ONCE UPON A DECEMBER

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Music: "Once Upon a December" (Premium Standard Orchestra – Ballroom Swing) available from Casa Musica

Rhythm/Phase: Viennese Waltz – Phase IV+2 (Right Lunge Roll & Slip – Chg of Sway)

Sequence: Intro ABC - BC (1-14) - Ending   Slowed 5%   Released: November 2014

INTRO

1-8   WAIT BFLY/WALL;...; STEP APART; POINT; TOGETHER to BFLY; TOUCH;

1-4   {Wt BFLY/WALL} Wt 4 measures BFLY/WALL with ld foot free;...;

1-1-1-; 5-6   {Stp Apt; Pt} Stp apt L,-,,- (Stp apt R,-,,-); Pt R twd ptr,-,- (Pt L twd ptr,-,-);

1-1-1-; 7-8   {Tog; Tch} Stp tog R to BFLY/WALL,-,- (Stp tog L,-,-); Tch L to R,-,- (Tch R to L,-,-);

PART A

1-4   CANTER TWIRL;...; REVERSE CANTER TWIRL;...

1-3;1-; 1-2   {Canter twrl} Sd L raising jnd lead hnds, draw R to L, cl R to L (Sd & fwd R comm RF spin under jnd ld hnds, cont RF spin, cl L to R); Sd L, draw R to L, to LOP fgc ptr WALL;

1-3;1-; 3-4   {Rev canter twrl} Sd R raising jnd lead hnds, draw L to R, cl L to R (Sd & fwd L comm LF spin under jnd ld hnds, cont LF spin, cl R to L); Sd R, draw L to R, to LOP fgc ptr WALL;

5-8   CANTER DOUBLE TWIRL;...; to SWAY APART;...

1-3;1-3; 5-6   {Canter dbl twrl} Repeat measure 1 Part A; Repeat footwork measure 1 Part A switch to jnd tailg hnds on count 3;

1-1-1-; 7-8   {Sway apt} Step apt L DC,-,,- (Step apt R DW,-,-); Continue sway apt with arm sweep,-,-;

9-12   CANTER ROLL ACROSS;...; TWICE;...

1-3;1-; 9-10   {Canter roll across} Fwd R twd DLW comm RF roll bhnd W,-, cont RF roll sd L; Sd R jn ld hnds, sweep R arm out to sd,-;

1-3;1-; 11-12   {Twice} Fwd L twd DLC comm LF roll bhnd W,-, cont LF roll sd R; Sd L jn trlg hnds, sweep L arm out to sd,-;

13-16   CANTER PICKUP LADY LOCKS;...; CANTER TELEMARK SCP/LOD;...

1-3;1-; 13-14   {Canter PU Lady lk} Fwd R,-, fwd L (Fwd L comm LF trn,-,-, fwd & sd R cont trn); Cl R to L,-,- (blendg to CP/DLC lk Lf if of R,-,-);

1-3;1-; 15-16   {Canter tele SCP} Fwd L comm trng LF,-,-, sd & fwd R around W cont LF trn (Bk R comm LF trn bringing L beside R no wgt,-, cont RF trn on R heel chg wgt to L); Sd & fwd L,-,- (Sd & fwd R,-,-) to SCP/LOD;

PART B

1-8   SERPIENTE;...; IN AND OUT RUNS;...:

1-3;1-; 1-2   {Serp} Blendg to BFLY thru R to fc ptr,-,-, sd L (Thru L to fc ptr,-,-, sd R); XRib, fan L CCW,- (XLib, fan R CW,-);

1-3;1-; 3-4   {fin Serp} XLib,-, sd R (XRib,-, sd L); XLif, fan R CW,- (XRif, fan L CCW,-);

1-3-1-; 5-6   {In and Out Runs} Blendg to SCP/LOD fwd R startg RF trn,-,-, sd & bk L DW (Fwd L,-,-, fwd R); Bk R with R sd leadg to BJO/RLOD,-,- (Fwd L with L sd leadg to BJO,-,-);

1-3;1-; 7-8   {fin In and Out Runs} Bk L trng RF,-, sd & fwd R between W's ft contg RF trn (Fwd R startg RF trn,-,-, sd & sd cont trn); Fwd L to SCP/LOD,-,- (Fwd R to SCP/LOD,-,-);

9-16   SERPIENTE;...; START IN AND OUT RUNS;...; HESITATION CHANGE;...

