**NIMUE'S LAMENT**

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Record: "Nimue's Lament" CD: The Best of Ballroom CD1 track 3  time: 2'39"

Rhythm: Waltz  ph V+2 (Same Foot Lunge, Fallaway Ronde & Slip)  
Speed: As on CD  Date: May 2016  Ver.1.2

Footwork: Opposite, directions for man(lady as noted)

Sequence: Intro - A - B - Inter - B

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**Meas**

**INTRO**

1~4  **Bfly Scar/RDW left foot free for both Wait; Sync Circle Vine:**

- X Ck Rec Sd Bolero Bjo; Sync Wheel(W Trans) fc DW;

1  **Bfly Scar/RDW left foot free for both Wait 1 meas:**

1&2  **(Sync Circle Vine) Same foot work XLIF of R/sd R, XLIB of R, sd R fc LOD:**

3  **(X Ck Rec Sd Bolero Bjo) XLIF of R, rec R, sd & fwd L blend Bolero Bjo fc DC:**

12&3  **(Sync Wheel W Trans) Fwd R commence RF, cont wheel fwd L/R, L(W fwd R commerce RF (12&3&)) wheel, cont wheel fwd L/R, L(R) fc DW:**

**Meas**

**PART A**

1~8  **Manuv; OP Impetus; Q OP Rev; Hover Corte; Outsd Spin; Manuv;**

Spin Trn: Box Finish(CP/DC);

1  **(Manuv) Fwd R(W bk L) commerce RF trn, cont RF trn sd L, cl R CP/RLOD:**

2  **(OP Impetus) Bk L commerce 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 trn around man brush R to L, fwd R):**

3  **(Q OP Rev) Fwd R commerce LF trn, fwd L cont LF trn /sd R & bk cont LF trn, right side stretch bk L twd DC in contra bjo:**

4  **(Hover Corte) Bk R commerce LF trn, sd L cont LF trn and body stretch, cont LF trn Bjo/DW rec bk R twd RDC:**

5  **(Outsd Spin) Prepare to lead W outsd partner commerce body trn to right with right sd lead bk L small stp 3/8 RF trn, fwd R heel to toe cont 3/8 RF trn, cont 1/4 RF trn sd & bk L to end CP/DW(W commerce body trn to right with left sd lead fwd R outsd partner heel to toe, cl L to R on toe 5/8 RF trn between 1 and 2, cont 3/8 RF trn fwd R between M’s feet):**

6  **(Manuv) Fwd R(W bk L) commerce RF trn, cont RF trn sd L, cl R CP/RLOD:**

7  **(Spin Trn) Bk L pivot 1/2 RF, fwd R between woman’s feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between man’s feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R):**

8  **(Box Finish) Bk R commerce LF trn, cont LF trn sd L, cl R fc DC:**

9~17  **1/2 Diamond Trn:(Bjo/RDW); Bk Passing Chg; Bk Trn Chasse Bjo; Ck Fwd W Develope; Sync OP Finish(CP/DC); Telemark to Oversway;; Fallaway Ronde & Slip(CP/DC):**

9~10  **(1/2 Diamond Trn) Fwd L commerce LF trn, sd R cont LF trn, bk L to Bjo/RDC; Bk R cont LF trn, cont LF trn, okng fwd R Bjo/RDW:**

11  **(Bk Passing Chg) Bk L, right shoulder lead bk R right sd stretch, bk L contra Bjo:**

12&3  **(Bk Trn Chasse Bjo) Bk R commerce LF trn, cont LF trn sd L/cl R, sd & fwd L Bjo/DW:**

1--  **(Ck Fwd W Develop) Ck fwd R, -,-(W bk L, R knee lift, kick R foot extend):**

12&3  **(Sync OP Finish) Bk L twd RDC, bk R commerce LF trn/ cont LF trn sd & fwd L contra Bjo/DC, fwd R:**

15~16  **(Telemark to Oversway) Fwd L commerce LF trn, sd R cont LF trn, sd & bk L swivel LF on L fc Wall(W bk R commerce LF trn bring L beside R with no weight, cont LF trn on R heel and change to L, sd & fwd R):**

- Relax L knee keeping R leg extended, slight LF trn stretch L sd of body & look W(W look L):

17  **(Fallaway Ronde & Slip) Rec R ronde L CCW(W CW), XLIB and rise commerce LF trn, slip R bk cont LF trn on ball of R end to CP/DC:**

