O Mio Babbino Caro

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CD: Trip Through Tuscany, Track 9  Artist: Eric Tingstad  MP3: ITunes, etc,  CD: Amazon, CD Baby

Rhythm: Waltz  RAL Phase V  Difficulty Level - Moderate

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL Waltz unless noted.  Time @ 45 RPM: 3:34

Sequence: Intro-A-B-C-Int1-D-A-Int2-End  Released: September 1, 2010

Meas

INTRODUCTION

1 - - 4 CP WALL WAIT 2;; STP SD TO HINGE; HOLD & EXTEND;

1 – 2 CP Feng Wall Wait 2 Meas;;

1 – 2, 3 – 4 [Sd to Hinge] Stp sd & slightly fwd L w 1/4 trn comm lft sd stretch, cont lft sd stretch leading W to cross her L beh R keeping lft sd in to ptr relaxing lft knee & trng rt knee to sway rt & look at W, - (sd R 1/4 trn comm rt sd stretch & cont rt sd stretch swivel LF, XLIB of R keeping lft sd in to ptr relaxing lft knee [head to lift with shldr)...;

5 - - 8 REC, HOVER SCP; THRU TO PROM SWAY; CHG SWAY; REC, HOVER SCP;

5 6 7 8 [Rec, Hover SCP] Commence Rt Fc Rotation to fc wall on count 1, sd R rising to ball of ft, rec L to tight SCP (Fwd R trng RF to CP, sd & bk L rising to ball of ft, rec R to tight SCP); [Thru to Prom Sway] Thru R, sd & fwd L stretching lft sd of body slightly upward to look over joined ld hnds, relax lft knee, - (Thru L, sd & fwd R stretching rt sd of body slightly upward to look over joined ld hnds, relax rt knee, -);

7 – 8 [Chg Sway] Cont relaxing lft knee extending rt leg & stretching lft sd of body & looking at ptr, - (Cont relaxing rt knee extending lft leg & stretching rt sd looking well to the lft, -);

5 - - 8 OUTSD SPIN; LFT TRNG LK; OP NAT TRN; BK PASSING CHG;

5 – 6 [Outside Spin] In BJO preparing to lead W outsrd ptr commence RF body trn toeing in with rt sd lead bk L in BJO small step 3/8 trn to rt on stp 1, fwd R in BJO heel to toe cont RF trn, [3/8 RF trn bet stps 2 & 3] sd & bk L to end in CP 1/4 RF trn on 3 (Commence RF body trn with lft sd lead staying well in the man's rt arm fwd R in BJO outsrd ptr heel to toe, cl L to R on toes of both feet 5/8 turn bet stps 1 & 2, cont RF trn 1/4 bet steps 2 & 3

1 & 2, 3 – 4 [Bk & Chasse Bjo] Bk R, sd L/cl R to L, sd R to Bjo; [Op Nat] Comm RF upper body trn fwd R heel to toe, sd L across LOD, cont slight RF upper body trn bk R leading ptr to step outside the M with rt sd leading to BJO DRC (Comm RF upper body trn bk L, - , sd R across LOD cont trn, fwd L outside ptr with lft sd leading to BJO);

9 - - 12 OUTSD CK; OP IMP; THRU CHASSE BJO; FWD, FC, CL;

9 – 10 [Outside Ck] Bk R trng LF, sd & fwd L, ck fwd R outside ptr to BJO (Fwd L trng LF, sd & bk R, ck bk L outside ptr to BJO); [Op Imp] comm RF upper body trn bk L, cl Rt to L [heel turn] cont 3/8 RF trn, complete trn fvd L in tight SCP/DLC (Comm RF upper body trn R betwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont arnd M brush R to L, complete ptr fvd R);

9 & 10, 11-12 [Thru, Chasse Bjo] Thru R trng RF to fc ptr, sd L/cl R to L, sd R to Bjo; [Fwd, Fc, Cl] Fwd R trng RF to fc ptr & wall, sd L, cl R to L to CP/Wall;
13 – 16 WHISK; WING; CL TELE; _ NAT TRN;

