PICTURES, THROUGH THE DARK

(A Study in Picture Figures)

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Rhythm: Waltz Phase: V + 2 (throwaway oversway, same foot lunges) + 1 (X-line)

R.A.I. Difficulty Rating: Average
Music: "Through the Dark," Helen Jane Long, Porcelain CD, track 5, Amazon.com download
Note: Music should be slowed and shortened: Original speed of music is approx 32 bpm, suggest 29 bpm, approx-8%. Slow, then cut at 3:21 bpm

Time/MPM: 3:23 @ 29 bpm

Sequence: A, B, C, B Mod, D, End

Footwork: Described for man—woman opposite (or as noted)

Timing: 123 unless otherwise noted

PART A

1-8 WAIT; 2 LEFT TURNS; PROMENADE SWAY SLOWLY CHANGE TO OVERSWAY; SIDE HOVER TO SCP; THRU CHASSE TO BJO;

1-2 [Wait 2 meas] CP DLC lead ft free;

3-4 [2 left turns] Fwd L comm LF trn, cont trn sd R, cl L; Bk R comm LF trn, cont trn sd L, cl R CP wall;

(Bk R comm LF trn, cont trn sd L, cl R; fwd L comm LF trn, cont trn sd R, cl L ;)

5-6 [Prom sway chg to oversway 1 - - - - - - ] Sd & fwd L trng to SCP stretching rt sd upward & leftward to look over jnd lead hnds, relax left knee, cont stretch; Maintain wt on L comm changing sway stretching if sd & cont stretch over full meas, - - - ; (Sd R trng to SCP relax R knee, cont stretch; Comm changing sway by stretching rt sd matching man’s shape, - - - ;)

7 [Sd hover to SCP 1 - 3] Sd R, brush L to R w/hvrg action, fwd L to SCP 1.0D;

8 [Thru chasse to BJO 12&3] Thru R, sd & fwd L/cl R trng ptr to BJO, fwd & sd L BJO DLW; (Thru L, comm. LF turn sd R/cl L compl trn to BJO, bk & sd R BJO;)

9-16 MANUV; SPIN TURN; BOX FIN DLC; DBL REV SPIN; CHG OF DIR W/SHAPE & CHG SWAY RISE & CL.; OVERSWAY RISE & CL. ON 3; TO BIG OUTSD SPIN;

9 [Manuv] Fwd R comm RF trn, cont trn blending to CP sd L, cl R fcg RLD; (Bk L comm RF trn. cont trn sd R, cl L ;)

10 [Spin trn] Comm RF upper bdy trn bk L pvtg RF, fwd R between ptr’s feet heel to toe cont RF trn, compl trn sd & bk L in CP DLW; (Comm RF trn fwd R heel to toe pvtg RF, bk L cont trn brush R to L, compl trn sd & fwd R ;)

11 [Box fin] Bk R comm LF trn, sd L. cont trn, cl R CP DLC; (Fwd L comm LF trn, sd R, cl L ;)

12 [Dbl rev spin 123 (12&3)] Fwd L comm LF trn, sd R [3/8 LF trn between steps1 & 2], spin LF btw steps 2 & 3 on ball of R bringing L foot under body beside R no weight flexed knees CP DLW; (Bk R comm LF trn, cl L to R [heel trn] trng LF between steps 1 & 2/sd & slightly bk R cont LF trn, XLIFR;)

13 [Chg of dir w/shape 12 - ] Fwd L, comm LF trn sd R, cont LF upper body rotation w/R sd stretch over remainder of meas ending in CP LOD, - ; (Bk R, comm LF trn sd L, upper body trn over remainder of meas, - ;)

14 [Chg sway rise & close - - - - ] Without wt chg comm RF upper body rotation, - & rise;

15 [Oversway line rise & close 1 - 3] Shift wt to L (R) stretch if sd, rise on L(R), cl R shaping ptr to BJO LOD;

16 [Outsd spin] Comm RF bdy trn by bringing toe of L to instep of R, fwd R heel to toe cont trn RF, sd & bk L to end in CP LOD; (Comm RF trn fwd R outside ptr heel to toe, cl L on toes of both feet trng, fwd R between man’s feet CP ;)

Through the Dark Waltz Ph V+2+1
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Version 1.0 1/21/2017
PART B

1-8 MANUV; IMP TO SCP; WEAVE 6 TO SCP;; CHAIR & SLIP CP DLW; LONG CONTRA CHECK RECOVER ON 5 OUT ON 6 TO SCP;; THRU CHASSE SCP;

