

LEAVE ME

Music: Helene Fischer
Cd: The English Ones
www.amazon.com/English-Ones-HELENE-FISCHER/dp/B003JMP8X0
Track # 8 Time 3:55 Available from choreographer
Shortened from 2.17,5 to 3.25 & +7% Faster to Time 2:26

Rhythm: Hesitation & Canter Waltz Phase: V

Footwork: Opposite except where (Noted)

Release Date: Nov 21

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Sequence: INTRO AB INTRO(5-8) INTER AB(9-12 & *13-16) END



INTRO

01-04 LOOSE CP POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ;

{Wait} Loose CP Wall ld ft free wt 4 meas ; ; ;

05-08 STROLLING VINE w/ HESITATION & INSIDE ROLL ; ; STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ;

{Strolling Vine w/ Hesitation & Inside Roll} [12-] Sd L, -, -, XRib (WXLif), -, swiv LF on R to DLW ; Sd & fwd L trng LF raisg ld hnds, -, -, fwd R, -, XLif to fc (W fwd R across LOD trng LF, -, -, roll LF under ld hnds L, -, R to fc ptr) to CP COH ;
{Strolling Vine w/ Hesitation & Outside Roll} [1,2-] Sd R, -, -, XLib (WXRif), -, swiv RF on L to DLC ; Sd & fwd R trng RF raisg ld hnds, -, -, fwd L, -, XRif to fc WALL (W fwd L across LOD trng RF, -, -, roll RF under ld hnds R, -, L to fc ptr) to Loose CP WALL ;

PART A

01-04 WHISK ; SYNCOPATED WHISK ; LEFT WHISK ; UNWIND (W in 1,2,-,4,-,6) to BJO :

{Whisk} Fwd L,-,-, fwd & sd R comm rise,-, XLib cont to full rise end in tight SCP ; {Syncopated Whisk} Thru R,-, lft hip trns twd ptr cl L, sd R w/ slight rt sd stretch,-, w/ slight body trn RF XLib end tight SCP DLC ; {Left Whisk} Thru R to mom SCP,-,-, sd & fwd L to CP,-, XRib to rev SCP trng upper body to R ; {Unwind/W in 1,2,-,4,-,6 to Bjo} Trn RF on ball of R & heel of L,-,-, cont trn,-, cont trn & transfer wgt to R ft (W fwd R around M trng RF, fwd L,-, fwd R cont around M,-, fwd L to BJO) ;

05-08 BK HOVER SCP ; WEAVE 3 to BJO ; OUTSIDE SPIN ; OP FINISH ;

{BK Hover to Scp} Bk L,-,-, bk R w/ rise chkg lead W to trn RF to SCP,-, sd & fwd L (W fwd R outsd ptr,-,-, fwd L w/ rise trn RF, -, sd & fwd R) end SCP DLC ; {Weave 3 to BJO} Fwd R, -, start LF trn fwd L,-, -, bk R (W fwd L,-, fwd R sharp trn LF,-, -, fwd L) BJO DRC ; {Outsd Spin} Cl L to R instep trng RF,-,-, fwd R around W risg,-, sd L CP RLW (W fwd R around M,-,-, fwd L cont trn RF,-, cl R to L) ; {OP Finish} Bk R,-,-, slight LF trn sd & fwd L,-, fwd R (W fwd R,-,-, sd & bk L trng LF,-, bk L BJO) to BJO DLC ;

09-12 OP TELEMARCK ; NAT HOVER FALLAWAY ; SLIP PIVOT ; FWD FWD LOCK FWD ;

{OP Telemark} Fwd L comm LF trn, sd R cont LF trn,-,-, sd & slightly fwd L to tight SCP DLW (W bk R comm to trn LF bringing L beside R w/ no wgt, trn LF on R heel (heeltorn) & chg wgt to L,-,-, sd & slightly fwd R to tight SCP) ; {Natural Hover Fallaway} Fwd R,-,-, fwd L w/ rise & trn RF,-, rec bk R in fallaway backg DLC (W bk L,-,-, bk R w/ rise & trn RF to semi,-, rec bk L in fallaway backg DLC) ; {Slip Pivot} XLib,-,-, bk R trng LF,-, fwd L Bjo DLW (W XRib,-,-, slip L fwd,-, sd & bk R) ; {Fwd Fwd Lock Fwd} Fwd R,-, fwd L, Lk Rib (W Lk Lif),-, fwd L to BJO ;

13-16 CROSS PIVOT to SCAR ; CROSS HOVERS BJO & SCAR ; ; CROSS HOVER to SCP ;

{Cross Pivot to SCAR} Fwd R ifo W beg RF trn,-,-, sd L cont RF trn,-, fwd R (W sm bk L com RF trn,-,-, fwd R btw M's ft heel to toe pvtg 1/2 RF,-, sd & bk L) to SCAR DLW ; {Cross Hover to BJO & SCAR} XLif,-,-, sd R hvrg,-, rec L to BJO ; 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 LOD ;

PART B

01-04 SCP IN & OUT RUNS INTO SHADOW ROLLS w/ HAND LOOPS ; ; ; ;