13-14 [Whisk] Fwd L to CP, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to full rise on ball of ft ending in a tight SCP (bk R to CP, bk & sd L commencing to rise to ball of ft, XRIB of L continuing to full rise on ball of ft ending in a tight SCP); [Wing] Fwd R, draw L twd R, tch L to R trng upper part of body LF with lft sd stretch (Fwd L beginning to XIF of M comm trn slightly LF, fwd R arnd M cont to trn slightly LF, fwd L arnd M complete slight LF trn to end in a tight SCAR);

15-16 [Cl Tele] Fwd L to CP comm LF trn, sd R cont trn, sd & fwd L (W bk R comm Lf trn, cl L to R for heel trn, bk & sd R) to BJO/ DLW; [1/2 Nat Trn] Repeat Meas 1, Part A;

PART B

1 - - 4 OP IMP; IN & OUT RUNS;; SLOW SD LK;

1 – 2 [Op Imp] comm RF upper body trn bk L, cl R to L [heel turn] cont 3/8 RF trn, complete trn fwd L in tight SCP/DLC (comm RF upper body trn fwd R betwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont trn arnd M brush R to L, complete trn fwd R); [Start In & Out Runs] Fwd R starting RF trn, sd & bk DLW on L to CP, bk R with rt sd leading to BJO (Fwd L, fnd R bet M's feet, fnd L outside ptr leading to BJO);

3 – 4 [Finish In & Out Runs] Bk L trng RF, sd & fnd R bet W's feet continuing RF trn, fnd L to SCP (fnd R starting RF trn, fnd & sd L continuing trn, fnd R to SCP); [Slow Sd Lk] Thru R, sd & fnd L to CP, XRB of L trng slightly LF (Thru L starting LF trn, sd & bk R continuing LF trn to CP, XLF of R) to CP/DLC;

5 - - 8 DIAMOND TRN;;;

5 – 8 [Diamond Trn] Fwd L trng LF DLC, continuing LF trn sd R, bk L with the ptr outside the man in BJO DLC; staying in BJO & trng LF stp R, sd L, fnd R outside ptr in BJO DRW (Bk R trng LF on the diagonal, continuing LF trn sd L, fnd R outside ptr; fnd L trng LF, sd R, bk L); Fwd L trng LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO DLW; staying in BJO & trng LF stp R, sd L, fnd R outside ptr in BJO DLC (Bk R trng LF on the diagonal, continuing LF trn sd L, fnd R outside ptr; fnd L trng LF, sd R, bk L);

9 - - 12 OP TELE; NAT HOVER FALLAWAY; BK, BK/LK, BK; OUTSIDE CHG SCP;

9 – 10 [Op Tele] Fwd L comm LF trn, sd R cont trn, sd & fnd L (W bk R comm Lf trn, cl L to R for heel trn, sd & fnd R) to SCP/DLW; [Nat Hov Fallaway] Fwd R with RF trn, fnd L trng RF w/ rise, rec bk R DRW;

1,2,3; 11-12 [Bk, Bk/Lk, Bk] Bk L, bk R/XLIF, bk R; [Outside Chg] Bk L, bk R trng LF, sd & fnd L outside ptr to SCP (Bk R, bk L trng LF, fnd R to SCP) DLW;

13 – 16 THRU, FC, CL; HOVER; NAT HOVER CROSS;;

13-14 [Thru, Fc, Cl] Thru R, fnd L trng to fc Ptr, cl R to L CP Wall; [Hover] Fwd L to CP, fnd & sd R rising to ball of ft, rec L to tight SCP (Bk R to CP, bk & sd L rising to ball of ft, rec R to tight SCP);

