MY PAL WALTZ

By Eddie & Audrey Palmquist, El Toro, Ca.

RECORD: Homespun Records HS 052 (Pal of My Cradle Days)
Suggested Tempo: 44 RPM

SEQUENCE: INTRO, A, B, A, B (1 thru 31) TAG.

INTRODUCTION
1-4 OP M FACE WALL M's R & W's L has joined WAIT 2 meas:: CHAIR: RECOV, SID, DRAW CP DLC;
1-2 OP FACE WALL looking LOD weight on M's R & W's L hold for 2 meas::;
3 Sid & fwd L LOD (W R), thru R (W L) cross thighs relax knee look LOD slight fwd sway, hold;
4 Recover L, sid & fwd R, draw L to R no wt to CP DLC;

PART A
1-4 WHISK; THRU, SIDE, LOCK CP DLC; OPEN TELEMARK; OPEN NATURAL TO CONTRA BJO;
1 (Whisk) Fwd L DLC, sid & slightly fwd R, XLIB of R on toes to SCP DLC slight fwd poise (W bk R, sid & bk L, XLIB of L on toes to SCP DLC slight fwd poise);
2 Thru R DLC (X thighs), Side & fwd L, rise slowly draw R XIB of L thru LF CP DLC (W thru L (X thighs), Sid R, Rise trn LF draw L XIF of R CP);
3 (Open Telemark to SCP) (CP DLC) Fwd L heel to toe commence LF trn, side R DLC cont LF trn, sid & fwd L DLC narrow V SCP (W bk R DLC commence LF trn, bring L to R no wt trn on R transfer heel to L, sid & fwd R DLC) end SCP DLC;
4 (Open Natural) Thru R start RF trn, sid & bk L DLC, cont trn Bk & sid R DLC rt side lead to Contra Bjo (W thru L, Fwd R between M's feet, fwd L Lt sid lead ready to step outside ptnc);

