SPRINT

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Music: Artist: Musica Poesia CD: Casa Musica “Ballroom Classics 4” CM-BC 104 Track #4
Suggested speed: Slow to 28MPM from 29MPM
Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]
Rhythm & Phase: Waltz V+2 (Same Foot Lunge & Fallaway Ronde & Slip)
Sequence: Intro A B A C A(1-6) End Released: January, 2013

Ver 1.1

Meas

INTRO

1-4  WAIT: SHADOW CHAIR REC SD; CROSS CHECK & EXTEND; W SYNC TRN LF TO BJO;
1 Wait 1 meas in SHADOW Pos both fcg LOD R-fiff free for both pointed sd L-hnds jnd & extended
d L's R-hnd at W's R-shoulder blade W's R-hnd extended sd;
2  {Shadow Chair Rec Sd} Slightly trng body RF on L XRIF twd DLC, rec L, sd R twd WALL;
1-- 3  {Cross Check & Extend} Slightly trng body LF on R XLIF twd DLW, hold extending upper body
tw dLW, cont extend upper body looking R;
123 4  {W Sync Trn LF to Bjo} Bk R, sd & fwd L leading W trn LF releasing L-hnds, fwd R outside ptr
(W 12&3) assuming BJO (W bk R, sd & fwd L comm trng LF/cont trng LF to fc DRW sd & bk R, bk L ptr
outside) end BJO/DLC;

PART A

1-4  TELEMARK TO SCP; OPEN NAT; BK BK/LK BK; BK TRNG WHISK;
1  {Telemark to SCP} BJO/DLC fwd L comm trng LF, cont trng LF sd & fwd R around W, cont trng
LF sd & fwd L (W bk R comm trng LF, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end
SCP/DLW;
2  {Open Nat} Thru R comm trng RF, cont trng RF sd & bk L, cont slightly trng RF to fc DRC bk R
(W thru L comm trng RF, cont trng RF sd & bk L, cont slightly trng RF wd L) end BJO/DRC;
12&3 3  {Bk Bk/Lk Bk} Bk L ptr outside, bk R/XLIF, bk R (W fwd R outside ptr, fwd L/XRIB, fwd L);
4  {Bk Trng Whisk} Bk L ptr outside, trng RF sd & bk R small step, cont trng RF XLIB (W fwd R
outside ptr, trng RF sd & fwd L, cont trng RF XRIB) end SCP/DLC;

5-8  W SWIVEL TO DEVELOPE; CLOSED WING; DBL REV SPIN; CONTRA CHECK REC SD TO BJO;
--- 5  {W Swivel to Develope} SCP/DLC swivel LF on L comm rotating upper body LF dragging R bk,
cont rotating upper body LF w/ sway to R pointing R bk, extend body w/ sway to R (W swiveling
LF on R lift L-knee along R-leg, extend L-toe fwd w/ sway to L looking well L, -);
1-- 6  {Closed Wing} Fwd R outside ptr, draw L to R rotating upper body LF, cont rotate upper body
(W 123) LF tch L to R (W bk L, sd R IF of M, fwd L outside ptr w/ R-shoulder lead) end SCAR/DLC;
12- 7  {Dbl Rev Spin} Fwd L outside ptr comm trng LF, cont trng LF sd & fwd R around W, spin LF on
(W 12&3) R to fc WALL (W bk R ptr outside comm trng LF, cont trng LF on R-heel cl L/cont trng LF sd &
bk R, cont trng LF XLIF) end CP/WALL;
8  {Contra Check Rec Sd to Bjo} Flexing R-knee fwd L w/ R-shoulder lead looking at W, rec R,
sd & fwd L (W flexing L-knee bk R w/ L-shoulder lead looking well L, rec L, sd & bk R) end
BJO/DLC;

