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CD: Sule Aroon  Track # 7 “Lost Lovers’ Waltz” 3:05  Artist: Heartsounds
Slowed to 41 rpm or -8% Available for download @ Amazon.com
Rhythm: Waltz  Phase: II  Sequence: Opposite for Woman (except where noted)  Released: September 2012

INTRO

1-4 CP RLOD Wait;; R Trng Box 1/2 PU LOD;;
   1-2 (CP RLOD Wait) CP M fcng RLOD--ld feet free--wait 2 measures;;
   3-4 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc tm, complete trn sd R, cl L; f wd R commence 1/4 R fc tm,
         complete trn sd L, cl R end in PU LOD;

5-8 Prog Box to Sdcr;; Prog Twinkle to Bjo; Manuv;
   5-6 (Prog Box to Sdcr) f wd L, sd R, cl L; f wd R, sd L, cl R bending to Sdcr;
   7 (Prog Twinkle to Bjo) XLIF twd DLW (XRIIB), sd R, cl L to Bjo;
   8 (Manuv) Fwd R trng R fc (Bk L), f wd L cont trng R fc RLOD, cl R;

PART A

1-4 R Trng Box 1/2 PU LOD;; Prog Box to Sdcr;;
   1-2 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc tm, complete trn sd R, cl L; f wd R commence 1/4 R fc tm,
         complete trn sd L, cl R end in PU LOD;
   3-4 (Prog Box to Sdcr) f wd L, sd R, cl L; f wd R, sd L, cl R bending to Sdcr;

5-8 Prog Twinkle to Bjo; Fwd Wz--Lady Chkng; Wheel 6 to PU LOD;;
   5 (Prog Twinkle to Bjo) XLIF twd DLW (XRIIB), sd R, cl L to Bjo;
   6 (Fwd Wz) f wd R, f wd and slightly sd L, cl R; ~Lady stops motion for a change of direction.
   7-8 (Wheel 6 to PU LOD) Bjo commence R fc tm f wd L, f wd R, cl L (f wd R, f wd L, cl R); f wd R, f wd L, cl R (f wd L, f wd R,
         cl L) end in PU LOD;

9-12 2 L Trns (Wall);; 1/2 Box Fwd; Step Bk to PU Sdcr;
   9-10 (2 L Trns) f wd L trng LF, sd R across LOD, clo L; bk R trng LF, sd L across LOD, clo R end fcng Wall;
   11 (1/2 Box Fwd) f wd L, sd R, cl L;
   12 (Step Bk to PU Sdcr) bk R commence 1/4 L fc tm, sd L, cl R bending to Sdcr;

13-16 Prog Twinkls 3x;; Manuv;
   13-15 (Prog Twinkle 3x) XLIF twd DLW (XRIIB), sd R, cl L; XRF, (XLIB) sd L, cl R; Repeat meas 13;
   16 (Manuv) Fwd R trng R fc (Bk L), f wd L cont trng R fc RLOD, cl R;

17-20 R Trng Box 1/2 PU LOD;; Prog Box to Sdcr;;
   17-18 (R Trng Box 1/2 PU LOD) bk L commence 1/4 R fc tm, complete trn sd R, cl L; f wd R commence 1/4 R fc tm,
         complete trn sd L, cl R end in PU LOD;
   19-20 (Prog Box to Sdcr) f wd L, sd R, cl L; f wd R, sd L, cl R bending to Sdcr;

21-24 Prog Twinkle to Bjo; Fwd Wz--Lady Chkng; Wheel 6 to Fc Wall;;
   21 (Prog Twinkle to Bjo) XLIF twd DLW (XRIIB), sd R, cl L to Bjo;
   22 (Fwd Wz) f wd R, f wd and slightly sd L, cl R; ~Lady stops motion for a change of direction.
   23-24 (Wheel 6 to Fc Wall) Bjo commence R fc tm f wd L, f wd R, cl L (f wd R, f wd L, cl R); f wd R, f wd L, cl R (f wd L, f wd R,
         cl L) end fcng prtnr and Wall;

PART B

1-4 Twisty Bal L&R;; Twisty Vin 3; Fwd Fc Cl to Bfly;
   1-2 (Twisty Bal L&R) sd L, XRIIB (XLIF), rec L; sd R, XLIB (XRIIF), rec R;
   3 (Twisty Vin 3) sd L, XRIIB, sd L (sd R, XLIF, sd R);
   4 (Fwd Fc Cl to Bfly) f wd R (bk L), fc L, cl R end fcng prtnr in Bfly;

5-8 Wz Awy; Both Roll Across to LOP/LOD; Thru Twinkle LOD; Thru Fc Cl COH;
   5 (Waltz Awy) Inside hnds joined f wd L trning away from ptr, sd f wd R to a slight bk to bk pos, clo L;
   6 (Both Roll Across to LOP/LOD) while progressing LOD... M steps f wd R w/ R fc tm crossing LOD beginning to chg sds w/ptr...bk L continue R fc LOD ending on outside of circle LOD, f wd R (…trng her back on partner and beginning to chg sds ...
         W steps f wd L w/ L fc tm... trng her back on partner and beginning to chng sds…bk R continue L fc tm to fc LOD) ending
         on inside of circle LOD, f wd L);
   7 (Thru Twinkle LOD) f wd L between prtnr w/ crossing step f wd LOD, sd R, cl L;
   8 (Thru Fc Cl COH) f wd R between prtnr w/ reaching step twd RLOD, sd L to fc ptr, cl R bending to CP COH;
Twisty Bal L&R; Twisty Vin 3; Fwd Fc Cl to Bfly;

