SANDI’S WALTZ

By: Dan and Sandi Finch, 12082 Red Hill Avenue, Santa Ana, CA 92705, (714) 838-8192
email: sandi@sandance.us

Rhythm: American Waltz  Phase: V + 1 (Same foot lunge) + 1 (Grand Circle)
RAL Difficulty Rating: Average (for figures, but could be challenging due to new concepts)
Music: “Sandy’s Song” by Dolly Parton, Great Balls of Fire CD track 10, or download www.amazon.com, $0.99

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

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

Time/MPM: 3:18 @ 30 mpm

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14-16 **CHAIR & SLIP DLC; CONTRA CHECK & SLIP DLW STEP TO EROS LINE;;**

14  
[Chair & slip] Ck thru R twd LOD maintaining SCP looking at ptnr, rec L, slight LF upper body trn slp R bk past L to CP DLC; *(Thru L in SCP, rec R, swvl LF on R fwd L to CP;;)*

15-16  
[Contra check & slip] Comm LF upper body trn flexing knees and lowering w/strong R sd lead ck fwd L, rec R, slp L bk past R trng RF to fc DLW in CP; *(Comm LF upper body trn flexing knees w/strong L sd lead ck bk R, rec L, slp L f/wd to CP;;)*

[Step to Eros’ line 1—] Comm RF body trn to fc wall w/R sd stretch f/wd & sd R btw Lady’s feet with strong hip contact, cont R sd stretch straightening R leg to cause lady to raise her R leg.-( Comm RF body trn w/flexed knees sd L, cont L sd stretch sweep R bk & stretch knee bk & up to Eros line trng leg out w/strong L sd stretch;)

**PART B**

1-4 **BALANCE LEFT; LADY TURN LEFT & CHASSE TO SHADOW MAN IN 3; CROSS CHECK & EXTEND RECOVER STEP SIDE ON 6;;**

1  
[Balance left] Sd L w/L sd stretch, XRIBL cont L sd stretch, rec L dissolving sway to CP f/cg wall;

2  
[Lady turn L & chasse to shadow Man in 3 123(12&3)] Release CP sd R twd R LOD bring jnd lead hnds thru to lead Lady’s trn, cl L, sd R to shadow pos R hnd on her R waist L hnds jnd; *(Sd L twd R LOD comm. LF trn, cont trn f/wd R/complete trn to shadow cl L f/cg wall, sd rt with R sd stretch looking L raising R arm up at shldr ht;)*

3  
[Cross check & extend --] Both flexing R knees XLIFR in shadow pos still with R sd stretch, ch shape coming to upright pos no wtchg, cont shape chg to L sd stretch looking R no wt chg Lady extending R hnd;

4  
[Recover step side on 6 -23] Extend shape no wt chg, rec R dissolving sway to upright pos, sd L to loose shadow f/cg DLW;

5-9 **SYNCOPATED WING DLC; OPEN REVERSE TURN; OUTSIDE CHECK TO DRW; BACK PREPARATION FOR SAME FOOT LUNGE & CHANGE SWAY;;**

5  
[Syncopated wing 1- - (12&3)] XRIFL in shadow pos leading lady to circle CCW, cont leading lady circle no wt chg blending to SCAR f/cg DLC,-;

6  
[Open reverse turn] Fwd L comm LF trn, cont trn sd R, bk L to BJO bkg DLW;

7  
[Outside check to DRW] Bk R trng LF, sd & f/wd L, ck f/wd R BJO f/cg DRW;

8  
[Back preparation 1- -(12-)] Bk L, trng RF to fc COH tch R to L trng Lady to slt “L” pos, hold ready to comm lowering on L; *(Fwd R, trng RF cl L to R slt “L” pos, hold;)*

9  
[Same foot lunge change sway 1—] Lower on L w/slight L sway sd & f/wd R softening R knee into lunge pos, chg sway with L sd stretch, trn upper body slightly RF; *(XRIBL with L sd stretch, chg to R sd stretch, back to L sd stretch;)*

10-12 **LADY INSIDE UAT MAN TRANSITION; TELEMARK TO SCP LOD; THRU SEMI CHASSE;**

10  
[Lady inside UAT man trans 1-3 (123)] Rec L, -f/wd R to SCAR pos DRC; *(Fwd L comm LF trn under jnd lead hnds, sd R spring to fc DRW, f/wd L swvlg to fc ptrn in SCAR pos;;)*

11  
[Telemark to SCP] Fwd L comm LF trn, sd R cont trn, sd & f/wd L to SCP f/cg LOD; *(Bk R comm LF trn bringing L to R no wt, [heel trn], chg wt to L, sd & f/wd R SCP;;)*

12  
[Thru semi chasse 12&3] Thru R maintaining SCP, sd & f/wd L/cl R, sd & f/wd L SCP LOD;

13-16 **SYNCOPATED FRONT VINE TO BFLY; CHECK THRU & TURN BACK TO BACK; SLOWLY SWAY TOWARD REVERSE & TOWARD LINE;;**

13  
[Sync front vine to BFLY 12&3] Thru R, f/wd L/behind R blending to BFLY, f/wd L BFLY LOD;

