INTRODUCTION

1 – 4
WAIT; FWD HOVER; BOX FINISH (W TRANS) [LOD];
CHG OF DIR;
1-4
[Wait] Shadow both fc DLW – both L ft free;
[Fwd Hover] Fwd L,-, fwd & sd R, rec L;
[Box Finish] Bk R trng LF,-, sd L, cl R (W bk R trng LF, sd & bk L cont LF trn, fwd & sd R cont LF trn, cl L) end CP M fc LOD;
[Chg of Dir] Fwd L,-, fwd R DLW R shldr lead & trn LF, draw L to R & brush end CP M fc DLC;

PART A

1 – 4
REV TRN.; HOVER; START PROM WEAVE;
1-4
[Rev Trn] Fwd L start LF body trn,-, sd R cont trn, bk L to CP M fc RLOD; Bk R cont LF trn,-, sd & slightly fwd L DLW, fwd R to CBMP;
[Hover] Fwd L to CP,-, fwd & sd R rising to ball of ft, rec L to SCP DLC;
[Start Prom Weave] Fwd R,-, fwd L trng LF to CP, sd & slightly bk on R to CBMP DLC;
5 – 8
FINISH PROM WEAVE; CHG of DIR; OP TELEMARK; START IN & OUT RUNS;
5-8
[Finish Prom Weave] Bk L DLC still in CBMP, bk R trng body LF & trng W to CP, sd & slightly fwd L, fwd R to CBP DLW;
[Chg or Dir] Fwd L DLW,-, fwd R DLW R shldr lead & trn LF, draw L to R & brush end CP DLC;
[Op telemark] Fwd L commence trn L,-, sd R cont trn, sd & slightly fwd L (W bk R commence trn L bring L beside R with no wt,-, trng LF on R heel & chg wt to L, step sd & slightly fwd R) end SCP fc DLW;
[Start In & Out Runs] Fwd R start RF trn,-, sd & bk W & LOD on L to CP, bk R to CBP (W fwd L,-, fwd R between M’s fee, fwd L);
9 – 12
FINISH IN & OUT RUNS; OP NATURAL; OUTSD SPIN to R TRNG LOCK;
9-12
[Finish In & Out Runs] Bk R trng RF,-, sd & fwd R between W’s feet cont RF trn, fwd L (W fwd R start RF trn,-, fwd & sd L cont trn, fwd R) end SCP;
[Op Natural] Commence RF upper body trn fwd R heel to toe,-, sd L X LOD, cont slight RF upper body trn to lead W to step outsd bk R (W fwd L, R, L) to CBP;
[Outsd Spin] Lead W outsd ptnr commence body trn to R toeing in with R sd lead bk L in CBMP small step 3/8 trn to R,-, fwd R in CBMP heel to toe continue trn R,
3/8 trn between 2 & 3 sd & bk L in CP ¼ trn on 3 (W commence body trn to R with L sd lead stay into M’s R arm R ft fwd in CBMP outsd ptnr heel toe,-, L ft closes to Toe 5/8 trn between 1 &2, cont trn ¼ between 2 & 3 fwd R between M’s feet CP 1/8 trn on 3) end CP M fc DRW;

[R Trng Lock] Bk R backing LOD with R sd lead comm trn R fc/XL IFO r to fc COH, with slight L sd stretch cont trn upper body R fc & fwd R between W’s feet cont trn R fc, fwd L (W fwd L with L sd lead comm trn R fc/XR IBO L, with slight R sd stretch fwd & sd L stay well into M’s R arm cont to trn RF, fwd R) to SCP,-;

13 – 16 SLO SD LOCK; CL TELEMARK; MANUV; HESIT CHG;

[Slo Sd Lock] Thru R,-, sd & fwd L to CP, XR IBO L trng slightly LF;
[Cl Telemark] Fwd L,-, fwd & sd R around W close to W’s feet trng LF, step fwd & sd L (W bk R commence LF heel trn on R heel bring L beside R with no wt,-, cont LF trn on R heel & chg wt to L, step bk & sd R) end CBP;
[Manuv] Commence RF trn fwd R, cont RF trn to fc ptnr sd L, cl R end CP M fc RLOD;
[Hesit Chg] Commence RF upper body trn bk L,-, sd R cont trn, draw L to R end CP M fc DLC;

