SPRING, SPRING, SPRING

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Music: "Spring, Spring, Spring" from Seven Brides for Seven Brothers
Artist: Peter Bauchwitz CD: "Standard Collection 2" or download from Casa Musica
Release Date: May 2017
Rhythm: Foxtrot Phase: IV + 1  [Natural Hover Cross]
Degree of Difficulty: Average
Original Length of Music: 3:20
Music Modification: None
Sequence: Intro ABC Int AB Cmod Bmod D End
Footwork: Opposite for Woman except Part C and Part Cmod unless otherwise noted in ( )

INTRO [8 Measures]
BFLY FCING COH - LEAD FEET FREE - WAIT 2 MEASURES

1-8

WAIT; WAIT; APT PT; BOTH ROLL ACROSS TO LOP RLOD;
THRU & FAN TO BFLY; TO RLOD ROLL 3; THRU & FAN SCP;
FEATHER [DLW];

1-2

{Wait 2 Measures} Wait; Wait;
3

{Apt Pt} Apt L, -, pt R twd ptr, -;
4

{Both Roll Across to LOP RLOD} Fwr R with RF trn beginning to chg sds with ptr, -, sd L cont RF trn, sd and fwr R to fc RLOD in LOP; (Fwr L with LF trn beginning to chg sds with ptr [Lady trns her bk on ptr], -, sd R cont to trn LF, sd and fwr L to fc RLOD in LOP;)
5

{Thru & Fan BFLY} Twd RLOD...Thru L, with L knee relaxed and R toe maintaing contact with floor fan fwr R trng to fc ptr in BFLY,.;
6

{To RLOD Roll 3} Twd RLOD...Fwr R trng RF, -, sd and bk L cont trng RF, sd and fwr R to fc ptr and WALL in BFLY;
7

{Thru & Fan SCP} Twd RLOD...Thru L, with L knee relaxed and R toe maintaing contact with floor fan fwr R trng to SCP LOD,.;
8

{Feather [DLW]} Fwr R, -, fwr L, fwr R outs'd ptr to BJO DLW; (Thru L trng LF twd ptr, -, sd and bk R, bk L to BJO;)

PART A [16 Measures]

1-8

HVR TELEMARK; THRU & CHASSE BJO; NAT HVR X CKG;;
TO A FISHTAIL; OP REV; OUTSD CK; OUTSD CHG BJO;

1

{Hvr Telemrk} Fwr L blendg to CP, -, diagonal sd & fwr R rising slightly [hov erg] with body trng 1/8 RF, fwr L on toes to SCP DLW; (Bk R, -, diagonal sd & bk L with hov erg action & body trng 1/4 RF, fwr R on toes to SCP;)
2

{Thru & Chasse BJO} Thru R comm trn to fc, -, sd L/cl R, sd L to BJO;
3-4

{Nat Hvr X Ckg} Fwr R DLW comm to trn RF, -, blendg to CP sd L with left sd stretch [1/4 RF trn between steps 1 and 2], cont RF trn sd R [1/2 RF trn between steps 2 and 3 body trns less fcg DLC]; With right sd stretch fwr L outs'd ptr in SCAR on toes, rec R with slight left sd lead, sd and fwr L, with left sd stretch fwr R in BJO DLC on toes ckg fwr movement; (Bk L comm to trn RF, -, R ft closes to L heel trn with a right sd stretch trng RF 3/8 between steps 1 and 2, cont RF trn sd L [3/8 RF trn between steps 2 and 3] to CP; With left sd stretch ptr Bk R in SCAR on toes, rec L with slight right sd lead, sd and bk R, with right sd stretch ptr bk L in BJO ckg bk movement;)
5

{Fishtail} XLib of R but not tightly, as body comm to trn right take a small step to sd on R complete 1/4 RF body trn, fwr L with left shldr leadg, XRib of L but not tightly to fc DLC;
6

{Op Rev} Fwr L blendg to CP trng LF 1/8 to 1/4, -, cont LF trn sd R, bk L to BJO RLOD;
7

{Outsd Ck} Bk R blendg to CP trng slightly LF, -, sd and fwr L, ck fwr R outs'd ptr to BJO DRW;
8

{Outsd Chg BJO} Bk L, -, blendg to CP bk R trng LF, sd & fwr L to BJO DLW;
9-16  CL WING; TELEMARK SCP; FEATHER [DLW]; HVR [DLC];
PROMENADE WEAVE;; SLOW FWD & R LUNGE; SLOW REC & SLIP;

9  {Cl Wing}  Fwd R, -, draw L to R with LF upper body trn, cont upper body trn to fc DLC touch L;  (Bk L, -, sd R across Man, fwd L to SDCAR;)

10  {Telemark SCP}  Fwd L blendng to CP comm to trn LF, -, sd R cont LF trn, sd and slightly fwd L to end in tight SCP DLW;  (Bk R blendng to CP comm to trn left bring L beside R with no weight, -, trn LF on R heel [heel turn] and chg weight to L, sd and slightly fwd R to end in tight SCP fcing DLW;)

