MY WAY

Choreographers: Takao & Setsuko Ito  4-2-43 Honcho Odawara-shi Kanagawa-ken  250-0012 Japan  Email: sp7n43y9@dune.ocn.ne.jp

Music: “My Way”  Dance Super Stars 9  Artist: Ricardo Chojwa  time: 3:09
Rhythm: Waltz  ph VI  Speed: Slow to Suit
Date: December 2016  Ver.1.2
Footwork: Opposite, directions for man(lady as noted)
Sequence: Intro · A · B · C · B · Cmod · Ending

Meas

INTRO
1~2  CP/DW lead foot free for both Wait 2 Meas;

PART A
1~8  Hover Telemark; OP Nat; OP Impetus; Q OP Rev; Hover Corte;
Royal Spin; Manuv; Hesitation Chg(CP/DC);
1 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/DW;
2 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R contra Bjo;
3 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn), SCP/DW fwd L(W fwd R heel to toe pivot 1/2 RF, sd & fwd L cont RF trn around man brush R to L, fwd R);
12&3 4 (Q OP Rev) Fwd R commence LF trn, fwd L cont LF trn/sd R & bk cont LF trn, right sd stretch bk L twd DC in contra Bjo;
5 (Hover Corte) Bk R commence LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC;
6 (Royal Spin) Bk L right sd lead commence body trn to right 3/8 RF trn, fwd R outsld partner heel to toe cont RF trn, left sd lead sd & fwd L 5/8 RF trn between 2 and 3(W fwd R heel to toe outsld partner, cont RF trn as left foot curls in small ronde CW raising knee to bring left foot to right knee toes point down 5/8 RF trn on ball of R between 1 and 2, 3/8 RF trn on ball of R between 2 and 3 tch L to R);
7 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R OP/RLOD;
8 (Hesitation Chg) Bk L commence RF trn, sd R cont RF trn fc DC, draw L to R;

9~16  OP Rev Trn; Outsd Ck; Bk Tipple Chasse Pivot; Spin Trn Overtrn;
R Trning Lk(SCP/DC); Chair & Slip; Double Rev Spin;
Chg Of Direction(CP/DC);
9 (Op Rev Trn) Fwd L commence LF trn, cont LF trn sd R, bk L contra Bjo fc RLOD;
10 (Outsd Ck) Bk R commence LF trn, sd L cont RF trn, ck fwd R fc RDC;
12&3 11 (Tipple Chasse Pivot) Bk L Commence RF trn, cont RF trn sd R slight left sd stretch/cl L, sd & slightly fwd R cont RF trn fc RDC;
12 (Spin Trn Overtrn) Cont RF trn bk L pivot 1/2 RF, fwd R between W’s feet heel to toe cont RF trn fc RDC, sd & bk L(W fwd R between M’s feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
1823 13 (R Trning Lk) Bk R right sd lead commence RF trn/ XLIF of R to fc COH, slight left sd lead cont trn sd & fwd R between W’s feet, cont RF trn fwd L to SCP/DC(W fwd L commence RF trn/XXIB of L, fwd & sd L cont trn, fwd R to SCP);
14 (Chair & Slip) Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R(W thru L relax left knee, rec R, swivel LF on R fwd L)end PC/DC;
12- 15 (Ob1 Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW(W bk R commence LF trn, cl L to R heel cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R);
16 (Chg of Direction) Fwd L, fwd R right shoulder lead and LF trn, draw L to R and brush CP/DC;

PART B

1~8  OP Telemark; Curved Feather; Bk Passing Chg; Bk to Tumble Trn;
Bk to Slow OP Hinge;; Sync Pivot to Whisk(SCP/LOD); Wing to Scar;
1 (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);
2 (Curved Feather) Fwd R commence RF trn, left sd strech cont RF trn sd & fwd L, cont RF trn fwd R fc RDC;
MY WAY 2 of 3

3 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo;

123 4 (Bk to Tumble Trn) Bk R commence LF trn/cont LF trn sd & fwd L left side stretch, fwd R outsdl partner rise maintaining left side stretch rotate upper body LF bringing W in front of M, fwd L lowering changing to right side stretch creating LF pivoting action (W f wd L commence LF trn/sd & bk R, bk L under body with left sway, bk R lowering and changing from left to right sway with LF pivoting action):

5- 6 (Bk to Slow OP Hinge) Bk R commence LF trn, cont LF trn sd L release joined lead hands, hold left sd stretch leading W XLIB of R (W fwd commence LF trn L, cont LF trn sd R release joined lead hands right hand on M's left shoulder, XLIB of R):

12•0•0 5-6 relaxing L knee and veering R knee to swany R extend left arms (W relaxing L knee head to L). -- --

123 (Sync Pivot to Whisk) Lead W rec body trn rtrn body trn RF f wd R twd RLOD, cont RF pivot sd & bk L/cont pivot fc Wall sd R blend SCP, XLIB of R lead W swivel RF (W rec R commence RF trn/cont RF pivot sd & bk L, cont pivot fwd R/cont pivot fc COH sd L blend SCP, swivel RF on L XLIB of R) SCP/DOD;

1-2 (Wing) Fwd R, draw L to R trning body trn LF, tch L to R (W across front of M f wd L commence LF trn, cont LF trn f wd R, cont LF trn fwd L) SCAR/D;

9•16 Trn L & R Chasse to Bjo; Outsd Chg to Bjo; Nat Hover Cross; Sync Ending; Telemark to Throwaway Oversway; Link to SCP; Slow Sd Lk (CP/D);

