Sleepsong

Choreographers: Andrea Hilpert and Alexander Pohl, Pasteurweg 11, 70565 Stuttgart, Germany, AndreaHilpert@gmx.net

Music: Secret Garden Title: Sleepsong
CD: Earthsongs or as Download, Start at 0:23 fade out at 4:12

Rhythm/Phase: Waltz Ph: IV
Sequence: Intro-A-Inter-B-A*-A-C*-Inter2-B-A*-C*-End

Difficulty: Average
Version: 1.0 July 2013

Intro

1-4 WAIT; MANUV; SPIN TRN; BOX FINISH;
{Wait} Dip back position trail free M FCG ptr & WALL;
{Manuv} Tmg RF fwd R in fmrnt of W, sd L cont trn, cl R to CP RLOD;
{Spin trn} Bk L piv ½ RF, fwd R between W ft heel to toe continue trn, rec L to CP DLW (W fwd R between M ft pivot ¼ RF, bk L cont trn brush R to L, fwd R);
{Box finish} Bk R, sd L trng ¼ LF, cl R to CP DLC;

5-8 OP TELEMARK; IN & OUT RUNS;; THRU FACE CLOSE;
{Op tele} Fwd L start to trn LF, sd R cont trn, sd & fwd L (W bk R start to trn LF bring L besides R no weight, trn LF on R heel & chg wgt to L, sd & fwd R) toSCP DLW;
{In & out runs} Trn RF fwd R, sd & bk L IF of W to CP RLOD, bk R (W fwd L, fwd R between M's ft, fwd L) to BJO RLOD; trn RF bk L, continue trn fwd R between W's ft, sd & fwd L (W trn RF fwd R, continue trn sd L IF of M, continue trn brush R to L & step fwd & sd R) toSCP LOD;
{Thru face close} Thru R, trng to fc sd L, cl R to CP WALL;

Part A

1-4 HOVER; THRU SEMI CHASSE; WHIPLASH TO BJO; OUTSIDE SWIVEL;
{Hover} Fwd L, fwd & sd R to ball of ft, rec L to SCP LOD;
{Thru semi chasse} Thru R, f & sd l/cl R, fwd L to SCP;
{Whiplash} Thru R, turn body RF point L (W thru L, swiv LF on L, point R to sd) to BJO DLW;
{Outsd swiv} Back L in CBMP, cross R IF of L with no weight (W fwd R in CBMP, swiv RF on ball of R foot end in SCP), -;

5-8 CHAIR REC SD BFLY; THRU CHASSE RLOD; CHAIR REC SD; THRU FACE CLOSE;
{Chair rec sd} Ck thru R w/lunge action, rec L, sd R to BFLY WALL;
{Thru chasse RLOD} Thru L, f & sd R/cl L, fwd R to BFLY looking RLOD;
{Chair rec sd} Ck thru L w/lunge action, rec R, sd L to BFLY WALL;
{Thru face close} Thru R, f & sd L, cl R to BFLY WALL;

Inter

1-4 SOLO TURN IN 6;; CANTER;
{Solo turn in 6} Fwd L commence LF trn away from partner, continue trn sd R, cl L to fc RLOD; bk R commence LF trn, continue trn sd L, cl R to BFLY;
{Canter} Sd L, draw R to L, cl R;

Part B

1-4 STEP SWING; SPIN MANUV; SPIN TRN; BOX FIN;
{Step swing} Fwd L to CP, swing R thru, -;
{Spin manuv} Fwd R commence RF upper body trn, contg RF trn to sd L, cl R;
(W L fc spin in place L, R, L) to CP RLOD;
{Spin Turn; Box Fin} Repeat Measures 3-4 of Intro;;

5-8 OPEN TELEMARK; IN & OUT RUNS;; THRU FC CL;
Repeat Measure 5-8 of Intro;;

Page 1 of 2
Part A*

Repeat Measure 1-7 of Part A;;;;;; ;;;

8-9 **THRU SEMI CHASSE; PICKUP:**

(Thru Semi Chasse) Repeat Meas 2 of Part A;

(Pickup) Sm fwd R, sd L, cl R (W trng LF fwd L if of M, sd R, cl L) to CP DLC;

Part C

1-4 **DIAM TRN ½;; QK DIAM TRN 4; STEP BACK LADY DEVELOPE:**

(Diam trn ½) Fwd L, trng ¼ LF sd R, bk L to BJO DRC; bk R trng ¼ LF sd L, fwd R to BJO DRW;

(Qk diam trn 4) Fwd L, trng ¼ LF sd R/bk L, bk R to BJO DLW;

(Step bk Lady develope) Bk L checkg, - (;; W fwd R, bring L foot up, extend L foot forward);

5-8 **FWD CHASSE BJO; MANUV; SPIN TRN; BOX FINISH:**

(Fwd chasse BJO) fwd R to fc, sd L/cl R, sd L to BJO DLW;

(Manuv; Spin Turn; Box Fin) Repeat Meas 2-4 of Intro;;;

9-12 **2 LEFT TRNS;; HOVER; THRU SEMI CHASSE:**

(2 L trns) Fwd L start LF trn, sd R continue trn, cl L; start LF trn bk R, sd L continue LF trn, cl R to CP WALL;

(Hover; Thru semi chasse;) Repeat Measure 1 and 2 of Part A;;;

13-15 **HOVER FALLAWAY; BACK BOTH DEVELOPE; PICKUP:**

(Hover fallaway) Thru R, twd L rise & chck, rec R;

(Back both develope) In SCP bk L, bring R foot up, extend R foot forward;

(Pick Up) Repeat Measure 9 of Part A*

Part C*

Repeat Meas 1-12 of PART C;;;; ;;;; repeat Meas 12 of PART C; repeat Meas 13-15 of Part C;;;

Inter2

1-4 **DIAM TRN;;;;:**

(Diam trn) Fwd L, trng ¼ LF sd R, bk L to BJO DRC; bk R trng ¼ LF, sd L, fwd R to BJO DRW;

Fwd L, trng ¼ LF sd R, bk L to BJO DLW; bk R trng ¼ LF, sd L, fwd R to BJO DLC;

Part B

Part A*

Part C*

End

1-4 **DIAM TRN ¾;;; ½ BOX BACK; CANTER; DIP BACK:**

(Diam trn 3/4) Repeat Measures 1-3 of Inter2;;;;;

(½ box back) Back R, sd L, cl R to CP DLW;

(Canter) Sd L, draw R to L, cl R;

(Dip back) Bk L, hold, - ;