9-12  NAT TRN PREP; SAME FT LUNGE w/ CHG OF SWAY; SD HOVER TRANS TO BJO;
OUTSIDE SPIN:
12- 9  {Nat Trn Prep} BJO/DLC fwd R outside ptr comm trng RF, cont trng RF fwd & sd L around W,
(W 123) cont trng RF on L to fc COH tch R to L (W bk L ptr outside comm trng RF, cont trng RF sd & bk
R small step, cont trng RF on R cl L to R) end CP/COH (W fcg DRW);
1-- 10  {Same Ft Lunge w/ Chg of Sway} Flexing L-knee sd & slightly fwd R leaving L extended sd
pointing twd RLOD, extend upper body twd DLC w/ sway to R looking DLC, chg sway to L
looking L (W flexing R-knee bk R leaving L extended fwd pointing twd RLOD, slightly rotate
body LF w/ sway to L looking well L, chg sway to R looking RLOD);
**PART A (cont’d)**

-23 11  **{Sd Hover Trans to Bjo}** Comm moving body to L leading W fwd, sd L rising on toe trng body slightly LF, rec R (W fwd L, fwrd R rising on toe trng LF to fc ptr, rec L) end BJO/DRC;

12  **{Outside Spin}** Bk L small step ptr outside comm trng RF, fwrd R cont trng RF, cont trng RF on R sd & bk L (W fwrd R outside ptr comm trng RF, cont trng RF cl L, cont trng RF on L fwrd R) end CP/DRW;

13-16  **BK TO L-WHISK; W RUN AROUND; RF TRNG HOVER TO SCP; SLOW SD LK:**

13  **{Bk to L-Whisk}** CP/DRW bk R, slight trng LF sd L twd LOD, XLIB flexing both knees looking R (W fwrd L, slightly trng LF sd R twd LOD, XLIB flexing both knees looking L) end RSCP/RLOD;

--- 14  **{W Run Around}** Comm twisting RF on ball of R & heel of L leading W fwrds, cont twist RF, cont twist RF on both ft (W thru R comm running around M, fwrds L/R, fwrds L) end momentary CP/DLC;

--3 15  **{RF Trng Hover to SCP}** Cont trng RF shift wgt to R, rising on R brush L to R, assuming SCP sd & fwrds L (W cont trng RF fwrds R, fwrds L trng RF to fc M rising on toe brushing R to L, assuming SCP sd & fwrds R) end SCP/DLC;

16  **{Slow Sd Lk}** Thru R leading W trn LF, sd & fwrds L, XLIB (W thru L comm trng LF, cont trng LF to fc M & bk R, XLIB) end CP/DLC;

**PART B**

1-4  **CURVING THREE STEP; BK TO PROM SWAY; CHG TO OVERSWAY; SD HOVER TO SCP:**

1  **{Curving Three Step}** CP/DLC fwrds L comm curving LF, fwrds R cont curving LF w/ slight sway to L, fwrds L cont curving LF to fc DRC w/ slight sway to L end CP/DRC;

12- 2  **{Bk to Prom Sway}** Bk R, trng LF to fc WALL sd L twd LOD leading W slightly trn RF to SCP/LOD, sways L looking LOD;

--- 3  **{Chg to Oversway}** Slowly chng sway to R flexing L-knee & extend R twd RLOD, -,-;

1-3  **{Sd Hover to SCP}** Sd R flexing knee, rising on R brush L to R, assuming SCP sd & fwrds L (W sd L flexing knee, slightly trn RF to fc M rise on L brushing R to L, assuming SCP sd & fwrds R) end SCP/DLC;

5-8  **CHAIR REC PT; THRU RIPPLE CHASSE TO SCP; JETE PT; FALLAWAY RONDE & SLIP:**

12- 5  **{Chair Rec Pt}** SCP/DLC thru R checking, rec L, point R twd DRW;

12&3 6  **{Thru Ripple Chasse to SCP}** Thru R, sd & fwrds L sway to R/cl R straightening body, sd & fwrds L end SCP/DLC;

