ONCE YOU HAD GOLD IV

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Music: “Ballroom Magic Premium Standard” Track 5

(Note: This CD has music for many other round dances: “The Inner Light,” “Beale Street Blues,” “A Wink and a Smile”)

Footwork: Described for Man—Lady opposite (or as noted)

Timing: 123 or as specified (Lady’s if different)

Rhythm: Waltz Phase IV+2 (Outside spin, Change of Sway)

Difficulty Level: Strong IV

Sequence: Intro AA B CC Bridge A BMod End

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INTRO

1-6 WAIT;; CROSS HOVER; CROSS HOVER; CROSS CHECK SWIVEL LADY TO BJO; CHECK RECOVER SLIP LADY SYNCOPATE TO CP;

1-2 [Wait] Skaters pos with L hands jng fcg DLW, both L feet free;;
3 [Cross hover] Fwd L in skaters pos comm ¼ LF trn, sd R with hvrg action to fc DLC, fwd L;
4 [Cross hover] Fwd R in skaters pos comm ¼ RF trn, sd L with hvrg action to fc DLW, fwd R;
5 [Cross chk man hold Lady swvl to BJO] 1-1 Cross LIF of R ckg DLW, rising on L gently flng Lady’s L hnd up as she trns to BJO,-; (Cross LIF of R, swvl LF on L to fc DRC in loose BJO,-;)
6 [Ck rec slip Lady sync CP 123 (12&3)] In loose BJO ck fwd R outside ptr, rec L, slip R trng LF blending to CP DLC (Ck fwd R outside ptr, rec L/sd R, cl L to R CP,;) (Note: It feels like you’re wrapping around your ptr as you check in BJO)

PART A

1-4 OPEN REVERSE TURN; HOVER CORTE; BACK WHISK; THRU CHASSE TO BJO;

1 [Open reverse turn] Fwd L comm. LF trn , cont trn sd R to fc RLOD, bk L to BJO fc RLOD;
2 [Hover corte] Bk R comm. LF trn, sd & fwd L trng LF with hvrg action, rec bk R BJO fcg LOD;
3 [Back whisk] Bk L, bk & sd L, XLIB of R to SCP LOD;
4 [Thru chasse to BJO 12&3] Thru R trng to fc, sd L/cl R, sd L blending to BJO DLW;

5-8 MANEUVER; IMPETUS TO SCP; WEAVE TO SCP;;

5 [Maneuver] Fwd R comm RF trn, cont trn to fc RLOD sd L, cl R to L CP RLOD;
6 [Impetus to SCP] Comm upper body RF trn bk L, cont trn cl R to L (heel trn) to fc DLC, fwd L SCP (Fwd R comm. RF trn, cont trn fwd & sd L to SCP, fwd R DLC,)
7-8 [Weave to SCP 123 456] Thru R, fwd L trng LF briefly to CP, sd & bk R; Bk L, bk R trng body LF, sd & fwd L to SCP DLC (Thru L, sd R trng LF, cont trn fwd L; Fwd R, fwd L trng LF briefly to CP, sd & fwd R to SCP DLW,)

9-12 OPEN NATURAL; OUTSIDE CHANGE TO SCP; OPEN NATURAL; BACK TO RIGHT LUNGING;

9 [Open natural] Thru R comm RF upper body trn, sd L across LOD, cont RF upper body trn leading ptr to step outsd bk R bkg LOD (Fwd L comm RF trn, fwd R, fwd L to BJO,)
10 [Outside chg to SCP] Bk L, bk R trng LF, sd & fwd L to SCP DLW; (Fwd R, fwd L trng LF, sd & fwd R to SCP;)
11 [Open natural] Repeat meas. 9;
12 [Back to R lunge 12-] Bk L comm RF trn flexing L knee, sd & fwd R on flexed knee twd DLC to look over ptrn’s head, hold; (Fwd R comm RF trn, sd & bk on L keeping R sd twd ptrn, hold ;)

13-17 RECOVER & SLIP FC RLOD; TURN LEFT SIDE BEHIND; SIDE HOVER TO SCP DLC; SYNCOPATED FRONT VINE; THRU WING DLC;

13 [Rec & slip fc RLOD -23] Comm RF upper body roll no wt chg, rec L, slip R bk trng to fc RLOD CP;
14 [Turn left side behind] Trng LF fwd L twd DRW, sd R twd DRW, bk L BJO DRW; (Bk R trng LF, sd L, fwd R BJO,)
15 [Side hover to SCP DLC 1-3] Back R, hvr brushing L to R, rec L to SCP DLC;
16 [Sync vine 1&23 ] Thru R, sd L/XLIB of L, sd L to SCP DLC;
17 [Thru wing DLC 1—(123)] Thru R, draw L twd R, tch L to R trng upper body LF with R sd stretch fcg DLC (Thru L comm crossing in front of man trng slightly LF, fwd R compactly to his R sd with slight LF trn, fwd L to tight SCAR bkg DLC,)

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REPEAT PART A

PART B

1-4  TELEMARK TO SCP; THRU TO PROMENADE SWAY & SLOWLY CHANGE SWAY;; RECOVER HOVER TO BJO;