9•123 9 (Trn L & R Chasse Bjo) Fwd L commence LF trn, cont LF trn sd R/cl L, sd & bk R to Bjo/RDC;

10 (Outsd Chg to Bjo) Bk L, bk R trning LF, sd & fwd L (W f wd R, f wd L commence LF trn, Cont LF trn sd & bk R) to Bjo/DW;

11 (Nat Hover Cross) f wd R commence RF trn, sd L cont RF trn, cont trn sd R fc DC (W bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L):

123 12 (Sync Ending) XLIB of R outsdl partner, rec R/sd & fwd L, fwd R outsdl partner Bjo/D:

13-14 (Telemark to Throwaway Oversway) Fwd L commence LF trn, sd R cont LF trn, sd & slightly bk L swivel LF on L. Relax knee and body trn left fc DW keeping right sd and point R bk (-) W bk L commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & R swivel LF on R to bring L leg under body: Extend bk L leg twd DW. -- --;

15 (Link to SCP) Rise on L, cl R to L, f wd L to SCP/DOD;

16 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XLIB of L (W thru L commence LF trn, cont LF trn sd R, cont LF trn XLIB of R) f dc DC;

Meas

PART C

1-8 Double Rev Spin; Split Ronde (CP/D): Contra Ck & Switch; Rudolph Ronde & Slip; Telespin to Bjo; Nat Trn Prep; Same Foot Lunge;

12•9 (Obli Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW (W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIB of R);

-23 2 (Split Ronde) Lower on R ronde lef CCW commence LF trn, cont LF trn XLIB of R, cont trn slip bk R (W sd R lower on R ronde left lef CCW commence LF trn, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/D;

3 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ok twd L, rec L commence strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees CP/DW;

4 (Rudolph Ronde & Slip) music slow down Fwd R flex knee body trn RF lead W ronde, rec L rise commence LF trn, slip bk R cont LF trn on ball of R/W sd & bk L R foot ronde CW, bk R rise on R commence LF trn, cont trn on R fwd L front of man end to CP/D;

123 5-6 (Telespin to Bjo) Fwd L commence LF trn, f wd & sd R cont LF trn, sd & bk L with partial weight (W bk R commence LF turn bring L beside R with no weight, cont LF trn on R heel and chg weight to L f wd R cont LF trn);

123 ( spin L taking weight to L/cont spin, sd R cont LF trn, sd & fwd L (W f wd L/fwd R cont LF trn twd L cont spin on R. cl L, sd & bk R) Bjo/D;

12- 7 (Nat Trn Pre) Fwd R commence LF trn RF, sd L cont RF trn, cont trn tch R to L fc COH (W bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd L);

1-8 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, extend (W bk R well under body trning body to L and looking well to R, extend).--
MY WAY  3 of 3

9~12  Telespin Ending(SCP/LOD): Thru Prom Sway; Chg Oversway; Fallaway Ronde & Slip(CP/DC);

123  9  (Telespin Ending) Lead W Pickup fc RLOD/ fwd L commence LF trn, sd R cont LF trn, (123)  sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/LOD;
12~ 10 (Thru Prom Sway) Thru R, sd & fwd L stretch off joined lead hand.--;
--- 11 (Chg Oversway) Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W(W look L);
12  (Fallaway Ronde & Slip) Rec R ronde L CCW(W CW), XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R end to CP/DC;

Meas  PART  Cmod
1~8  Double Rev Spin; Split Ronde(CP/RDC); Contra Ck & Switch;
      Rudolph Ronde & Slip; Telespin to Bjo;; Nat Trn Prep;
      Same Foot Lunge;
1~8  Repeat meas 1-8 of Part C;;;;;;;;;;;;;;;;;

9~13  Telespin Ending(SCP/LOD): Thru Sync Vine; Thru Prom Sway; Chg Oversway; Fallaway Ronde & Slip(CP/DC);

12&3  9  Repeat meas 9 of Part C:
10  (Sync Vine) Thru R, sd L/XRIB of L, sd L;
11~13  Repeat meas 10-12 of Part C;;;;;;;;;;;;;;;;;

Meas  ENDING
1~10  Telespin to Bjo;; Nat Trn Prep; Same Foot Lunge; & Extend Arms;
      Telespin Ending(SCP/LOD): Slow Sd Lk(CP/DC); OP Telemark;
      W Roll Out(M Spiral & Fwd) to Tandem; X Ck & Hold Extend Arms;
1~3  Repeat meas 5~7 of Part C;;;;;;;;;;;;;;;;;
1~4  5  (Same Foot Lunge & Extend) Sd & slightly fwd R with right sd stretch looking R, extend (W bk R well under body trning body to L and looking well to L, extend), release joined lead hands: Extend arms;
123  6  (Telespin Ending) Lead W Pickup fc RLOD/ fwd L commence LF trn, sd R cont LF trn, (123)  sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/LOD;
12~ 7  (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XIRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) fc DC;
--- 8  (OP Telemark) Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change weight to L, sd & fwd R);
--- 9  (W Roll Out M Spiral & Fwd) Lead W roll LF, fwd R spiral LF on R, fwd L(W fwd L commence (123) roll LF, sd & fwd R cont LF roll spiral action, fwd L twd DW) mod Tandem M behind W slightly left sd;
1~10  (X Ck & Hold) Same foot work ok XRIF of L, extend arms left arm high.--;