14  
[Check thru Turn back to back 1—] Ck thru R (L) with soft knee bringing jnd hands down and thru, drop hands & swvl on R (L) to fc COH (wall) no wt extndng arms out at shldr ht,;

15  
[Sway twd R LOD 1—] Sd L (R) with sway twd R LOD bring R arm (L arm) to tch L (R) wrist ,;

16  
[Sway twd LOD 1—] Sd R (L) with sway twd LOD bring L arm (R arm) to tch R (L) wrist,;
PART C

1-4 FLARE TO FACE; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE LOD; SIDE TO OPEN

BREAK:
1 [Flare to face 1--] Shift wt to L (R), swvl to fc ptr & wall w/ronde action in lead hnds LOP;-
2 [Side to open break] Sd R, apt R w/slight RF trn to opn feg pos DRW; (Sd L, apt R w/slt upper body
   LF trn keeping poise twd ptr, rec L;)
3 [Natural top 3] Comm RF trn sd & fwd L to CP, cont trn XRIB, cont trn sd L CP LOD; (Fwd R trng LF, sd L
   cont trn, XRIF complt trn fc RLOD;)
4 [Side to open break] Repeat meas. 2 to fc DLW;

5-8 NATURAL TOP 3 FACE DLC; FEATHER; FORWARD TO RIGHT LUNGE; RECOVER TO TWIST

TURN TO BJO:
5 [Natural top 3] Repeat meas. 3 to fc DLC CP;
6 [Feather] Fwd R btw her feet, fwd L, fwd R BJO DLC;
7 [Fwd right lunge 12-] Fwd L softening knee, sd & fwd R w/flexed knee in lunge pos slt LF body trn, hold;
8 [Rec twist turn to BJO 12-(12&3)] Rec L comm RF trn placing her R hnd on his L shldr blndg to BJO, cont
   trn hook RIBL taking wt to R, cont trn untwist on R BJO bkg LOD; (Rec R comm RF trn with L sd stretch and
   R hnd on his L shldr and L arm extended up out, cont trn arnd man fwd L/R, fc L LOD;)

9-12 SYNCOPATED BACK RUN; RUNNING FINISH TO BJO; MANEUVER; IMPETUS TO SCP;

9 [Sync back run 1&23] Bk L/bk R, bk L, bk R in BJO pos bkg LOD; (Keeping L sd stretch fwd R/L,L LOD;)
10 [Running finish to BJO] Comm RF trn bk L, cont trn fwd R, cont trn fwd L BJO DLW; (Fwd R twd DLW
   keeping L sd stretch to bank into trn, trng RF fwd L allowing free L arm to drop onto Man’s R arm, bk R
   complt trn to BJO and lose sway;)
11 [Maneuver] Fwd R comm RF trn, cont trn to fc ptrn sd L, cl R CP RLOD;
12 [Impetus to SCP] Comm RF trn bk L, cont trn cl R {heel trn}, cont trn fwd L SCP DLC;

13-16 THRU SEMI CHASSE DLC; OPEN FINISH; CLOSED TELEMARK; FORWARD TO LAYOUT;

13 [Thru semi chasse 12&3] Repeat Part B, meas.12;
14 [Open finish] Thru R, fwd L, fwd R blnd to BJO DLC; (Thru L comm LF trn, sd and bk R, bk L BJO;)
15 [Closed telemark] Fwd L comm LF trn, fwd & sd R cont trn, fwd & sd L to BJO DLW; (Bk R comm LF heel
   trn bring L to R no wt, cont trn on R chg wt to L, bk & sd R BJO;)
16 [Fwd to layout 1 -] Fwd R in BJO pos stretching L sd and flexing R arm to allow her to lay back on thigh,
   extend layout, straight R knee to begin to rec; (Bk L flexing L knee and stretching R sd to press R thighs tog
   looking twd wall, extend, straighten L knee to begin to rec;)

PART D

1-4 BACK SIDE CHECK SCAR; MAN CHASSE LADY ROLL TO SHADOW; GRAND CIRCLE LADY

RUN 7 LEFT FEET FREE;;

1 [Back side check SCAR] Bk L comm RF trn, sd R to fc ptr, cont RF trn to SCAR ck thru L DRW; (Fwd R
   comm. RF trn, sd L to fc ptr, ck bk R SCAR flicking across R ankle;)
2 [Man chasse Lady roll to shadow 1&23(123)] Bk R comm LF trn using trng action to lead Lady to start her
   LF trn, sd L/cl R, sd & fwd L shadow pos feg LOD; (Fwd L comm. LF trn, sd R cont trn, fwd L to shadow;)
3-4 [Grand circle lady run 7 1- -(12&3) --- (123)] Fwd R leading Lady to circle CCW, -,-; Ronde L to unwind,-,
   fdlw in shadow pos; (Fwd run 7 CCW arnd man in shadow pos R, L/R, L; R, L, R;) Both have L free
   shadow pos DLW

5-8 SHADOW FORWARD HOVER; SYNCOPATED BACK HOVER TELEMARK; OPEN NATURAL;