{M Roll Over to lft SCP LOD} Fwd R in SCP comm RF trn, sd cont RF trn to mom CP RLOD, cont RF trn fwd (*W fwd L, R, L*) to lft SCP LOD ; **{W Roll Over to SCP DLC}** Fwd in RSCP L, R, L raisg ld hnds (*W fwd L in comm RF trn, sd R cont RF trn to mom CP LOD, cont RF trn fwd L raisg ld hnds*) to SCP LOD [lady ahead of the M fcg DLC] ; **{Shadow Rolls w/ Hnd Loops}** Fwd R comm RF trn lead the W to trn RF underarm, sd L cont RF trn to mom Shad Wall [hnds above head W], bk R cont RF trn to RLOD [with ld hnds low] (*W trng RF under ld hnds fwd L, XRif cont RF trn to mom Shadow Wall, cont RF trn bk L to RLOD*) ; [chnng trl hnd M & ld hnd W behind M's back] [&123] Swiv RF on R /fwd & sd L cont RF trn raisg hnds to lead W underarm, sm fwd R cont RF trn to mom Shad Wall [hnds above head W], fwd L (*W roll RF sd & bk R cont RF trn [chnng to trl hnds M] & Shadow COH [M in front], fwd & sd L cont RF under arm, cont RF trn sd & fwd R*) to SCP LOD ;

05-08 CURVED FEATHER ; QUICK DBL OUTSIDE SWIVEL ; BACK CROSS HOVER to SCAR ; BACK & CHASSE to SCP ;

{Curved Feather} Fwd R stg to trn RF,-,-, w/ L sd stretch contg RF trn sd & fwd L,-, contg upper bdy trn w/ L sd stretch fwd R (*W small step fwd L,-, sd & bk R trng RF w/ strong R sd ld,-, bk L*) ckg to BJO DRC ; **{Qk DBL Outsd Swiv}** [1&2&] Bk L,-, cross R ifo L w/ no weight, fwd R,-, pt L to R (*W fwd R trng ½ RF,-, fwd L trng ½ LF,-*); **{Bk Cross Hover to SCAR}** XLib,-,-, sd R hvrg,-, rec L to SCAR DRC ; **{Bk & Chasse to SCP}** Bk R,-, trng LF chasse sd L,cl R,-, sd & fwd L to SCP LOD ;

09-12 SCP IN & OUT RUNS INTO SHADOW ROLLS w/ HAND LOOPS ; ; ; ;

Repeat meas 1 to 4 Part B ; ; ; ;

13-16 NATURAL WEAVE ; ; THRU CANTER VINE ; THRU FACE CLOSE :

{Natural Weave} Fwd R trng RF,-,-, sd L,-, bk R (*W fwd L,-, R btwn M's ft,-, fwd L*) to BJO DRW ; Bk L,-, bk R in CP trng LF,-, cont LF trn fwd L to BJO DLW ; **{Thru Canter Vine}** XRiF (*W XLif,-, sd L, XRib (W XLib,-, sd L*) to SCP LOD ; **{Thru Fc Cl}** Thru R,-, fwd & sd L trng to fc ptr,-, cl R to CP DLW ;

13-16 * NATURAL WEAVE ; ; OP NATURAL ; IMPETUS to SCP ;

{Natural Weave} Repeat meas 13,14 Part B ; ; **{OP Natural}** Fwd R stg RF trn,-,-, cont trn sd & bk L,-, bk R w/ rt sd ld (*W bk L trng RF,-, fwd R btwn M's ft,-, fwd L*) to BJO DRC ; **{Impetus to SCP}** Bk L w/ RF bdy trn,-,-, cl R [heel trn] contg RF trn,-, fwd L (*W fwd R outsd ptr pvtg RF,-, sd & fwd L contg RF trn arnd M,-, brush R & fwd R*) to SCP DLC ;

INTER

01-04 LACE BOX ; ; ; ;

{Lace Box } Fwd L trng LF ¼ to fc DLC,-,-, sd R,-, cl L ; Raisg jnd ld hnds bk R trng LF ¼ to fc DRC,-,-, sd L,-, cl R (*W sm fwd L, R, L twds DRW under ld hnds [not passg thru & no trn]*) ; Fwd L trng LF ¼ to fc DRW,-,-, bringing arms down sd R,-, cl L (*W passg thru under raised arms fwd R startg ½ RF circ,-,-, contg circ as arms come down fwd L,-, fwd R*) to CP DRW ; Bk R trng LF ¼ to fc DLW,-,-, sd L,-, cl R to CP DLW ;

ENDING

01-04 NATURAL WEAVE ; ; OP NATURAL ; SLOW BACK TURNING WHISK ;

{Natural Weave} Repeat meas 13,14 Part B ; ; **{OP Natural}** Repeat meas 15 Part B ; **{Slow Bk Trng Whisk}** Bk L comm RF trn,-,-, sd & fwd R cont RF trn,-, XLib (*W fwd R comm RF trn,-, sd & bk L cont RF trn,-, XRib*) cont to full rise to DLC ;