**Meas**

**PART B**

1~8  **Double Rev Spin(CP/DW); Hover Telemark; Thru Chasse Bjo; Manuv; Spin Trn Overtrn; Turning Lk to Bjo; Manuv; OP Impetus:**
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12- (12&3) 1 (Db1 Rev Spin) Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring L foot under body beside R with 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, body trn XLIF of R):  
2 (Hover Telemark) Fwd L, fwd R lead W RF trn, sd & fwd L to SCP/LOD:  
12&3 3 (Thru Chasse Bjo) Thru R, sd L/cl R, sd & fwd L to Bjo/DW:  
4 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R CP/RLOD:  
5 (Spin trn Overt) Bk L pivot 1/2 RF, fwd R between woman’s feet heel to toe cont RF trn fc RDW, sd & bk L(W fwd R between man’s feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R):  
6 (Tring Lk to Bjo) Bk R with right sd lead and right sd stretch/XLIF of R, bk and slightly sd R to start cont trn LF, sd & slightly fwd L to CBMP making 1/4 LF trn between steps 3 and 4 as body turns less B jo/DW:  
7 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L or CP/RLOD:  
8 (OP Impetus) Bk L commence RF trn, cl R cont RF trn(heel trn). SCP/DW fcd 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):  

9~16 Running OP Nat; Rising Lk(CP/DC): Mini Telespin(CP/RDC):; Contra Ck & Switch; Curved Feather; Bk Prep; Same Foot Lunge:  
12&3 9 (Running OP Nat) Thru R commence RF trn, cont RF trn sd & bk L/right sd lead bk R lead W outsd partner, right sd stretch bk L(W thru L, fwd R/left sd lead fwd L, left sd stretch fwd R outsd partner)Bjo fc RDW:  
10 (Rising Lk) Bk R commence LF trn, cont LF trn sd & fwd L, cont body trn XRB of L to CP/DC(W fwd L commence LF trn, cont LF trn sd & bk R, cont body trn XLIF of R):  
12 11~12 (Mini Telespin) Fwd L commence LF trn, fwd & 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, fwd R cont LF trn):  
12~ (12&12) 12 (Spin L taking weight to L/cont spin, cl R fc RDC(W fwd L/fwd R cont LF trn cont LF trn on R, cl L)CP/RDC ;  
13 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place, cont strong RF trn rec soft knees CP/DW:  
14 (Curved Feather) Fwd R commence RF trn, left sd stretch cont RF trn sd & fwd L, cont RF trn fwd R fc RDW:  
15 (Bk Prep)Bk L cont RF trn w/ left sd stretch, cont RF tch R fc COH(W fwd R commence RF trn w/right sd stretch, cont trn sd L):  
16 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, extend(W bk R well under body turning body to L and looking well to L, extend):  

17~22 Telespin Ending(SCP/DC); Prom Weave; Sync Ending to Bjo; Chg of Direction(CP/DC); Telemark to OP Hinge;;  
123 17 (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/DW:  
18 (Prom Weave) Fwd R, fwd L commence LF trn to CP, cont LF trn sd & bk R contra Bjo/RDC(W fwd L LF trn sd R to CP, commence trn sd & fdw L contra Bjo):  
12&3 19 (Sync Ending) Bk L twd DC, bk R cont LF trn CP/ cont LF trn sd & bk R contra Bjo/DW, fwd R(W fwd R, fwd L twd DC cont LF trn to CP/ sd & bk R contra Bjo, bk L):  
20 (Chg of Direction) Fwd L, fwd R right shoulder lead and LF trn, draw L to R and brush CP/DC:  
21~22 (Telemark to OP Hinge) Fwd L commence LF trn, sd R cont LF trn, sd & bk L swivel LF on L fc Wall(W bk R commence LF trn bring L beside R with no weight, cont LF trn on R heel and change to L, sd & fwd R swivel LF on R right hand on M’s left shoulder):  
--- Hold left sd stretch leading W XLIB of R, relaxing L knee and veering R knee to sway R extend left arm,(-W XLIB of R, relaxing L knee head to L extend left arm, -):  

Meas INTERLUDE  
1~ 6 Rec Hover M Trans(Bfly Scar/RDW); Sync Circle Vine; X Ck Rec Sd Bolero Bjo; Sync Wheel; Manuv; Hestation Chg(CP/DC);  
-2- 1 (Rec Hover M Trans) Hold lead W rec, rec R, (-W rec R, sd & fwd L commence RF trn, cont RF trn rec R) blend Bfly Scar/RDW:  
2~4 Repeat meas 2~4 of Introduction:;  
5 (Manuv) Fwd R(W bk L) commence RF trn, cont RF trn sd L, cl R to L CP/RLOD:  
6 (Hestation Chg) Bk L commence RF trn, cont RF trn sd R fc DC, draw L to R;