9-14   Repeat measures 1-6 Part B;...;

1-1-1-; 15-16   {Hest Chg} Comm RF upper body trn bk L,-,-; Sd R cont RF trn, draw L to R CP/LOD,-;

PART C

1-4   REVERSE TURNS;...; fc LOD:

123-123; 1-2   {Rev trns} Fwd L trn LF, sd R cont trn, XLib of R (Bk R trn LF, sd L cont trn, cl R to L);

Bk R trn LF, sd L cont trn, cl R to L (Fwd L trn LF, sd R cont trn, XLib of R);

123-123; 3-4   {fin Rev trns} Repeat measures 1-2 Part C; End fgc LOD;

5-8   FORWARD POINT; BACK POINT; FORWARD CANTER;:

1-1-1-; 5-6   {Fwd pt; Bk pt} Fwd L, pt R fwd,-,-; Bk R, pt L bk,-;

1-3;1-; 7-8   {Fwd canter} Fwd L,-,-, cl R to L; Fwd L,-,-;

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9-12  NATURAL TURNS;;; fc LOD;
123;123;  9-10  {Nat trns} Fwd R trn RF, sd L cont RF trn, cl R to L fc RLOD; Bk L trn RF, sd R cont RF trn, cl L to R fc LOD;
123;123;  11-12  {fin Nat trns} Repeat measures 9-10 Part C; End fcg LOD;
13-16  FORWARD POINT; BACK POINT; FORWARD CANTER;;;
1--;1--;  13-14  {Fwd pt; Bk pt} Fwd R, pt L fwd.;-; Bk L, pt R bk.-;
1-3;1--;  15-16  {Fwd canter} Fwd R.,-; cl L to R; Fwd R.,-.;
17-20  REVERSE TURNS;;; underturned FACE WALL;
17-20  {Rev trns undertrn fc WALL} Repeat measures 1-4 Part C;;; Undertmrnd fc WALL;
21-24  FORWARD POINT; BACK POINT; SIDE CANTER; to SCP;
1--;1--;  21-22  {Fwd pt; Bk pt} Fcg WALL fwd L, pt R fwd.,-; Bk R, pt L bk.-;
1-3;1--;  23-24  {Sd canter to SCP} Sd L, draw R to L, cl R to L; Sd & fwd L to SCP/LOD.,-; (Sd & fwd R to SCP/LOD.,-);

PART B

1-8  SERPIENTE;;; IN AND OUT RUNS;;;
1-8  Repeat measures 1-8 Part B;;;;;;;
9-16  SERPIENTE;;; START IN AND OUT RUNS;; HESITATION CHANGE;;
9-16  Repeat measures 9-16 Part B;;;;;;;

PART C (Measures 1-14)

1-8  REVERSE TURNS;;; FORWARD POINT; BACK POINT; FORWARD CANTER;;
9-14  NATURAL TURNS;;; FORWARD POINT; BACK POINT;

ENDING

*note – music slows significantly – dance slowed canter timing to vocals*

1-4  START FORWARD CANTER; to RIGHT LUNGE; ROLL and SLIP to COH CANTER TIMING;;
1-3;1--;  1-2  {Start fwd canter to R lunge} Repeat measure 7 Pt C slowing; Sd & fwd R.,-;
1-3;1--;  3-4  {Roll and slip ‘And – a - Song’} Rollg RF rec L.,-; slip R past L fc COH; Rec L.,-;
5-8  SIDE CANTER to LUNGE APART;; CANTER ROLL ACROSS;;
1-3;1--;  5-6  {Sd canter to Lunge apt ‘Some – One – Sings’} Fcg COH sd R, draw L to R, cl L to R blendg to low BFLY; Lunge apt R to LOP/LOD;
1-3;1--;  7-8  {Canter roll across ‘Once – U’) Repeat meas 11-12 Pt A;;
9-12  THRU SIDE BEHIND;; ROLL THREE and STEP THRU;;
9-10  {Thru sd beh ‘pon – a De-‘} [3 even beats] Thru R, sd L, XRib of L (Thru L, sd R, XLib or R);
11-12  {Roll 3 & stp thru ‘ce-em’) [4 even beats] Startg LF roll sd & fwd L, cont roll fwd R; sd & fwd L to SCP, thru R (Startg LF roll sd & fwd R, cont roll fwd L; sd & fwd R to SCP, thru L);
13-16  PROMENADE SWAY;; SLOW CHANGE of SWAY;;
1--;1--;  13-16  {Prom sway ‘ber’) Sd & fwd L stretchg L sd slightly upward relax L knee (Sd & fwd R stretchg R sd of body slightly upward relax L knee); Slowly chg sway to R sd stretch (Slowly chg sway to L sd stretch look L twd RLOD);