11  {Feather [DLW]}  Thru R, -, fwd L, fwd R outsdt ptr in BJO fcg DLW;  (Thru L trng LF twd ptr, -, sd & bk R, bk L in BJO;)

12  {Hvr [DLC]}  Fwd L blendng to CP DLW, -, fwd and slightly sd R rising to ball of foot, sd and slightly fwd L to tight SCP fcg DLC;

13-14  {Promenade Weave}  Thru R, -, fwd L comm LF trn, sd & slightly bk on R to BJO DLC;  Bk L DLC, bk R comm LF trn & lead lady to CP, sd & slightly bk L DLC, fnd R outsdt ptr to BJO DLC;  (Thru L, -, sd & slightly bk L comm LF trn to BJO fcg DRW, cont trng on R until fcg LOD then fwd L DLW;  Fwd R, fwd L DLC comm LF trn, cont LF trn sd & slightly bk R fcg COH, bk L to BJO;)

15  {Slow Fwd & R Lunge}  Fwd L blendng to CP DLW, -, flex left knee move sd and slightly fwd onto R and as weight is taken on R flex right knee and look at ptr, -;  (Fwd R, -, flex right knee move sd and slightly bk on to L and as weight is taken on L flex left knee keepg head to left, -;)

16  {Slow Rec & Slip}  Rec L, -, trng LF to fc DLC slip R past L, -;  (Rec R, -, trng LF fwd L, -;)

PART B  [8 Measures]

1-8  REV WAVE;; OUTSD CHG SCP; WHIPLASH; BK WHISK;
THRU PU CL TO BFLY [LOD];

1-2  {Rev Wave}  Fwd L startg LF body trn 1/4, -, sd R LOD, bk L diagonally fcg DRC;  Bk R LOD, -, bk L, bk R curv LF to end CP RLOD;  (Bk R start LF body trn 1/4, -, cl L to R [heel trn], fwd R diagonally;  Fwd L, -, fwd L curv LF to end fcg LOD;)

3  {Outsd Chg SCP}  Bk L, -, bk R trng LF, sd & fwd L to SCP DLW;

4  {Whiplash}  Thru R, -, trng body RF pt L hold endg in CP, -;  (Thru L, -, swivel on L to fc ptr and pt R hold endg in CP, -;)

5  {Bk Whisk}  Bk L twd DRC, -, bk and sd R, XLib of R finishg in tight SCP fcg LOD;

6  {Thru PU Cl to BFLY LOD}  Thru R, -, fwd & sd L comm LF trn leading W to PU, trng LF cl R to L to BFLY LOD;

7-8  {Bal L & R Man Trans Lady Trn L to SHDW}  Sd L, -, XRib, rec L;  Sd R bringing lead hnds thru to partial wrap to lead Lady to trn LF, -, XLib releasing wrap to SHDW DLC, -;  (Sd R, -, XLib, rec R;  Sd and fwd L begin LF trn, -, fnd R cont tight LF trn, fwd L to SHDW;)

PART C  [8 Measures]

1-8  [SHDW WITH R FT] FWD & RUN 2; SHDW REV TRN DLW;; SHDW WHISK;
FWD & CHASSE 2X;; FWD SD CL DLW;  FEATHER MAN IN 2 DLW;

1  {SHDW Fwd & Run 2}  From SHDW DLC...Fwd R, -, fwd L, fwd R;

2-3  {SHDW Rev Trn DLW}  From SHDW DLC...Fwd L startg LF body trn, -, sd R cont to trn, bk L to fc DRC;  Bk R cont LF trn, -, sd and slightly fwd L DLW, fwd R DLW;

4  {SHDW Whisk}  From SHDW DLW...Fwd L, -, fwd and sd R comm rise to ball of foot, XLib of R cont to full rise on ball of ft fcg DLW;

5-6  {SHDW Fwd & Chasse 2X}  From SHDW DLW...Fwd and sd R to fc WALL, -, sd L/cl R, sd and fnd L DLW;  Fwd and sd R to fc WALL, -, sd L/cl R, sd and fnd L DLW;

7  {SHDW Fwd Sd Cl DLW}  From SHDW DLW...Fwd and sd R, -, sd L, cl R fcg DLW;

8  {Feather Man in 2 DLW}  Fwd L, -, without taking a step lead Lady to trn LF, fwd R to BJO DLW;  (Fwd L trng LF twd ptr, -, sd and bk R, bk L in BJO;)

INTERLUDE  [2 Measures]

1-2  FWD STAIRS 4 [DLW]; SD DRAW CL;

1  {Fwd Stairs 4}  Twd DLW...Fwd L blendng to CP, sd R, fwd L, sd R;

2  {Sd Draw Cl}  Sd L, -, draw R to L, cl R endg DLW, -;
PART D [8 Measures]

1-8

HVR TELEMARK;  THRU & CHASSE BJO;  NAT HVR X;  OP REV;  OUTSD CK;  OUTSD CHG BJO;  FWD FC CLO [CPW];

1-2

Repeat Part A Measures 1-2;;;

