RECOGNISE YOURSELF

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Record: "Tu Te Reconnnais" CD: Ballroom Nights 7 CD 1 track 19
Rhythm: Hesitation Canter Waltz ph IV+2 (Double Rev Spin, Contra Ck)
Speed: As on CD time: 258" Date: December 2017 Ver.1.1

Footwork: Opposite, directions for man/lady as noted
Sequence: Intro - A • B • INT - A • B (9-16) • Ending

Meas INTRO
1~9 Low Bfly/Wall lead foot free for both Wait Pickup notes & 1 meas;
  Explore Apt; Spin Manuv; OP Impetus; Prom Weave; Whisk;
  Thru Fc Cl(Bfly/Wall); Canter;

  1 Low Bfly/Wall lead foot free for both Wait pickup notes & 1 meas:
  2 (Explore Apt) Step strongly apt L with lead arm sweep CCW to OP fc LOD;
  146 3 (Spin Manuv) Fwd R twd DW commence RF trn lead W LF spin,, cont RF trn sd L,, cl R
       Fc RLOD (W fwd L twd DC commence LF spin,, cont spin R,, L fc LOD) CP/RLOD;
  146 4 (OP Impetus) Bk L commence 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 cont RF trn around man brush R to L,,.., fwd R);
  146 5~6 (Prom Weave) Fwd R,,.., fwd L commence LF trn to CP,, cont LF trn sd & bk R fc RDC (W fwd L,
       LF trn sd R to OP,,.., commence trn sd & fwd L);
  1346 Bk L twd DC contra Bjo,,.., bk R cont LF trn OP, cont LF trn sd & fwd L contra Bjo/DW,,
   fwd R (W fwd R contra Bjo,,.., fwd L cont LF trn to CP,,.., sd & bk R) Bjo/DW;
  146 7 (Whisk) Fwd L,,.., sd R,,.., XLIB of R SCP/LOD;
  146 8 (Thru Fc Cl) Thru R,,.., sd L fc partner,,.., cl R Bfly/Wall;
  1~6 9 (Canter) Sl Draw,,.., cl R;

Meas PART A
1~8 Waltz Away; Roll Across(LOP/LOD); Canter Vine to Bfly;
  OP Fallaway & Slip(CP/RDW); Contra Ck & Hold; Rec Prom Sway;
  Ovrsy (CP/LOD);

  146 1 (Waltz Away) Blend OP/LOD fwd L,,.., fwd R cont LF body trn but look twd LOD,, cl L in
       slightly V bk to bk;
  146 2 (Roll Across LOP) Fwd R twd Wall commence RF trn,,.., cont RF trn sd L,,.., cont trn fc LOD
       sd R (W fwd L twd COH commence LF trn,,.., cont spin R,,.., cont trn fc LOD sd L) to LOD;
  1346 3 (Canter Vine) Fwd L 1/4 LF trn,,.., sd R to Bfly, XLIB of R,,.., sd R Bfly/COH;
  14 4 (OP Fallaway & Slip) Flare L COH on R OP/RLOD,,.., XLIB of R,,.., slip R bk cont LF trn on R
       (W flare R CO on L,,.., XLIB of R,,.., swivel LF fwd R) OP/RDW;
  1~5 5 (Slow Contra Ck) Opening heads slowly start to slide L ft fwd chg to closed head as ck fwd
       L,..,,
  14 6 (Rec Prom Sway) Rec R,,.., sd & fwd L twd LOD stretch left sd look over joined lead hand,;
      — 7 (Chg Ovrsy) Relax L knee keeping R leg extended, slight LF trn stretch L sd of
       body, cont sway & look W(W look L);
  1~5 8 (Rec Tch) Rec R,,.., tch L to R,;

9~13 Twirl Vine 3 SCP; Chair Rec Sd(Scar/RDW); Canter Twisty Vine;
  Scar Ck Fwd W Develop; Rec W Insd Trn(CP/LOD);

