Lasso The Moon

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Music: "Lasso The Moon" by Aron Garret
CD: Premium Standard - Ballroom Fascination or single download at http://www.casa-musica.de/
Release Date: June 2013
Rhythm: Waltz
Phase: IV
Original Length of Music: 2:57
Music Modification: None
Sequence: Intro AB Int AB Int(mod) End
Footwork: Opposite for Woman unless otherwise noted / Exception Introduction Measures 1-6

INTRO (8 Measures)

1-4  SKATERS POSITION DLC / RT FEET FREE & POINTED TO THE SIDE /
     WAIT; WAIT; CROSS PT & HOLD; CROSS PT & HOLD;
  1-2  (Wait; Wait) Hold intro position above for 2 measures;;
  3-4  (Cross Pt & Hold; Cross Pt & Hold) BOTH XRIF of Lt, pt side with Lt, ;-) XLIF of Rt, pt side with Rt, ;-
  5-8  SHADOW CROSS HVR 2X;; MAN THRU CHASSE ~ LADY ROLL 3 SCP;
       SLO SD LOCK;
  5-6  (Shadow Cross Hvr 2X) BOTH Fwd Rt with slight crossing action commencing to rise and
       beginning a 1/4 RF turn, side & slightly fwd Lt continuing to rise and completing the 1/4
       RF turn, diagonally fwd Rt DLW lowering at the end of the step; Fwd Lt with slight crossing
       action commencing to rise and beginning a 1/4 LF turn, side & slightly fwd Rt continuing
       to rise and completing the 1/4 LF turn, diagonally fwd Lt DLC lowering at the end of the step;
  7  (Man Thru Chasse ~ Lady Roll 3 SCP) Thru R commence trn to fc, sd L/clo R, sd & fwd Lt to SCP;
       (Fwd R trning RF, sd & bk L continuing RF trn, sd & fwd R to SCP;)
  8  (Slo Sd Lk) Thru R, sd & fwd L to CP, XRIB of L trning slightly LF; (Thru L starting LF trn,
       sd & bk R continuing LF trn to CP, XLIF of R;)

PART A (16 Measures)

1-4  1 LT TRN; HVR CORTE; SYNC BK TWISTY VN 4; BK WHISK;
  1  (1 Lt Trn) Fwd L commence 1/4 LF trn, continue turn sd R diagonal across line of progression
       trning 1/8 LF, clo L fc DLC;
  2  (Hvr Corte) Bk R starting LF trn, sd & fwd L with hovering action continuing body trn,
       rec R with right sd leading to Bjo; (Fwd L trning LF, sd & fwd R with hovering action,
       rec L with left sd leading to Bjo;)
  3  (Sync Bk Twisty Vn 4) Bk L, sd R to fc ptr/XLIF, sd & bk R to Bjo;
  4  (Bk Whisk) Bk L, bk & sd R, XLIF of R finishing in tight SCP;
  5-8  THRU & CHASSE BJO; FWD & CHASSE SCP; WHIPLASH; OUTSIDE SWVL SCP;
       (Thru & Chasse Bjo) Thru R commence trn to fc, sd L/clo R, sd & fwd L to Bjo;
       (Fwd & Chasse SCP) Fwd R commence trn to fc, sd L/clo R, sd & fwd L to SCP;
       (Whiplash) Thru R, trning body RF pt L holding ending in Bjo, -;
       (Thru L swiveling on L to fc ptr, pt R & hold, -;)
  8  (Outside Swivel) Bk L in Bjo, XRIF of L w/ no weight, -;
       (Fwd R in Bjo, swivel RF on ball of R ft ending in SCP, -;)


WEAVE SCP;  SYNC VN SCP;  THRU HVR BJO;

(Weave SCP)  Fwd R diagonal LOD & COH, fwd L commence LF trn, continue trn sd & slightly bk R to fc DRC;  Bk L LOD leading ptr to step outside to Bjo, bk R continue LF trn, sd & fwd L DLW to SCP;  (Fwd L DLC commence LF trn, continue to trn sd & slightly bk R to fc DRW, continue to trn sd & fwd L LOD;  Fwd R LOD outside ptr to Bjo, fwd L LOD continue to trn, fwd R diagonal LOD to SCP;  

(Sync Vn SCP)  Thru R commence trn to fc ptr, sd L/XRIB, sd & fwd L to SCP;  

(Thru Hvr Bjo)  Thru R, fwd L with rise, bk R;  (Thru L, fwd R with rise trn to Bjo, fwd L;)

BK & BK/LK BK;  BK HVR SCP;  THRU & SEMI CHASSE;  CHAIR & SLIP;  

(Bk & Bk/Lk Bk;)  Bk L, bk R/lock L in front of R, bk R;  (Fwd R, fwd L/lock R in bk of L, fwd L;)  

(Bk Hvr SCP;)  Bk L, bk R with rise, fwd L to SCP;  (Fwd R, fwd L with rise trn to SCP, fwd R;)  

(Thru & Semi Chasse;)  Thru R, sd & fwd L/clo R, sd & fwd L SCP LOD;  

(Chair & Slip;)  Ck thru R with lunge action to a "Chair" position, rec L, with slight LF upper body trn slip R behind L continuing trn 1/4 to the left to CP DLC;  (Ck thru L with lunge action to a "Chair" position, rec R, swivel LF on R and step fwd L outside Man's R ft to CP;)