3-4

{Nat Hvr X} Fwd R DLW comm to trn RF, -, sd L with left sd stretch [1/4 RF trn between steps 1 and 2], cont RF trn sd R [1/2 RF trn between steps 2 and 3 body trns less fcg DLC]; With right sd stretch fwd L outsd ptr in SCAR on toes, rec R with slight left sd lead, sd and fwd L, with left sd stretch fwd R in BJO DLC on toes; (Bk L comm to trn RF, -, R ft cls to L heel trn with a right sd stretch trng RF 3/8 between steps 1 and 2, cont RF trn sd L [3/8 RF trn between steps 2 and 3] to CP; With left sd stretch bk R in SCAR on toes, rec L with slight right sd lead, sd and bk R, with right sd stretch bk L in BJO;)

5

{Op Rev} Fwd L blendg to CP trng LF 1/8 to 1/4, -, cont LF trn sd R, bk L to BJO RLOD;

6

{Outsd Ck} Bk R blendg to CP trng slightly LF, -, sd and fwd L, ck fwd R outsd ptr to BJO DRW;

7

{Outsd Chg BJO} Bk L, -, blendg to CP bk R trng LF, sd & fwd L to BJO DLW;

8

{Fwd Fc Cl} Fwd R blendg to CP, -, sd L trng slight RF to fc WALL, cl R;

END [7 Measures]

1-7

SD STAIRS 8;;  SD DRAW CL;  ROLL 3 SCP;  FEATHER [DLW];

FWD & R LUNGE;  QK EXTEND & HOLD;;

1-2

{Sd Stairs 8} Twd WALL...Sd L, cl R, sd L, cl R;  Sd L, cl R, sd L, cl R;

3

{Sd Draw Cl} Sd L, -, draw R to L, cl R;

4

{Roll 3 SCP} Twd LOD..Fwd L trng LF, -, sd and bk R cont trng LF, sd and fwd L to SCP LOD;

5

{Feather} Thru R, -, fwd L, fwd R outsd ptr in BJO fchg DLW; (Thru L trng LF twd ptr, -, sd & bk R, bk L in BJO;)

6

{Slow Fwd & R Lunge} Fwd L blendg to CP DLW, -, flex left knee move sd and slightly fwd onto R and as weight is taken on R flex right knee and look at ptr, -; (Fwd R, flex right knee move sd and slightly bk on to L and as weight is taken on L flex left knee keepg head to left, -);

7

{Qk Extend & Hold} Hold while quickly extendg right arm a small amount so Lady may extend; (Continue looking to left and extend upper body slightly;)
"Spring, Spring, Spring" Quick Cues
Sequence: Intro ABC Int AB Cmod Bmod D End

Intro:
Bfly Fcing COH / Lead Feet Free / Wait 2 Measures
Wait; Wait; Apt Pt; Both Roll Across LOP RLOD;
Thru & Fan to BFLY; To RLOD ~ Roll 3; Thru & Fan to SCP; Feather DLW;

A:
Hvr Telemrk; Thru & Chasse BJO; Nat Hvr X - Cking;;
to a Fishtail; Op Rev; Outsd Ck; Outsd Chg BJO;
Cl Wing; Telemrk SCP; Feather [DLW];
Hvr [DLC]; Promenade Weave;; Slo Fwd & Rt Lunge; Slo Rec & Slip;

B:
Rev Wave;; Outsd Chg SCP; Whiplash;
Bk Whisk; Thru PU Clo BFLY LOD;
Bal L & R ~ Man Trans ~ Lady Trn L to SHDW [DLC];

C:
[SHDW ~ R Ft Free] Fwd & Run 2; SHDW Rev Trn DLW;;
SHDW Whisk; Fwd & Chasse 2X;; Fwd Sd Cl DLW; Feather ~ Man in 2 DLW;

Int:
Fwd Stairs 4 [Twd DLW]; Sd Draw Cl;

A:
Hvr Telemrk; Thru & Chasse BJO; Nat Hvr X - Cking;;
to a Fishtail; Op Rev; Outsd Ck; Outsd Chg BJO;
Cl Wing; Telemrk SCP; Feather [DLW];
Hvr [DLC]; Promenade Weave;; Slo Fwd & Rt Lunge; Slo Rec & Slip;

B:
Rev Wave;; Outsd Chg SCP; Whiplash;
Bk Whisk; Thru PU Clo BFLY LOD;
Bal L; Bal R ~ Man Transition ~ Lady Trn L to SHDW [DLC];

Cmod:
[SHDW ~ R Ft Free] Fwd & Run 2; SHDW Rev Trn DLW;;
SHDW Whisk; Fwd & Chasse 2X;; Fwd Sd Cl DLW; Feather ~ Man in 2 LOD;

Bmod:
Rev Wave;; Outsd Chg SCP; Whiplash;
Bk Whisk; Thru & Semi Chasse; Promenade Weave;;

D:
Hvr Telemrk; Thru & Chasse BJO; Nat Hvr X;;
Op Rev; Outsd Ck; Outsd Chg BJO; Fwd Fc Cl [WALL];

End:
Sd Stairs 8;; Sd Draw Cl;
Roll 3 SCP; Feather; Fwd & R Lunge; Qk Extend & Hold;