1,2,3; 15-16 [Nat Hover Cross] Fwd R DLW commence RF trn, sd L with lft sd stretch [1/4 RF trn bet stps 1 & 2], cont RF trn sd R [1/2 RF trn bet stps 2 & 3 body trns less fng DLC]; With rt sd stretch fnd L outsd ptr in SCAR on toes/rec R with slight lft sd lead, sd & fnd L, with lft sd stretch fnd R outsd ptr in BJO on toes (Bk L commence RF trn, R foot closes to L heel trn with a rt sd stretch trng RF 3/8 bet stps 1 & 2, cont RF trn sd L [3/8 RF trn bet stps 2 & 3] to CP; With lft sd stretch bk R in SCAR on toe/rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO);

PART C

1 - - 4 OP TELE; NATURAL WEAVE;;_ NAT TRN;

1 – 2 [Op Tele] Repeat Meas 9, Part B; [Commence Natural Weave] Fwd R comm to trn RF, sd L with lft sd stretch [under 1/4 RF trn betwn steps 1 & 2], with rt sd lead bk R DLC preparing to lead W outsdt ptr [slight RF trn betwn steps 2 & 3] (Bk L comm to trn RF, R foot closes to L heel trn with rt sd stretch trng 1/4 RF betwn steps 1 & 2, with lft sd lead fnd L preparing to step outsdt ptr);

3 – 4 [Finish Natural Weave] With rt sd stretch bk L in BJO, bk R comm LF trn passing thru CP, with left sd stretch sd & fnd L preparing to step outsdt ptr trng 1/4 LF betwn steps 5 & 6 body trns less (with lft sd stretch fnd R in BJO outsdt ptr, fnd L comm to trn LF passing thru CP, with rt sd stretch sd R trng LF 1/8 betwn steps 5 & 6;) DLW;

1/2 Nat Trn] Repeat Meas 1, Part A;

5 - - 8 OP IMP; WEAVE TO BJO;; OP NAT;

5 – 6 [Op Imp] Repeat Meas 1, Part B; [Commence Weave to BJO] Fwd R DLC, fnd L commence LF trn, continue trn sd & slightly bk R to fc DRC (Fwd L DLC commence LF trn, continue trn sd & slightly bk R to fc DRW, continue trn sd & fnd L LOD);
9 – 10  
[Finish Weave to BJO] Bk L LOD leading W to stp outsd to BJO, bk R continue LF trn, sd & fwd L DLW to banjo position preparing to step outsd ptr (fwd R LOD outside ptr to BJO, fwd L LOD continue trn, sd & slightly bk R DLW to banjo position);  
[Op Nat] Comm RF upper body trn fwd R heel to toe, sd L across LOD, cont slight RF upper body trn bk R leading ptr to step outside the M with rt sd leading to BJO DRC (Comm RF upper body trn bk L, - , sd R across LOD cont trn, fwd L outside ptr with lft sd leading to BJO);  

9 - - 12 SLOW OUTSD SWIVELS;; OUTSD SPIN; BK, FC, CL CP/WALL;  
1,-,-;  
9 – 10  
[Slow Outside Swivels] Bk L in BJO, XRIF of L with no weight, - (Fwd R in BJO, swivel RF on ball of rt foot ending in SCP, -); Fwd R, - , - (Fwd L in SCP, swivel LF on ball of lft foot ending in BJO,-);  
11-12 Repeat Meas 5, Part A;  
[Bk, Fc, Cl CP/Wall] Bk R trng LF to fc ptr, sd L, cl R to L to CP/Wall;  

INT 1  
1 - - 4 WHISK; PU SCAR; PROG X HOVERS;;  
1 – 2  
[Whisk] Repeat Meas 13, Part A;  
[PU SCAR] Thru R, small fwd L, fwd R to SCAR DLW (thru L commencing LF trn, sd & bk R across LOD, bk L to SCAR DLW);  
3 – 4  
[Prog Cross Hovers] In SCAR fwd L with slight crossing action commencing to rise & beginning a 1/4 LF trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd L to BJO lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a 1/4 LF trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally bk R to BJO lowering at end of stp); In BJO fwd R with slight crossing action commencing to rise & beginning a 1/4 RF trn, sd & slightly fwd L continuing to rise & completing the 1/4 RF trn, diagonally fwwd R to SCAR lowering at end of stp (In BJO bk L with slight crossing action commencing to rise in body & beginning a 1/4 RF trn, sd & slightly bk R continuing to rise & completing the 1/4 RF trn, diagonally bk L to SCAR lowering at end of stp);  

