MY WAY

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawarashi Kanagawaken 250-0012 Japan  Email: sp7tn48y9@dune.ocn.ne.jp

Music: “My Way” Download Casa Musica  
Rhythm: Waltz  ph VI  
Speed: Slow to Suit  
Date: December 2016  Ver.1.1

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;;
1-2 Closed position fc DW lead foot free for both wait 2 meas;;

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/DC 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 outsd partner heel to toe cont RF trn, left sd lead sd & fpwd L 5/8 RF trn between 2 and 3(W fpwd R heel to toe outsd 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 CP/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 fpwd 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 fpwd 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 RDW, sd & bk L(W fpwd 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 & fpwd R between W's feet, cont RF trn fpwd L to SCP/DC
(W fpwd L commence RF trn/XPB of L, fpwd & sd L cont trn, fpwd 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 fpwd L);end CP/DC;
12~15 (DBl 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 LF cont trnLF 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;

Meas
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 fpwd 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 & fpwd R)
2 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fpwd L, cont RF trn fpwd R fc RDC;
3 (Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo:
MY WAY 2 of 3

1823 4 (Bk to Tumble Trn) Bk R commence LF trn/cont LF trn sd & fwd R left side stretch, fwd R outsdb 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 fwd L commence LF trn/sd & bk R, bk L under body with left sway, bk R lowering and changing from left to right with LF pivoting action);

12- 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 L commence LF trn L, cont LF trn sd R release joined lead hands right hand on M's left shoulder, XLIB of R);

12&3 6 (Sync Pivot to Slip) Lead W rec commence body trn RF fwd 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 XRIB of L) SCP/LOD;

1— (Wing) Fwd R, draw L to R trning body trn LF, tch L to R (W across front of M fwd L commence LF trn, cont LF trn fwd R, cont LF trn fwd L) SCAR/DC;

9~16 Trn L & R Chasse to Bjo: Outsdb Chg to Bjo; Nat Hover Cross; Sync Ending; Telemark to Throwaway Oversaw;; Link to SCP; Slow Sd Lk(CP/DW);

12&3 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 (Outsdb Chg to Bjo) Bk L, bk R trning LF, sd & fwd L (W fwd R, fwd L commence LF trn, Cont LF trn sd & bk R) to Bjo/DW;

11 (Nat Hover Cross) Fwd 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);

12&3 12 (Sync Ending) XLIB of R outsdb partner, rec R/sd & fwd L, fwd R outsdb partner Bjo/DW;

13-14 (Telemark to Throwaway Oversaw) Fwd L commence LF trn, sd R cont LF trn, sd & slightly bk L swivel RF on L. Relax knee and body trn left fc DW keeping right sd and point R bk, --- (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 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, fwd L to SCP/LOD;

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

Meas

PART C

1~8 Double Rev Spin; Split Ronde(CP/RDC): Contra Ck & Switch; Rudolph Ronde & Slip; Telespin to Bjo; Nat Trn Prep;

Same Foot Lunge:

12- (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 trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIB of R);

2 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, cont LF trn XLIB of R, cont trn slip bk R (W sd R lower on R ronde left leg CCW commence LF trn, cont XLIB of R, cont trn sd R/ slip fwd L) end GP/RDC;

3 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck (W fwd L, rec R 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/DG;

12- 5-6 (Telespin to Bjo) Fwd L commence LF trn, fwd R & sd R cont LF trn, sd & bk L with partial weight (W bk R commence LF trn turn L bring R with no weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);

123 7 (Nat Trn Pre) Fwd R commence RF trn, 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— (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 L, extend), ---;
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, 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 left sd look over 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 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); **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, sd & fwd L(W fwd L/fwd R cont LF trn toe spin on R, cl L, sd & fwd R) SCP/LOD;

123 7 (Slow Sd Lk) Thru R, sd L lead W pickup, slightly LF trn XРИ of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLI of R) fc DC;

123 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);

123 9 (W Roll Out M Spiral & Fwd) Lead **W** roll LF, fwd R spiral LF on R, fwd L(W fwd L commence 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,--