5-8 OUTSIDE SPIN; SIDE SWAY; HINGE; HOVER TO SCP DLC;
5 (Outside Spin) (Contra Bjo fac DRC) Close L to R toe in & pivot RF, Fwd R outside W heel to toe trn RF, cont trn sid L DRW cont trn to fac COH CP (W fwd R outside M trn RF heel to toe, cont RF trn clos L to R on toes, cont trn on toes fwd R between M's feet CP);
6 (R Lunge with Left Sway (W Rt Sway) Sid & fwd R relax R knee stretch Rt sid & sway left leave L extended & look R LOD (W side L relax L knee stretch Lt sid look R LOD W's L foot outside M's R) Use 3 cts for LUNG & SWAY;
7 (Hinge) Recover on L rise, slowly lower & flex L knee leave R extended stretch Lt side & trn slightly LF (W recov fwd on R/QUICK XLIB of R, trn LF relax L knee stretch Rt side look well to left 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 DLC) M starts RF trn on L allow W to recover on R, M recovers on R trn RF (W side L) cont RF trn on R & HOVER stretch Rt side, sid & fwd L DLC SCP;
9-12 QUICK WEAVE 4; BK HOVER CORTE CONTRA BJO; BK, R CHASSE; CONTRA CK, RECOV, SCP;
9 (Q Weave 4) (SCP DLC) Thru R, Fwd L trn LF/sid & bk R, BK L LOD in Contra Bjo (W thru L start LF trn, sid & bk R/sid & fwd L, Fwd R LOD in Contra Bjo);
10 (Hover Corto) Bk R blend CP start LF trn, sid L LOD rise; hover stretch Lt side recover R to Contra Bjo fac LOD (W fwd L start LF trn, sid R LOD rise, Hover stretch rt side brush L to R fwd L to Contra Bjo);
11 (R Chasse) Bk L R LOD rt side leading in Contra Bjo, trn RF blend CP sid R LOD/clos L to R, sid & fwd R to CP DRW;
12 (Contra Check, Recov, SCP) Fwd L DRW slight body trn LF CHECK thighs crossed toes of both feet trn to left wt on both feet Rt side leading look at W (W bk R DRW long step delay transferring wt allow M to place you on foot body trn LF thighs crossed R heel well off floor wt on both feet head well to left); Recover R trn LF, sid & fwd L to SCP DLC); NOTE: M & W keep upper bodies up in CONTRA CHECK, DO NOT LEAN OVER PTNR.
13-16 WEAVER MANUV HESITATION CHANGE; Thru commence LF trn, Fwd L trn LF, Sid L DLC in LP (W thru L, sid & bk R twd DCR fac M CP, sid L); Blend Contra Bjo Bk L, Bk R DLC blend CP commence LF trn, sid L DLW Contra Bjo (W fwd R heel) outside M in Contra Bjo Lt side leading, Fwd L CP, sid & bk R Contra Bjo; (Manuv) Fwd R in Contra Bjo trn RF, Sid L DLW, Clos R to L CP RLOD; (Hesitation Change) Bk L trn RF, small sid step DLW on R, draw & tch L to R CP DLC (W fwd R trn RF, sid L DLW, draw R tcp to L); PART B
1-4 DBLE REV SPIN CURVING 3-STEP BK CHASSE TO CONTRA BJO MANUV;
1 (Dble Rev Spin) Fwd L trn LF, sid R slightly ard W on toe trng LF, Tch L to R trng on R toe to fac LOD CP (W bk R trn LF, Heel Trn on R bring L to R transfer wt to L to cont LF trn/Fwd R LOD, swivel on R XLIIF of R) CP LOD; (M 2 wt chgs-W 4 wt chgs)
2 (Curving 3-step) (Make ¼ circle LF) Fwd L heel lead commence LF trn strong body trn, Fwd R curve LF rise on toe lift rt sid of body, Place L fwd on toe LF of R wt on both feet (W bk R trn LF, Bk L curve LF, XRIIF of L high on toes of both feet W trn head to rt between cts 2 & 3);
3 (Chasse) Bk R LOD commence LF trn, sid L/clos R to L, sid & fwd L Contra Bjo DLW;
4 MANUV, side, close CP RLOD;
5-8 SPIN TRN BK TRN SID CLOS CLOSED TELEMARK CURVE CONTRA BJO CHECK;
5, 6 (Spin Trn) Bk L LOD pivot RF ¼, Fwd on R heel rise to toe trn RF M face DLW, Recover sid & bk L toe (W fwd R trn LF to between M's feet pivot RF ¼, sid & bk L on toe DLW, brush R to L fwd R on toe between M's feet CP); Bk R DCR trn LF, sid L, close R to L (CP DLC);
7 (Closed Telemark) (CP DLC) Fwd L trn LF, cont LF trn sid R, cont trn sid & fwd L Contra Bjo DLW (W bk R trn LF, Heel Trn on R close L to R, Bk R DLW);
8 CURVE fwd R, L, R CHECK in Contra Bjo face DRW;
9-12 OUTSIDE CHANGE TO SCP LOD THRU PROM SWAY & CHANGE SWAY RECOV HOVER SCP CHASSE BJO;
9 (Outside Change to SCP) (Contra Bjo DRW) Bk L, Bk R blend CP start LF trn, sid and fwd L LOD in SCP;
10 (Prom Sway & Change Sway) Thru R X thighs, sid & fwd L relax knee stretch Rt side look LOD sway LOD, compress L knee stretch Lt sid trn slightly LF (W thru L cross thighs, sid & fwd R stretch Lt side look LOD relax knee, swivel on R trn LF compress R knee look left (M's R & W's L leg extended);
11 (Hover to SCP) Recover side R RLOD on relaxed knee, rise HOVER, Brush L to R side & fwd L LOD SCP;
12 (Chasse to Contra Bjo) Thru R, sid & fwd L/clos R to L, sid & fwd L in Contra Bjo;
13-16 MANUV SPIN TWIST BK TRN SID CLOS;
13 (Manuv) Fwd R in Contra Bjo trn RF, sid L DLW, clos R to L CP RLOD;
14, 15 (Spin & Twist) Bk L pivot RF ¼, Fwd R heel to toe pivot RF, side L DLW; Quickly XRIIF of L'ct & TWIST TRN RF on both feet, cont trn transfer all wt to R rising to face DLW CP (Note: Long count on 2), side & bk L DRC in CP (W fwd R heel to toe pivot RF, sid & bk L DLW cont trn, Heel Trn on L close R to L face DLC; Fwd L trn LF rise, Brush R to L fwd R DRC in CP);
16 Bk R DRC trn LF; side L, close R CP DLC;
17-20 OPEN TELEMARK HOVER FALLAWAY & SLIP PIVOT MANUV;
17 (Open Telemark to SCP) (CP DLC) Bk L heel to toe commence LF trn, sid R DLC cont LF trn, sid & fwd L DLW narrow V SCP (W bk L DLC commence LF trn, bring L to R no wt trn on R heel transfer wt to L, sid & fwd R DLW) end SCP DLW;
18, 19 (Hover Fallaway) Stay in SCP Fwd R DLC cont RF trn, Sid L DLW cont RF trn slight HOVER, Recover Bk R DLC in Fallaway (SCP); (Slip Pivot) Bk L, Bk R pivot LF, side & fwd L DLW in Contra Bjo (W SCP Bk R leave L leg extended pivot LF to CP, fwd L pivot LF, sid & bk R Contra Bjo);
20 (Contra Bjo DLW) MANUV, Side, Close CP RLOD;