9-10 (Twisty Bal L&R) sd L, XRIB (XLIF), rec L; sd R, XLIB (XRIF), rec R;
11 (Twisty Vin 3) Sd L, XRIB, sd L (Sd R, XLIB, sd R);
12 (Fwd Fc Cl to Bfly) fwd R (bk L), fc L, cl R end fcng ptrn in Bfly;

Wz Awy: Both Roll Across to LOP/RLOD; Thru TwnkI RLOD; Thru Fc Cl Wall; Canter;
13 (Waltz Away) Inside hnds joined fwd L trning away from ptr, sd fwd R to a slight bk to bk pos, clo L;
14 (Both Roll Across to LOP/RLOD) while progressing RLOD... M steps fwd R w/ R fc trn crossing RLOD beginning to chg sds w/ ptr...bk L continue R fc RLOD ending on inside of circle LOP, fwd R (...trng her back on partner and beginning to chg sds...
... W steps fwd L w/ L fc trn... trng her back on partner and beginning to chng sds...bk R continue L fc trn to fc RLOD ending on outside of circle LOP, fwd L);
15 (Thru TwnkI RLOD) fwd L between ptrn w/ crossing step fwd RLOD, sd R, cl L;
16 (Thru Fc Cl Wall) fwd R between ptrn w/ reaching step twd LOD, sd L to fc ptr, cl R blending to CP Wall;
17 (Canter) to LOD sd L on count 1, draw R to L on count 2, cl R on count 3;

PART C

Bal L; Rev Twrl; Thru TwnkI; Thru Fc Cl to Bfly;
1 (Bal L) sd L, XRIB, rec L;
2 (Rev Twrl) w/ M's L and W's R hnds joined and raised...sd R, XLIB, sd R (W L fc twrl L, R,L);
3 (Thru TwnkI RLOD) fwd L between ptrn w/ crossing step fwd RLOD, sd R, cl L;
4 (Thru Fc Cl Bfly) fwd R between ptrn w/ reaching step twd LOD, sd L to fc ptr, cl R blending to Bfly;

Solo Trn in 6;; Twrl Vin 3; Thru Fc Cl;
5-6 (Solo Trn in 6) fwd L twd LOD trng away from ptr releasing hnds, sd R twd LOD cont trn, cl L to fc RLOD;
7 (Twrl Vin 3) w/ M's L and W's R hnds joined & raised...sd L, XRIB, sd L blending to Bfly (sd & fwd R, trng 1/2 R fc under joined hnds, sd & bk L trng 1/2 R fc, sr R blending to Bfly);
8 (Thru Fc Cl ) fwd R between ptrn w/ reaching step twd LOD, sd L to fc ptr, cl R blending to Bfly;

Bal L; Rev Twrl; Thru TwnkI; Thru Fc Cl to Bfly;
9 (Bal L) sd L, XRIB, rec L;
10 (Rev Twrl) w/ M's L and W's R hnds joined and raised...sd R, XLIB, sd R (W L fc twrl L, R,L);
11 (Thru TwnkI RLOD) fwd L between ptrn w/ crossing step fwd RLOD, sd R, cl L;
12 (Thru Fc Cl Bfly) fwd R between ptrn w/ reaching step twd LOD, sd L to fc ptr, cl R blending to Bfly;

Solo Trn in 6;; Twrl Vin 3; Thru Fc Cl;
13-14 (Solo Trn in 6) fwd L twd LOD trng away from ptr releasing hnds, sd R twd LOD cont trn, cl L to fc RLOD;
15 (Twrl Vin 3) w/ M's L and W's R hnds joined & raised...sd L, XRIB, sd L blending to Bfly (sd & fwd R, trng 1/2 R fc under joined hnds, sd & bk L trng 1/2 R fc, sr R blending to Bfly);
16 (Thru Fc Cl ) fwd R between ptrn w/ reaching step twd LOD, sd L to fc ptr, cl R blending to CP Wall;

L Trng Box;;;
17-20 (L Trng Box) fwd L 1/4 L fc to LOD, sd R, cl L; bk R trning 1/4 L fc to COH, sd L, cl R;
fwL 1/4 L fc to RLOD, sd R, cl L; bk R trng 1/4 L fc to Wall, sd L, cl R;

END

Dip Bk, Lady Leg Crawl;
1 (Dip Bk, Lady Leg Crawl) step back L to COH, -, taking full weight on L with the knee relaxed or slightly bent
[the other leg remains extended w/ knee and ankle forming a straight line from the hip and the toe remaining on the floor]
(W recover R and lift leg up along M's outer thigh with toe pointed to floor);.