF, fwd & sd L to semi DLW;

REPEAT PART A (1-8)

REPEAT PART B (5-15)

REPEAT PART A (11-15)

ENDING
1  CHAIR & EXTEND;
1-- 1  [CHAIR & EXTEND]  Thru R relax R knee /w chair action , release lead hands and raise lead
arms slowly looking up and away , ;