1 [Manuv] Repeat PART A Meas 9 to CP RLOD;
2 [Imp to SCP] Comm RF upper bdy trn bk L, cl R [heel trn] cont RF trn, comp trn fwd L in SCP DLC;
   (Comm RF upper bdy trn fwr L between man's feet heel to toe pivoting RF, sd & fwr Ltrng RF trn armd man 
   brush R to L, comp trn fwr L SCP);
3-4 [Weave to SCP] Thru R, fwr L comm LF trn, cont trn sd & slightly bk R to fc DRC; Bk L leading ptr 
   to step outsd, bk R cont LF trn, sd & fwr L in SCP DLC; (Thru L comm LF trn, cont trn sd & 
   slightly bk R, cont trn sd & fwr L; Fwr R outsd ptr, fwr L cont trn, sd & fwr R);
5 [Chair & slip to CP DLW] Ck thru R w/lunge action, rec L, w/no trn slip R past L feg DLW in CP;
   (Ck thru L w/lunge action, rec R swvlg RF on R, fwr L to CP;)
6-7 [Long c'ck rec on 5 out on 6 to SCP 1- - - 56] Comm LF upper bdy trn flexing knees w/rt sd 
   lead cke fwr L in CBMP, - - - , rec R on ct 5 rising slightly, fwr L on ct 6 blending to SCP LOD;
   (Comm LF upper bdy trn flexing knees w/lsf lead bk R in CBMP looking L, - - - , rec L on ct 5 swvlg to SCP; fwr R 
   SCP LOD;)
8 [Thru chasse SCP 12&3] Thru R in SCP, sd & fwr L in SCP/cl R to L in SCP, fwr & sd L SCP LOD;

9-14 OP NAT TRN; TIPPLE CHASSE PVGT TO SPIN OVERTURN;; L TRNG LK TO SCP LOD; THRU 
   TO LONG HVR CORTE;;
9 [Op nat] Comm RF trn thru R, sd L across ptr, cont slight RF upper bdy trn bk R bgk LOD w/R sd lead 
   to BJO; (Thru L, fwr R to momentary CP, fwr L BJO feg LOD;)
10 [Tipple chasse pivoting 12&3] Comm RF upper bdy trn bk L, cont trn sd R w/ slight if sd stretch btw steps 1 
   and 2/cl L, sd & slightly Fwr R pivoting to CP RLOD; (Comm RF upper bdy trn fwr R, cont trn sd L w/slight 
   rt st stretch/cl R, sd & slightly bk L pivoting;)
11 [Spin overturn] Comm RF upper bdy trn bk L pivoting RF, fwr R between ptr's feet heel to toe pivoting to fc 
   DRW, sd & bk L in CP DRW; (Comm RF trn fwr R between man's feet heel to toe pivoting RF, bk L on toe 
   cont trn brush R to L, compl trn sd & fwr R;)
12 [Left trng lk to SCP LOD 1&23] Bk R w/rt sd lead & rt sd stretch/XLIFR, bk & slightly sd R trng LF, sd & 
   fwr L in SCP LOD; (Fwr L w/lsf lead & rt sd stretch/XLIFR, bk & slightly sd L trng RF, sd & fwr R;)
13-14 [Thru to long hvr corte 1 - - - 6 (12 - - - 6)] Thru R in SCP w/relaxed knees, fwr L blending to BJO comm 
   slo rise, cont rise as a hovering action; - - - , bk R lowering on ct 6 BJO bgk RLOD; (Thru L, fwr R trng to BJO 
   w/hoevering action; cont rise, cont rise, fwr L BJO;)

