MY PEL WALZ

By Eddie & Audrey Pulaski, El Toro, CA.

RECORD: HOMEGrown Records 45S (Pel of My Cradle Days)  Suggested Tempo: 44 RPM.
SEQUENCE: Intro A B A (1 thru 3) TRI.

INTRODUCTION

1-4 CP FACE WALL M's R & W's L has joined WAIT 2 meas; CHAIR; RECV, SID; DRAW CP DLW

1-2 CP FACE WALL looking COD weight on M's R & W's L hold for 2 meas;

3 SID & FWD L LOO(W R)/ thru XR(W L) cross thighs relax knee hold COD slight fwd sway, hold;

4 Recover L, sid & fwd R, draw L to R no wt to CP DLW;

PART A

1-4 WHISK-THRU SIDE LOCK OF CP DL/OPEN TELEMARK-OPEN NATURAL TO CONTRA BJO;

1 (Whisk) FWD L DLW, sid & slightly fwd R, XLIB of R on toes to SCP DLG slight fwd pose (W bk R, sid & bk XRlib of L on toes to SCP DLG slight fwd pose);

2 Thru R DLG (X thighs), Side & fwd R rise slowly draw R XLIB of L thru LF CP DLG (W thru R X thighs), Sid & Alse R thru LF draw L XLI of LF CP);

3 (Open Telemark to SCP) (CP DLG) Fwd L XLI of L thru LF side & DLC cont - LF tm, sid & fwd L DLG narrow V SOC (W bk R DLC commence LF tm, bring L to R no wt on R heel transfer wt to L, sid & fwd R DLG) end SCP DLG;

4 (Open Natural) Thru R start RF tm, sid & BK L DLG, contr tm BK & sid R DLG rt side lead to Contra Bjo (W thru L, Fwd R between M's feet, fwd L L sid lead ready to step outside ptrn);

5-8 OUTSIDE SPIN; SIDE SWAY; HINGE; HOVER TO SCP DLG;

5 (Outside Spin) (Contra Bjo fac SCP) Close L to R toe in & pivot RF, Fwd R outside W heel to toe RF, cont tm sid L DW cont tm to fac COH CF (W fwd R outside M tm RF heel to cont RF tm clor L to R on toes, cont tm to toes fwd R between M's feet CP);

6 (R Lunge with Left Swy) (W R Swy) Sid & fwd R relax R knee stretch Rt sid & away left leave L extended & look REC(W side L relax L knee stretch Lt sid look REC W's L foot outside M's R) use 3 -ts for Lunge & SWAY;

7 (Hinge) Recover on L rise, slowly lower & flex L knee leave R extended stretch Lt side & tm slightly LF (W recov fwd on R QUICK XLIB of R, L tm RF relax L knee stretch Lt side look well to leave R leg extended fwd across L); NOTE: The QUICK cross of W's L allows more time for a GOOD HINGE LINE;

8 (Hover Tele to SCP DLG) M starts RF tm on L allow W to recover on R, M recovers on R tm RF tm on W side L cont RF tm on R & HOVER stretch Rt side, sid & fwd L DLG SCP;

8-12 QUICK WEAVE 4; BK HOVER CONTRA CONTRA BJO; BK, R CHASE; CONTRA CK, RECV, SCP;

9 (Q Weave 4) (SCP DLG) Thru R, Fwd L tm LF/sid & BK R, BK L LOO in Contra Bjo (W thru start LF tm, sid & bk 5/sid & fwd L, Fwd R LOO in Contra Bjo);

10 (Hover Cote) BK R blend CP start LF tm, sid L LOO rise, hover stretch Rt sid recover R to Contra Bjo fac LOO (W fwd L start LF tm, sid R LOO rise, hover stretch Rt side brush L to R fwd L to Contra Bjo);

11 (R Chasse) BK L RCD rt side leading in Contra Bjo, tm RF blend CP sid R RCD/clrs L to R, sid & fwd R to CP DW;

12 (Contra Check, Recv, SCP) Fwd L DW slight body tm LF CHECK thighs crossed toes of both feet tm to left wt on both feet Re side leading look at W (W bk R DRW long step delay transferring wt allow M to place you on foot body tm LF thighs crossed R heel well off floor wt on both feet head well to left), Recover R tm sid & fwd L to SCP DLG; NOTE: M & W keep upper bodies up in CONTRA CHECK, DO NOT LEAN OVER PINS.

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21-24 PIVOT RF, L; PIVOT RF to face LOD L/R, L/R make full turn & one-half;
22 Fwd R LOD turn W to SCP LOD, SCP Chasse LOD L/R, L;
23 (Chair, Recov, Prep for Same Foot Lunge & Change Swy) Thru R LOD check relax knee fwd, pose leave L leg ext, Recov L commence trn in to Fac Wall, Tch R to L no weight (W thru L check relax knee fwd pose, Recov R, close L near R) W face DCL N face Wall BOTH LOD;
24 (Same Foot Lunge & Change Swy) L look LOD relax L knee slight tilt twd LOD aside R side & fwd R LOD toe pointing DCLW, relax R knee in LUGE LINES keep shoulders parallel to floor do not drop rt arm keep body up look at N, turn body slightly to rt lower left hip slightly & trn head to left & extend right leg to left, extend into M's right arm, M's trn slightly R & W will trn head to rt & change to slight fwd swy);
25-26 (Snivel Point to Hinge Line) / HOVER TO SCP / CHASSE TO CONTRA BJ0: MANUV,
26 (Snivel Point to Hinge Line) M recover on L LOD look LOD slight rise, Compress L knee slowly trn LF stretch Lt side for R swy, leave R leg extended look at M/W recov fwd on L LOD look LOD slight rise, sailvel on L trn LF, compress L knee & point R thru twd R LOD now in HINGE LINES;
26 (Hover to SCP) N starts to Recover aside R as W recovers on R, M continues to recover aside R rise NEVER sid & fwd L to SCP LOD (W recover R, side L LOD, rise brush R to L sid & fwd R SCP);
27 (Chasse to Contra Bj0) Thru R, side L/close R to L, sid & fwd L Contra Bj0;
28 MANUV from Contra Bj0 R, L, Close R CP R LOD;
29-32 SPIN TRN/BE TRN/ADV, CLOSE/2 LF BALANC CHASS/COP DLM;
29 (Spin Turn) L LOD pivot RF, L/R head to toe rise continue RP trn, sid & R L on toe CP DLM (w fwd R between M's feet heel to toe pivot RF sid & R L DLM, brush R to L step R between M's feet CP);
30 BE R trn LF, side L DCL, close R to L end CP DCL;
31, 32 (2 LF Valets Touch) Fwd L DCL trn LF, side R DCL, close L to R continue trn to face R LOD; BE R LOD trn LF, side L/ close L to CP DCL;
REPEAT PART A & REPEAT PART B measures 1 thru 31;

(CP DLM/BE RK TRN/STEDEPROMENADE SWAY=ONLY CHANGE TO OVERSWAY); BE R LOD trn LF, sid & fwd R LOD, LOD stretch RC side swy LOD in Promenade Sway, Compress L knee stretch Lt side trn slightly LF leave R leg extended (W fwd L sid & fwd R, LOD & swy LOD in Promenade Sway, slowly sailvel LF on R compress R knee stretch Rt side trn left in OVERSWAY)

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