INTERLUDE 1

1 – 4 DIAMOND TRN ½;; QK DIAMOND 4; DIP & REC;

[Di@ Diamond Trn ½] Fwd L trng on the diag,-, cont L trn sd R, bk L to CBP; Staying in CBP & trng LF step bk R,-, sd on L, fwd R;
[Qk Diamond 4] Fwd L with R shld lead, fwd & sd R blend to CP, bk & sd L blend to CBP, bk R to CP M fc LOD;
[Dip & Rec] Dip bk L,-, rec R trng to DLC,-;

PART B

1 – 4 1 LFT TRN; HOVER CORTE; BK & CHASSE WALL; CONTRA CK REC SD to SCP;

[1 Lft Trn] Fwd L comm LF upper body trn,-, cont trn sd & bk R, cl L end CP M fc DRW;
[Hover Corte] Bk R start LF trn,-, sd & fwd L with hovering action, rec R in CBP;
[Bk & Chasse Wall] Bk L start LF trn,-, bk & sd R trng to CP WALL/cl L, sd R;
[Contra Ck Rec Sd to SCP] Comm upper body trn to L flex knees with strong R sd lead ck fwd L in CBMP,-, rec R, sd L to SCP;

5 – 8 P/U RONDE & TCH; OP TELEMARK; SCP CHASSE [2];

[P/U Ronde & Tch] Fwd R soften knee & lead W to PU,-, ronde L to end CP DLC, tch L;
[Op Telemark] Repeat Part A – meas 7;
[SCP Chasse] Thru R with L shldr lead,-, sd L/cl R, sd L to SCP,-; Repeat Part B – meas 7;
9 – 12 NATL WEAVE;; HOVER; MANUV;
9-12[Native Weave] Fwd R comm trn R,-, sd L with L sd stretch between 1 & 2, R sd lead bk R DLC prepare lead W outsdr ptnr slight trn to R between 2 & 3 (W fwd L,-, R, L); With R sd stretch bk L in CBMP, bk R comm L fc trn pass thru CP, with L sd stretch sd & fwd L prepare to step outsdr ptnr trng ¼ between 5 & 6 body trn less, L sd stretch fwd R in CBMP out ptsdr DLC; [Hover] Fwd L to CP,-, fwd & sd rise to ball of ft, rec L to SCP; [Manuv] Sd & fwd R,-, sd L to CP, cl R end CP M fc RLOD;

13 – 16 SPIN & TWIST;; BK CHASSE to SCP; PICKUP;
13-16[Spin & Twist] Bk L pivot RF [with L sd stretch],-, fwd R heel to ball cont trn [cont L sd stretch], sd L twd DW (W fwd R between M’s feet pivot R fc,-, bk L trn RF, cl R to L fc DC); XR IBO L with only partial wt/unwind RF change wt to R [no sway], cont trng RF, step sd L DW [no sway] (W fwd L/R arnd M, fwd L trn RF, fwd R between M’s ft),-; [Bk Chasse to SCP] Bk R,-, sd L/cl R, sd & fwd L to SCP; [Pickup] Small fwd R leading W to PU,-, draw L to R end CP, cl R end CP M fws DLC;

INTERLUDE 2

1 – 4 DIAMOND TRN ½;; QK DIAMOND 4; DIP & REC;
1-4[Diamond Trn ½] Repeat Interlude 1 – meas 1 & 2;; [Qk Diamond 4] Repeat Interlude 1 – meas 3; [Dip & Rec] Repeat Interlude 1 – meas 4

5 – 6 DOUB REV SPIN; CHG of DIR;
5-6[Doub Rev Spin] Fwd L comm trn L,-, sd R 3/8 trn to L between 1 & 2, spin LF up to ½ between 2 & 3 on ball of R bring L ft under body beside R with no wt flexed knees (W bk R comm trn L,-, L ft cl to R heel trn ½ between 1 & 2/sd & slightly bk R cont L trn, L XIFO R); [Chg of Dir] Repeat INTRO – meas 4;

REPEAT PART B

ENDING

1 – 4 REV TRN;; HOVER; SCP CHASSE;

5 – 6 THRU to PROM SWAY; CHG of SWAY;
5-6[Thru to Prom Sway] In SCP thru R, sd & fwd L & stretch body upward to look over jnd lead hnds, relax L knee,-; [Chg of Sway] Trn upper body R to look RLOD,-, hold, hold;