LADY ROLL 3 MAN HEEL PULL FACE LOD BUTTERFLY SCAR;

5 [Shadow fwd hover] Fwd L, fwd R rising stretching L sd with slt LF upper body trn, bk L shadow bkg
   RLOD; {Footwork the same for both thru meas. 7}
6 [Sync back hover telemark 1&23] Bk R/bk L, bk R chkg trng RF, fwd L shadow DLW;
7 [Open natural] In shadow fwd R comm RF trn, sd & fwd L across LOD tdw wall, complt trn bk R in shadow
   pos;
8. [Lady roll 3 man heel pull fc LOD BFLY SCAR 1-3(123)] Bk L comm RF trn with sml tug on her R sd to start her RF roll, cont trn on L heel pulling R heel past L, cont trn transfer wt to R BFLY SCAR fcg LOD; (Bk L comm RF trn, cont trn fwd R, cont trn bk L bkg LOD BFLY SCAR.)

9-12. FORWARD DEVELOPÉ; LADY INSIDE UAT; 2 LEFT TURNS FC DLW;:
9. [Fwd developé 1- -] Fwd L BFLY SCAR LOD,--; (Bk R bringing L up R leg to knee, extend L fwd from knee, lower L without wt.)
10. [Lady inside UAT] Rec bk R comm LF trn raising L hnd to lead lady to trn LF, cont trn sd L, cont trn to fc DRC cl R open fcg pos lead hnds joined; (Fwd L comm LF trn, cont trn under lead hnds fwd R, cont trn cl L.)
11-12. [2 Left trns DLW] Fwd L coming to CP comm LF trn, cont trn sd R, cl L; Bk R comm LF trn, cont trn sd L, cl R to fc DLW;

13-16. FORWARD HOVERING TO BFLY BJO; FORWARD & RONDE 2 TIMES; FORWARD 2 & CHAIR;
13. [Forward to BFLY BJO] Fwd L, fwd R w/hovering action, fwd & sd L blending to BFLY BJO DLW;
14-15. [Fwd & ronde 2X 1 - - 1 - - ] Fwd R twd DLW BFLY, ronde LIF CW svwlg on R to end fc DRW BFLY SCAR,--; (Bk L, ronde RIB CW svwlg on L to fc DLC,--) Fwd L twd DRW in BFLY SCAR, ronde RIF CCW svwlg on L to end fc DLW BFLY BJO,--; (Bk R, ronde LIB CCW svwlg on R,--)
16. [Fwd 2 & chair] Fwd R, fwd L bringing jnd trail hands thru to take her L hand in Man’s L, fwd R chkg w/flexed knees to chair pos fcg LOD R hnd on lady’s L shldr; (Bk L comm. RF trn, sd R, fwd L ckg w/flexed knees to chair pos slt RF upper body trn R arm fwd off shldr parallel to floor.)

PART C Mod

1-16. BOTH TURN TO FACE; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE LOD; SIDE TO OPEN BREAK; NATURAL TOP 3 FACE DLC; FEATHER; FORWARD TO RIGHT LUNGE; RECOVER TO TWIST TURN TO BJO; SYNCOPATED BACK RUN; RUNNING FINISH TO BJO; MANEUVER; IMPETUS TO SCP; THRU SEMI CHASSE DLC; OPEN FINISH; CLOSED TELEMARK; FORWARD TO LAYOUT;
1. [Both turn to fc] Rec L comm RF trn using hand on her shldr to lead Lady to step bk, cont trn sd R, cl L to L open fcg pos; (Rec R comm LF trn, cont trn sd L to fc COH, cl R fc ptnr & COH join lead hnds;)
2-16. Repeat Part C, meas. 2-16;,, ;,, ;,, ;,,

PART D Mod

1-4. BACK SIDE CHECK SCAR; MAN CHASSE LADY ROLL TO SHADOW; GRAND CIRCLE LADY RUN 7 LEFT FEET FREE SLOWING;:
1-2. Repeat meas 1 & 2 of Part D;,
3-4. Repeat meas 3 & 4 of Part D but slow movement as the music retards slightly;,
5-8. SHADOW FORWARD HOVER ON “THEN”; SYNCOPATED BACK HOVER TELEMARK; OPEN NATURAL; LADY ROLL 3 MAN HEEL PULL FACE LOD BFLY SCAR;
5. Repeat meas 5 of Part D on the word “then”;
6-8. Repeat meas 6-8;,
9-10. FORWARD DEVELOPÉ SLOWING; LADY INSIDE UAT TO CP;
9. Repeat meas 9 of Part D but slow movement as music retards slightly;
10. Repeat meas 10 of Part D to CP fcg DRC;

11-13. LEFT PIVOT 2 & HOLD; SLOW OPEN CONTRA CHECK & EXTEND;,
11. [Left pivot 2 & hold 12-] Fwd L pivoting LF 1/2, sd R, hold CP DLW;
12-13. [Slow open contra check & extend - - - - ] Lower on R comm LF upper body trn releasing lead hnds, fwd L ckg in CBMP, extend shape taking L arm back & up off shldr; Extend as music fades to end,-,-;