5 - - 8 FINISH X HOVER TO BJO; MANUV; SPIN TRN; BOX FINISH DLC;  
5 – 6  
[X Hover to BJO] In SCAR fwd L with slight crossing action commencing to rise & beginning a 1/4 LF trn, sd & slightly fwwd R continuing to rise & completing the 1/4 LF trn, diagonally fwwd L to BJO lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a 1/4 LF trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally bk R to BJO lowering at end of stp);  
[Manuv] In BJO fwwd right commence RF upper body trn, continue RF trn to fc ptr sd L, cl R to L to CP/RLOD (In BJO bk L commence RF upper body trn, continue RF trn to fc ptr sd R, cl IL to R CP/RLOD);  
7 – 8  
[Spin Trn] Commence RF upper body trn bk L pivoting _ RF to fc DLW, fwwd R betwn Ws feet heel to toe cont trn leaving lft leg extended bk & sd, complete trn rec sd & bk L (Commence RF upper body trn fwwd R betwn M's feet heel to toe pivoting _ RF, bk lft toe cont trn brush R to L, complete sd & fwwd R;) fc DLW;  
[Box Finish] Bk R commence _ LF trn, sd L, cl R to L (Fwwd L commence _ LF trn, sd R, cl L to R;) DLC;  

PART D  
1 - - 4 DIAMOND TRN;;;  
1 – 4 Repeat Meas 5-8, Part B  
5 - - 8 TRN L & RT CHASSE; BK, BK/LK, BK; OP IMP; THRU, FC, CL;  
1,2,&,3;  
5 – 6  
[Trn Lft & Rt Chasse] Fwwd L DLC with LF trn to fc COH, sd R/el L to R, sd R to BJO DRC; [Bk, Bk/Lk, Bk] In 1,2,&,3;  
Bjo bk L, bk R/XLIF of R, Bk R;  
7 – 8  
[Op Imp] Repeat Meas 1, Part B;  
[Thru, Fc, Cl] Thru R commencing RF trn to fc Ptr, sd L, cl R to L to CP/Wall;  

9 - - 12 HOVER; SLOW SD LK; OP REV TRN; BK PASSING CHG;  
9 – 10  
Repeat Meas 14, Part B;  
[Slow Sd Lk] Repeat Meas 4, Part B;  
11-12  
[Op Rev Trn] In CP fwwd L trng LF 1/4, cont LF trn sd R, bk L to BJO/DLC (In CP bk R trng lft 1/4, cont LF trn sd L, fwwd R to BJO/DRC);  
[Bk Passing Chg] Repeat Meas 8, Part A;  

13 – 16 CL IMP; OP FINISH; 1 LEFT TRN; BK & LEFT CHASSE;  
13-14  
[C l Imp] Bk L trng RF, cont trn cl R to L, bk & sd L to CP DLW (W fwwd R betwn M’s ft, fwwd L trng RF, brush R to L then fwwd on R betwn M’s feet);  
[Op Finish] Bk R trng LF, sd & fwwd L, fwwd R outside ptr to BJO (Fwwd L trng LF, sd & bk R, bk L to BJO);  
15-16  
[Left Trn] Fwwd L commence _ LF trn, cont trn sd R diagonally across LOD trng _ LF, cl L to R fc RLOD;
Bk R trng LF to fc ptr & Wall, sd L/cl R, sd L to BJO DLW;

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Weiss

REPEAT PART A

INT 2
1 - - 5  OP IMP; PU SCAR; PROG X HOVERS TO SCP;;;
       1 – 2  [Op Imp] Repeat Meas 1, Part B; [PU SCAR] Repeat Meas 2, Int 1;
       3 – 4  [Prog X Hovers] Repeat Meas 3 & 4, Int 1;;
       5  [Cross Hover to SCP] In SCAR fwd L with slight crossing action commencing to rise & beginning a slight RF upper body trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd L to SCP lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a strong RF upper body trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally thru to SCP lowering at end of stp);