  146 9 (Twirl Vine 3) Sd L lead W RF trn,,.., XLIB of L,,.., sd L(W fwd R twd LOD commence RF trn
       under lead hand,,.., sd L cont RF trn,,.., cont trn fc COH sd R) SCP/LOD;
  146 10 (Chair Rec Sd) Thru R relax right knee,,.., rec L commence RF trn,,.., sd R cont RF trn
       Scar/RDW;
  1346 11 (Canter Twisty Vine) XLIB of R,,.., sd R, XLIB of R to Bjo,,.., sd R Scar/RDW;
  1~12 12 (Ck Fwd W Develop) Ck fwd L,,.., (W bk R,,.., L knee lift,, kick L foot extend);
  146 13 (Rec W Insd Trn) Rec R commence LF trn lead W LF trn under lead hands,,.., cont LF trn
       sd L,,.., cl R(W fwd L commence LF trn under lead hands,,.., sd & bk R cont LF trn,,.., fwd L
       cont trn fc RDC) CP/LOD;
Meas  

PART B

1~8 Slow Viennese Trns; Hover Telemark; Cross Pivot Scar; Cross Hover SCP; Canter Vine; Chair & Slip; Canter DBL Rev Spin(CP/DC);

146 1~2 (Slow Viennese Trns) Fwd L trn LF,, sd R cont LF trn,, XLIF of R (W cl R) fc RDC; cont LF trn bk R trn LF,, sd L cont LF trn,, cl R (W XLIF of R) fc DW;

146 3 (Hover Telemark) Fwd L,, sd & fwd R btwn W's ft trning RF,, fwd L in SCP DW;

146 4 (Cross Pivot Scar) Fwd R in front of W commence RF trn,, sd L cont RF trn,, fwd R (W fwd L commence RF trn,, fwd R between M's feet heel to toe pivoting 1/2 RF,, sd & bk L) to Scar fc DW;

146 5 (Cross Hover SCP) XLIF of R,,, sd R lead W RF trn,, sd & fwd L SCP/LOD;

1346 6 (Canter Vine) Thru R,, fc partner sd L,, XLIB of L,, sd & fvd L SCP/LOD;

146 7 (Chair & Slip) Lunge thru R,, recov L,, slip LF bk R (W slip fwd L to CP) CP/DC;

1346 8 (Canter Double Rev Spin) Fwd L commence LF trn,, sd R arnd W cont LF trn, spin LF on R to CP fc DC,, (W bk R,, cl L to R heel trn,, cont LF trn sd R,, XLIF of R end CP);

9~16 Slow Viennese Trns; Hover Telemark; Cross Pivot Scar; Cross Hover SCP; Canter Vine; Chair & Slip; Canter DBL Rev Spin(CP/DC);

9~16 Repeat meas 1~8 of Part B;

Meas  

INTERLUDE

1~5 OP Rev Trn; Hover Corte; Outsdl Swivel Twice; Bk Whisk; Thru Fc Cl;

146 1 (OP Rev Trn) Fwd L commence LF trn,, sd R & bk cont LF trn,, right side stretch bk L twd LOD in contra bjo;

146 2 (Hover Corte) Bk R commence LF trn,, sd L cont LF trn and body stretch,, cont LF trn Bjo/DW rec bk R twd RDC;

14 3 (Outside Swvl Tsve) Bk L trn body RF to cause W to swivel to SCP (W fwd R trning body RF to swivel on R end SCP LOD),,, fwd R trn body LF to cause W to swivel to Bjo(W fwd L trn body LF to swivel on L) end Bjo LOD,,;

146 4 (Bk Whisk) Bk L,,, sd & bk R lead W RF trn,, XLIB of R(W fwd R commence RF trn,, cont RF trn sd L,, XLIB of L) SCP/LOD;

146 5 (Thru Fc Cl) Thru R,, sd L fc partner,, cl R Bfly/Wall;

Meas  

ENDING

1~4 OP Telemark; Canter Vine; Thru Fc Cl; Sd to Oversway;

146 1 (OP Telemark) Fwd L commence LF trn,, sd R cont LF trn,, sd & slightly fwd L(W bk R commence LF trn bring L beside R with no weight,, cont LF trn on R heel and change weight to L,, sd & fwd R) to end SCP/LOD;

1346 2 (Canter Vine) Thru R,, fc partner sd L,, XLIB of L,, sd & fwd L SCP/LOD;

146 3 (Thru Fc Cl) Thru R,, sd L fc partner,, cl R Bfly/Wall;

1—4 (Sd to Oversway) Sd & fwd L stretch left sd look over joined lead hand,, relax L knee keeping R leg extended slight LF trn stretch L sd of body,, cont sway & look W(W look L).