[Telemark to SCP]  From SCAR fwd L comm LF tm, sd R cont tm, sd & fwd L to SCP DLW (Bk R comm LF tm bringing L twd R [heel tm], cont tm chg wt to L ft, sd & fwd R to SCP);

2-3  [Thru to prom sway & slowly chg sway 12--; ---;] Thru R, sd & fwd L stretching R sd relaxing L knee SCP DLW,-;

Slowly chg shape stretching L sd feg wall,-,-;

4  [Rec hvr to BJO 1-3]  Rec R, rise and hvr on R, fwd L to BJO DLW;

5-7  MANEUVER; OVERTURNED SPIN TURN; BOX FINISH DLW;

5  [Maneuver]  Repeat Part A meas 5;  CP R LOD

6  [O’trn spin trn]  Comm RF upper body trn bk L pivoting RF, trng RF fwd R btw Lady’s feet to fc DRW, sd & bk L in CP DRW (Fwd R btw Man’s feet pivoting RF, bk & sd L cont tm, brush R to L then sd & fwd R);

7  [Box fin DLW]  Bk R trng LF, sd L, cl R;  CP DLW

PART C

1-4  CROSS HOVER TO BJO; CROSS HOVER TO BUTTERFLY SCAR; FORWARD LADY DEVELOPÉ; OPEN FINISH DLC;

[Box hvr to BJO] Fwd L, comm LF tm ¼ sd R hvr,. blending to BJO fwd L DLC; (Bk R comm. LF tm, sd L hvr, blending to BJO bk R);

2  [Box hvr to BFLY SCAR]  Fwd R in BJO, comm RF tm ¼ sd L hvr, fwd R blending to BFLY SCAR DLW;

3  [Fwd lady developé 1--]  Fwd L ckg stretching R sd looking over ptnr’s head,-,-; (Bk R, bring L foot up R leg to inside of R knee, extend L foot fwd to full leg extension and lower without wt);

4  [Open finish]  Bk R, sd & bk L trng LF, small fwd R bringing lady to BJO DLC; (Fwd L, sd & fwd R trng LF to BJO, bk L);  

5-8  TELEMARK TO SCP; OPEN NATURAL; OUTSIDE SPIN; BOX FINISH DLW;

5-  [Telemark to SCP]  Repeat Part B meas 1;  SCP DLW

6  [Open natural]  Repeat Part A meas. 9;  BJO bkg LOD

7-  [Outside spin]  Comm RF body trn toeing in rt sd lead small step bk L in CBMP, fwd R cont trng, cont tm sd & bk L in CP feg DRW (Comm RF body trn fwd R in CBMP outside ptrn, L ft closes to R on toes of both feet cont tm , fwd R btw Man’s feet in CP feg DLC);

8  [Box finish DLW]  Repeat Part B meas 7;  CP DLW

REPEAT PART C

BRIDGE

1-3  HOVER TELEMARK LOD; SEMI CHASSE; CHAIR RECOVER & SLIP;

1  [Hover telemark LOD]  Fwd L, fwd R rising & trng RF twd LOD blending to SCP, fwd L;

2  [Semi chasse 12&3]  Thru R trng to fc, sd L/cls R, sd L  SCP LOD;

3  [Chair rec & slip]  Thru R lunge step, rec L, slip R back past L with LF body tm to CP DLC;

REPEAT PART A

PART B Modified

1-4  TELEMARK TO SCP; THRU TO PROMENADE SWAY & SLOWLY CHANGE TO OVERSWAY;; RECOVER & HOVER TO BJO;

Repeat meas. 1-4, Part B;;;

5-7  MANEUVER; OVERTURNED SPIN TURN; BOX FINISH TO SCAR LADY TOUCH AND DROP HANDS;

5-  Repeat meas. 5-6, Part B;

7  [Box finish to SCAR Lady in 2]  Bk R turn LF, sd L bringing ptrn to SCAR, cl R and drop hands; (Fwd L trng LF, sd R, tch L drop hands;)

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ENDING

1-4+  SOLO CROSS HOVER TO FACE 2 TIMES;; SOLO CROSS HOVER TO FACE HANDS HIGH; HOLD & BRING HANDS DOWN LOOK AT PARTNER;;

1  [Solo cross hover to fc] Fwd L passing L shldrs, sd R with slt rise trng LF, fwd L DRC to fc ptnr 2-3 feet apart; (Fwd L passing L shldrs, sd R with slt rise trng LF, fwd L DLW to fc ptnr 2-3 feet apart;)

2  [Solo cross hover to fc] Fwd R passing R shldrs, sd L with slt rise trng RF, fwd R DLW to fc ptnr 2-3 feet apart; (Fwd R passing R shldrs, sd L with slt rise trng RF, fwd R to fc ptnr 2-3 feet apart fc DRC;)

3  [Solo cross hover to fc Hands high]  Fwd L passing L shldrs, sd R with slt rise trng LF to fc ptnr fcg DRC, fwd L stretch R shldr twd ptnr raising R arm & tchg R palms high above heads looking at ptnr (Fwd L passing L shldrs, sd R with slt rise trng LF to fc ptnr and DLW, fwd L stretch R shldr twd ptnr touching R palms high;)

4+  [Hold & draw hands down slowly] Lower touching palms slowly to shldr ht as music fades & look lovingly at ptnr;,