6 - - 8  THRU CHASSE BJO; MANUV; OP IMP;
       6 – 7  [Thru Chasse Bjo] Thru R to fc, sd L/cl R, sd L trng slightly LF to BJO; [Manuv] Repeat Meas 6, Int 1;
       8  [Op Imp] Repeat Meas 1, Part B;

END

1 - - 4  _ NAT TRN; OVER SPIN TRN; BK, CHASSE BJO; OP NAT;
       1 – 4  Repeat Meas 1-4, Part A

5 - - 8  OUTSD SPIN; LFT TRNG LK; MANUV; BK PASSING CHG;
       5 – 8  Repeat Meas 5-8, Part A

9 - - 11  OUTSD CK; OP IMP; THRU TO HINGE;
       9 – 10  Repeat Meas 9-10, Part A
       11  [Thru to Hinge] Thru R, sd & slightly fwd L with LF upper body rotation betwn steps 1 & 2 comm lft sd stretch, cont lft sd stretch leading W to cross her L beh R keeping lft sd in to ptr relaxing lft knee & trng rt knee to sway rt & look at W, - (Thru Lt comm to turn LF, sd R with LF upper body rotation betwn steps 1 & 2 comm rt sd stretch & cont rt sd stretch swivel LF, XLIB of R keeping lft sd in to ptr relaxing lft knee [head to lft with shldrs almost parallel to ptr] w/no weight on R);
Quick Cues

O Mio Babbino Caro
(Phase V – Waltz)
(Weiss)

Intro  CP Wall Wait 2;; Stp Sd to Hinge; Hold & Extend;
      Rec, Hover SCP; Thru to Prom Sway; Chg Sway; Rec, Hover SCP;

A  _ Nat; Over Spin Trn; Bk, Chasse Bjo; Op Nat;
   Outsd Spin; Lft Trn Lk; Op Nat; Bk Passing Chg;
   Outsd Ck; Op Imp; Thru, Chasse Bjo; Fwd, Fc, Cl;
   Whisk; Wing; Cl Tele; _ Nat;

B  Op Imp; In & Out Runs;; Slow Sd Lk;
   Diamond Trn;;;;
   Op Tele; Nat Hover Fallaway; Bk, Bk/Lk, Bk; Outsd Chg Semi;
   Thru, Fc, Cl; Hover; Nat Hover Cross;;

C  Op Tele; Nat Weave;; _ Nat;
   Op Imp; Weave to Bjo;; Op Nat;
   Slow Outsd Swivels;; Outsd Spin; Bk, Fc, Cl Wall;

Int1  Whisk; PU SCAR; Prog X Hovers;;
      Manuv; Spin Trn; Box Finish DLC;

D  Diamond Trn;;;;
   Trn L & Rt Chasse; Bk, Bk/Lk, Bk; Op Imp; Thru, Fc, Cl;
   Hover; Slow Sd Lk; Op Rev Trn; Bk Passing Chg;
   Cl Imp; Op Finish; 1 Lft Trn; Bk & Lft Chasse Bjo;

A  _ Nat; Over Spin Trn; Bk, Chasse Bjo; Op Nat;
   Outsd Spin; Lft Trn Lk; Op Nat; Bk Passing Chg;
   Outsd Ck; Op Imp; Thru, Chasse Bjo; Fwd, Fc, Cl;
   Whisk; Wing; Cl Tele; _ Nat;

Int2  Op Imp; PU SCAR; Prog X Hovers;; to SCP;
      Thru, Chasse Bjo; Manuv; Op Imp;

End  _ Nat; Over Spin Trn; Bk, Chasse Bjo; Op Nat;
     Outsd Spin; Lft Trn Lk; Op Nat; Bk Passing Chg;
     Outsd Ck; Op Imp; Thru to Hinge;