PART C

1-8 BK WHSK; SYNO WHSK; LFT WHSK; UNWIND & HOVER TO SCP LOD; SLOW SD LK; FWD 
   TO RT LUNGE & EXTEND;; REC TO HIGH LINE & SLIP DLC;
1 [Bk whsk] Bk L, bk & sd R trng RF, XLIBR finishing in SCP LOD; (Fwr R, fwr & sd L trng, 
   XLIBR;)
2 [Sync whsk 1&23] Thru R/cl L with lf hip trn toward ptr in CP, sd R w/slight R sd stretch, w/R sd stretch & 
   RF bdy trn XLIBR to SCP LOD; (Thru L/cl R keeping rt hip trn to ptr in CP, sd L w/slight L sd stretch, 
   w/L sd stretch XLIBR;)
3 [Left whsk] Thru R to momentary SCP, sd & fwr L to CP, XLIBR to RSCP feg wall; (Thru L, sd & bk R to 
   CP, XLIBR;)
4 [Unwind to SCP DLC 123(1&2&3)] Comm RF trn untwisting on heel of L & ball of R to end in SCP DLC;-
   -; (Comm RF run arnd ptr fwr R, R, L, L swvlg RF to SCP, thru R;)
5 [Slow sd lk] Thru R, sd & fwr L to CP, XLIBR trng slightly LF; (Thru L comm LF trn, sd & bk R cont trn CP, 
   XLIB;)
6-7 [Fwr to R lunge & extend 12 - - - - - ] Fwr L fwr LOD, flex lf knee sd & slightly fwr R with slight LF bdy 
   trn looking over ptr's head, extend shape; - - - ; (Bk R, flex rt knee sd & slightly bk L with slight LF bdy trn, 
   extend; - - - ;)
8 [Rec hi line & slip pvrt DLC 1-3] Rec bk L stretching rt sd to a hi line pose in CP, pull R past L, bk R pvrt to 
   CP DLC; (Fwr R, pull L past R, fwr L pvrt;)

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9-16 TURN L & R CHASSE BJO; BK BK LK BK; OUTSIDE CHG TO SCP; THRU TO PROMENADE SWAY CHG TO THROWAWAY OVERSWAY; SIDE TO SAME FOOT LUNGE; TELE TO SCP; THRU CHASSE BJO;

[Tru L & R chasse 12&3] Fwd L comm LF trn, sd R cont trn/cl L, sd R compl trn to BJO bkgr LOD; (Bk R comm LF trn, sd L cont trn/cl R, sd L comp trn to BJO);

[Blk bk lk bk 12&3] Bk L, bk R/lk LFR, bk R BJO pos bkgr LOD; (Fwd R, fwd L/lk RIB, fwd L;)

[Outsd 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;)

12-13 [Thru to prom sway chg to throwaway o'sway 12 - ; - - -] Thru R, sd & fwd L in SCP stretching R sd of bdy upward & leftward to look ovr jnd lead hnds, relax left knee & cont stretch; No wt chg rotate upper bdy slightly leftward relaxing L knee further keeping R sid to ptr using a L. sd stretch over 3 cts; (Thru L, sd & fwd R in SCP stretching L sd of bdy matching man's stch, cont stretch; Comm trng LF relaxing R knee sliding L foot bk under bdy past R foot to pt bk and look L keeping L sd to man all over 3 cts;)

[Rise & lower to same foot lunge line 2 - ( - - -)] Rise on L to upright pos fcg wall trng W to “L” pos, cl R to L, lower on R extending L leg w/R sd stretch; (Rise on R swvlg RF to “L” pos w/L. sd to man over 2 cts; lower on R extending L fwd looking to L;)

[Telemark to SCP 123&_123] Maintain wt on R P/U action moving ptr leftward & across on “&” ct to CP fcg DLC/fwd L comm LF trn, sd R cont trn, sd & slightly fwd L to SCP DLW; (Fwd L trng LF to CP [like a P/U] bkgr DLC/bk R comm LF trn bringing L beside R w/no wt, trn LF on R heel [heel turn] & chg wt to L, sd & slightly fwd R to SCP;)

[Thru chasse to BJO 12&3] Repeat PART A, meas. 8 to BJO DLW;

PART B Mod

1-12 REPEAT PART B MEASURES 1-12:---------:

13-16 [Thru to long hvr corte LADY DEVELOP:: BK & HOVER TO SCP;]

13-14 [Thru to long hvr corte 1 - - - ; - - (12- -6)] Thru R in SCP w/relaxed knees, fwd L blending to BJO comm sio rise, cont rise as a hovering action; ::, ::, bk R lowering on ct 6 BJO bkgr R1.OD; (Thru L, fwd R trng to BJO w/hoevering action; cont rise, cont rise, fwd L BJO;)

[Lady develop - - - ] Man hold (Bring L up to insid af R knee, extend L fwd to a straight leg, hvr L down to standing foot no wt chg;)

16 [Bk hvr out to SCP 1 - 3] Bk R, brush L past R hvrfg, fwd L to SCP LOD; (Fwd L trng RF, cont trn brush R to L, fwd R in SCP;)

PART D

1-8 WING; FWD TO QK THROWAWAY OVERSWAY; CROSS BEHIND & UNWIND TO SCP LOD; OPN NAT TRN; BK RT TRNG WHISK DLC; THRU & CL TO QK OVERSWAY; SD HOVER TELEMARK LOD; THRU CHASSE TO BJO:

