Meditation

Choreographers: Brent and Judy Moore,
10075 McCormick Place, Knoxville, TN 37923
(865)694-0200 Internet: DanceMoore@aol.com
Music: Prandi Sound CD 226, 5deg Dance Super Stars
Ballroom,
Track 4, at 28 MPM
Footwork: Opposite, directions for man (lady as noted)
[suggested syncopations noted]
Phase & Rhythm: Phase V - Waltz
Difficulty Level: Easy (four figures from Phase V)
Sequence: Intro, A, A, B, Bridge, C, C, B, End

MEASURES

INTRODUCTION
1-4 WAIT 1; BALANCE LEFT; lady REVERSE TWIRL to CLOSED; CHANGE of DIRECTION;
1 [Wait 1 Meas] Bfly fcng fc WALL lead feet free pointed sd;
2 [Bal 123] Sd L sight body trn RF(LF), XRIBL, rec L fc WALL, -;
3 [lady Rev Twirl to cp 123] Sd R sml stp releas trail hnds trn lady LF under lead hnds, cl L, sd L sml stp trn LF present frame assume cp DLW (fwd L strtr trn LF undr lead hnds, fwd R trn LF, fwd to cp);
4 [Chng Dir] Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R cp DLC,-;

PART A
1-8 OPEN REVERSE; BACK CHASSE to BANJO; CURVED FEATHER CHECK;
BACK PASSING CHANGE; BACK CHASSE to BANJO; MANEUVER; SPIN TURN; BOX FINISH;
1 [Opn Rev ] Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD;
2 [Bk Chasse to Bjo 12&3] Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to bjo DLW;
3 [Curved Feather Ck] Fwd R trn RF, fwd & sd L foot trn RF, strng body trn RF sml step fwd R to bjo DLC ckng (bk L, bk R foot trn RF, strng body trn RF sml step bk L in bjo);
4 [Bk Pass Chng] Bk L in bjo no trn, bk R backing DLC, bk L in bjo bkng DLC;
5 [Bk Chasse to Bjo 12&3] Bk R trn LF, sd &_fwd L DLW/cl R, sd & fwd L to bjo DLW;
6 [Man] Fwd R in bjo, trn RF sd & fwd L, trn RF cl R cp RLOD;
7 [Spin Turn] Trn RF bk L, sd & fwd R trn RF, sd & bk L bkng DRC;
8 [Box Finish] Bk R bkng DLC blnd cp trn LF, sd & fwd L trn LF, cl R cp DLW;

REPEAT PART A

PART B
1-8 OPEN TELEMARK; WHIPLASH; BACK HOVER to SEMI; OPEN NATURAL;
OPEN IMPETUS; WEAVE to SEMI;; CHAIR RECOVER SLIP;
[Open Telemark] Fwd L trn LF, fwd & sd R trn LF (Lady heel trn & cl L), trn LF sd & fwd L to semi DLW;

[Whiplash] Thru R no rise trn body LF to swivel lady to bjo pnt L to DLW shape to slght rght sway, hold shpe to rght, slght rise in bjo DLW (thru L swivel LF ronde R ccw to bjo, shape with man, slght rise in bjo w/shape);

[Bk Hover to Semi] Bk L in bjo, bk R sight body trn RF blnd to semi, rec sd & fwd L to semi DLW;

[Open Nat] Thru R in semi, trn RF sd L, trn RF bk R bjo bngk DLW;

[Impetus] Bk L, trn RF on L heel transfer weight to R, trn RF sd & fwd L to semi DLC;

[Weave Semi] Thru R, fwd L trn LF, bk R to bjo bngk LOD; bk L in bjo, bk R to cp trn LF, sd & fwd L to semi DLW;

[Chair & Slip] Thru R relax R knee both fwd poise, rec bk L, trn LF sd & bk R trn LF CP DLC (thru L relax L knee fwd poise, rec bk R leave L leg extended, pvt LF on R slip L toe fwd to CP);

Bridge

1-4 DIAMOND TURN;;;;

[Diamond Trn] Fwd L DLC trn LF, sd & bk R, bk L to bjo bngk DLW; bk R trn LF, sd & fwd L, fwd R bjo DRW; fwd L trn LF, sd & bk R, bk L to bjo bngk DRC; bk R trn LF, sd & fwd L, fwd R bjo DLC;

PART C

1-8 HOVER TELEMARK; THRU VIENNESE TURN; HOVER CORTE; BACK CHASSE to the RIGHT; CONTRA CHECK & EXTEND; RECOVER HIGHLINE & SLIP; DOUBLE REVERSE; CHANGE of DIRECTION;

[Hover Telemark] Fwd L, fwd & sd R trn RF, fwd & sd L to semi DLC;

[Viennese Cross 123& ] Thru R trn LF, fwd L trn LF, sd & bk R/strng trn LF XLIFR cp RLOD, (thru L trn LF, bk R trn LF, sd & fwd L/strng trn LF cl R cp);

[Hover Corte] Bk R trn LF, sd & fwd L trn LF hover action to bjo, rec bk R small step in bjo bngk DRW;

[Bk Right Chasse 12&3] Bk L trn LF fc WALL, sd R/cl L, sd & fwd R cp WALL;

[Slow Contra Ck 1--] Soften knee body trn LF fwd L X body line cp DRW, slowly trn body slght LF strong stretch up of body look over lady,- (soften knee bk R X body line but keep R heel off floor head to rght, extnd body & trn head well left stretch up rght sd of body,-);

[Rec Hi-line Slip] Rec R, bk & sd L slght body trn RF rise (both look DLW), trn LF slip pvt action bk R stf knee cp fc LOD;

[Dble Rev 12&3] Fwd L LOD trn LF, fwd & sd R trn LF, spin LF on R to DLW (Bk R, trn LF on R heel transfer weight to L/fwd & sd R trn LF, trn LF XLIFR);

[Chng Dir] Fwd L, fwd & sd R inside edge to flat trn LF, draw L toward R cp DLC,-;

REPEAT PART C
REPEAT PART B

END

1-4  OPEN REVERSE; BACK CHASSE to SEMI; THRU to HINGE

1  [Opn Rev ]  **Fwd L trn LF, sd & bk R to bjo bkng LOD, bk L in bjo bkng LOD**;

2  [Bk Chasse to Semi 12&3]  **Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to semi LOD**;

3-4  [Hinge 12- (123) - - -]  **Thru R, sd & fwd L to semi LOD, trn body LF lwr to hnge line (swvl LF XLIBR sml stp lwr extnd R fwd in hnge line); extnd shape as music fades**;

Sequence: Intro, A, A, B, Bridge, C, C, B, End