PART B (16 Measures)

VIENNESE TRNS;;  TRN LT & CHASSE BJO;  HESITATION CHG;  

(Viennese Trns)  Fwd L commencing LF trn, sd R continuing LF trn, XLIF of R;  Bk R continuing LF trn, sd L continuing LF trn, clo R to L to fc DLC;  Repeat;  (Bk R commencing LF trn, sd L continuing LF trn, clo R to L;  Fwd L continuing LF trn, sd R continuing LF trn, XLIF of R;)  

(Trn Lt & Chasse Bjo)  Fwd L commence LF upper body trn, sd R continue trn/clo L, sd R completing trn to Bjo;  (Lady Bk R commence L fc upper body trn, sd L continue trn/clo R, sd L complete trn to Bjo;)  

(Hesitation Chg)  Commence RF upper body trn stepping bk L to CP, sd R continuing RF trn, drw L to R;  

2 LT TRNS CPW;;  CANTER 2X;;  

(2 Lt Trns)  Fwd L commence 1/4 LF trn, continue trn sd R diag across LOD trning up to 1/4 LF, clo L;  Bk R commence up to 1/4 LF trn, continue trn sd L toward RLOD trning 1/4 LF, clo R to CPW;  

(Canter 2X)  Sd L, draw R to L, clo R;  Repeat;  

WHISK;  WEAVE 1/2 IN 3 BJO;  BK & CHASSE SDCR;  CK FWd ~ LADY DEVELOP;  

(Whisk)  In CPW fwd L, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to fully rise on ball of ft ending in tight SCP;  

(Weave 1/2 in 3 to Bjo)  Fwd R DLC, fwd L commence LF trn, continue trn sd & slightly bk R to Bjo facing DRC;  (Fwd L DLC commence LF trn, continue trn sd & slightly bk R, continue trn sd & fwd L to Bjo facing DLW;)  

(Bk & Chasse Sdcr)  Bk L trning to fc ptr, sd R/clo L, sd & fwd R to Sdcr;  

(Ck Fwd ~ Lady Develop)  Fwd L outside ptr cking, -, -;  (Bk R, bring left foot up to right leg to inside of right knee, extend left ft fwd;  

BK & CHASSE BJO;  CK FWd ~ LADY DEVELOP;  OUTSIDE CHG BJO;  FWD & CHASSE SCP;  

(Bk & Chasse Bjo)  Bk R trning to fc ptr, sd L/clo R, sd & fwd L to Bjo;  

(Ck Fwd ~ Lady Develop)  Fwd R outside ptr cking, -, -;  (Bk L, bring right foot up to left leg to inside of left knee, extend right ft fwd;  

(Outside Chg SCP)  Bk L, bk R trning LF, sd & fwd L to SCP;  (Fwd R, fwd L trning LF, sd & fwd R to SCP;)  

(Fwd & Chasse SCP)  Fwd R commence trn to fc, sd L/clo R, sd & fwd L to SCP;
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INTERLUDE (2 Measures)

1-2 THRU & CHASSE TWIRL SCP; SLO SD LK;
   1 (Thru & Chasse Twirl SCP) Thru R commence trn to fc, sd L raising joined lead hnds leading lady to twirl/clo R, sd L to SCP; (Thru L commence trn to fc, sd R commencing RF twirl/sd L continuing RF twirl, sd R to SCP)
   2 (Slo Sd Lk) Thru R, sd & fwd L to CP, XRIB of L trning slightly LF; (Thru L starting LF trn, sd & bk R continuing LF trn to CP, XLIF of R)

INTERLUDE mod (2 Measures)

1-2 THRU & CHASSE TWIRL SCP; THRU FC CLO CPW;
   1 (Thru & Chasse Twirl SCP) Thru R commence trn to fc, sd L raising joined lead hnds leading lady to twirl/clo R, sd L to SCP; (Thru L commence trn to fc, sd R commencing RF twirl/sd L continuing RF twirl, sd R to SCP)
   2 (Thru Fc Clo CPW) Fwd R between ptr with reaching step twd LOD, sd L to fc ptr, clo R blending to bfly;

END (7 Measures)

1-4 WHISK; WEAVE 1/2 IN 3 BJO; BK & CHASSE SDCR; CK FWD ~ LADY DEVELOP;
   1 (Whisk) Repeat Part B - Measure 9’
   2 (Weave 1/2 in 3 to Bjo) Repeat Part B - Measure 10;
   3 (Bk & Chasse Sdcr) Repeat Part B - Measure 11;
   4 (Ck Fwd ~ Lady Develop) Repeat Part B - Measure 12;
   5-7 BK SD CLO CP LOD; CANTER COH; DIP BK ~ LADY CARESS MAN’S CHEEK;
      5 (Bk Sd Clo CP LOD) Bk R backing DRC, sd L blending to CP, clo R;
      6 (Canter COH) Sd L, Drw R to L, clo R;
      7 (Dip Bk ~ Lady Caress Man’s Cheek) Step bk L with relaxed knee, -, - (Step fwd R with relaxed knee bring R hand up to Man’s cheek turning back of hand to face Man lightly caressing his cheek with the fingers of the R hnd, ; )