[1 Wing 1 - - (123)] Fwd R, draw L twd R comm upper bdy LF trn, tch L to R cont trn to SCAR LOD; (Fwd L comm to XLF of ptr trng LF, fwd R cont trn, fwd L to SCAR;)

[2 Fwd to quick throwaway oversway & - - -] Fwd L/swvlg LF trn upper bdy slightly leftward relaxing L knee keeping R sd to ptr extending R leg sd & bk, cont slightly bdv mt thru cts 2 & 3 fcg DLC; ;; (Bk R/swvlg LF on R to BJO pos relax R knee, slide L foot bk under bdy past R foot to pt bk & look L keeping L sd to ptr over 2 cts;)

3 [Cross behind & unwind to SCP 123(1&23)] XRIJBL, comm unwind heel of L. & ball of R rising & shifting wt to R, w/slight hvr action fwd L in SCP LOD; (Fwd L/R, R trng CW arnd ptr to SCP;)

4 [Opn nat] Repeat PART B meas 9 BJO bkgr LOD;

5 [Bk right trng whisk DLCW] Bk L comm RF trn, cont trn sd R, XLIB cont trn to SCP DLC; (Fwd R comm. RF trn, sd L cont trn, XFPB to SCP;)

6 [Thru cl to drop o'sway 12 - ] Thru R, w/RF trn cl L to R to CP fcg wall, lower on L stretching if sd & extending R to sd; (Thru L, cl R to L trng to CP, lower on R stretching rt sd extending L leg to sd;)

7 [Sd hvr telemark 1 - 3] Sd R in CP comm rise, cont rise blending to SCP w/slight LF trn, fwd L SCP LOD; (Sd L comm rise, cont rise blending to SCP w/LF trn, fwd R;)

8 [Thru chasse to BJO 12&3] Repeat PART A Meas 8 BJO DLW;
9-16 MANUV: HES CHG; SYNCO CRVD FTHR CKG; OUTSIDE CHG TO SCP; THRU HOVER BLENDDNG TO HINGE; SD TO SAME FOOT LUNG; TELE TO BJÖ;
[Manuv] Repeat PART A Meas 9 CP RLOD;
[Hesitation change] Comm RF upper body turn bk L, sd R cont trn drawing L to R over remainder of measure, -; (Comm RF upper body trn fwd R, sd L cont trn drawing right to left over remainder of measure, -;
[Synco cvr fthr ckg 12&3] Fwd L comm to trn RF/fwd R cont R trn sd & fwd L, cont trn to R fwd R outsid ptr in BJÖ DRW; (Bk R comm to trn RF, staying well in man's rt arm/bk & sd L cont trn, bk R, bk L;
[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;
[Thru hover to hinge 12 - - -] Thru R, fwd & sd L w/slight RF trn comm L sd stretch hovering and extend, - - - relax L knee with shape to lead ptr to rise and cross bh; (Thru L, fwd & sd R slowlv svvlg LF with rt sd stretch, - - - XLIB keeping if sd to ptr relaxing L knee extending R leg;
[Sd to lower to same foot lunge - 2 -] Sd L to upright pos fkg wall trng W to “L” pos, cl R to L, lower on R extending L leg w/R sd stretch; (Fwd L, svvlg RF to “L” pos, cl R to L w/L sd to man, lower on R extending L fwd looking to L;
[Telemark to BJÖ 123(&123)] Maintain wt on R use P/U action moving ptr leftward & across on “&” cl to CP fkg DLC/fwd L comm LF trn, sd R cont trn, fwd & sd L to BJÖ DLW; (Fwd L trng LF to CP [like a P/U] bkg DLC/bk R comm LF trn bringing L beside R w/no wt, trn LF on R heel [heel turn] & chg wt to L, bk & sd R to BJÖ;

END

1-12 REPEAT PART B MEASURES 1-12:
13-16 L WHISK; SLOW UNWIND TO CP DRC; LOWER TO “X” LINE & EXTEND;
[Left whisk] Repeat PART C measure 3 to RSCP DLW;
[Slo unwind to CP COH 123 (1&23)] Untwist RF beg w/split wt on ball of R & heel of L, cont trn on ball of R & heel of L, cont trn chg wt to R tch L blend to CP DRC; (Fwd R/fwd L, fwd R arnd Man, fwd L trng to CP;
[Slowly lower to “X” line & extend- - - - -] Trn ptr to SCP fkg COH slowly lowering on R (L) extending lead feet to sd, - - - - - -