1&-- 7  **{Jete Pt}** Thru R picking up W comm trng LF/rising on R cl L cont trng LF, flex L extending R twd DRC looking L, - (W thru L comm trng LF/sd& fwrds R around M cont trng LF to fc M, flex R extending L twd DRC looking L, -) end RSCP/DLC;

8  **{Fallaway Ronde & Slip}** Sd R ronde L CCW looking L, XLIB momentary in SCP/DRW, bk R small step under body trng LF 1/4 (W sd L ronde CW looking R, XLIB, swiveling LF on R to fc M fwrds L small step btwn M’s ft) end CP/DLW;

9-12  **HOVER TELEMARK TO SCP; THRU CHASSE TO BJO; MANUV; PIVOT 3:**

9  **{Hover Telemark to SCP}** CP/DLW fwrds L, sd & fwrds R trng RF, assuming SCP sd & fwrds L end SCP/DLW;

12&3 10  **{Thru Chasse to Bjo}** Thru R, sd & fwrds L leading W trn LF/cl R, sd & fwrds L (W thru L, slightly trng LF to fc M sd & bk R/cl L, sd & bk R) end BJO/DLC;

11  **{Manuv}** Fwrds R outside ptr comm trng RF, fwrds & L cont trng RF, cl R end CP/RLOD;

12  **{Pivot 3}** Bk L comm pivoting RF 1-1/4, fwrds R cont pivoting RF, bk L cont pivoting RF end momentary CP/COH;

13-16  **SD TO EROS LINE; R-LUNGE LINE; REC TO HINGE LINE; RF TRNG HOVER M TRANS TO SCP:**

1-- 13  **{Sd to Eros Line}** CP/COH cont trng RF sd & fwrds R twd DRC leading W trn RF, extend R-sd of body w/ L-sway, - (W cont trng RF sd & bk L, lift R-leg parallel to floor looking well R, -) end Eros Line/COH;

--- 14  **{R-Lunge Line}** Rotate body LF picking up W, flexing R-knee extend L twd RLOD w/ sway to R looking R, -/chng sway to L (W lowering R-leg swivel LF on L to fc M, flexing L-knee extend R twd RLOD w/ sway to L looking well L, -/chng sway to R) end R-Lunge Line/COH;
PART B (cont’d)

17-22  WEAVE 6 TO BJO; MANUV; SPIN OVERTRN; RF TRNG LK TO SCP; FEATHER TO BJO;
17-18  {Weave 6 to Bjo} SCP/DLC thru R, fwd L comm trng LF, cont trng LF sd & bk R (W thru L
comm trng LF, cont trng LF sd & bk R, cont trng LF sd & fwd L); Bk L ptr outside, bk R comm
trng LF, sd & fwd L (W fwd R outside ptr, fwd L cont trng LF, cont trng LF sd & bk R) end
BJO/DLW;
19   {Manuv} Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP/RLOD;
20   {Spin Overtrn} Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF sd & bk L twd
LOD end CP/RLOD;
1&23  {RF Trng Lk to SCP} Bk R w/ R-shoulder lead comm trng RF/XLIF cont trng RF to fc almost
COH, cont trng RF sd & slightly fwd R btwn W’s ft rising momentary to CP, cont trng RF to SCP
sd & fwd L (W fwd L w/ L-shoulder lead comm trng RF/XRIB cont trng RF, cont trng RF sd & fwd
L around M, cont trng RF to SCP sd & fwd R) end SCP/DLC;
22   {Feather to Bjo} Thru R, fwd L leading W trn LF, fwd R outside ptr (W thru L comm trng LF,
cont trng LF sd & bk R, bk L ptr outside) end BJO/DLCE;

PART C

1-4  OPEN REV TRN; OPEN FIN TO BJO; WHISK TO SCP; SEND HER OUT TO FC M TRANS;
1   {Open Rev Trn} CP/DLC fwd L comm trng LF, cont trng LF sd & bk R, bk L ptr outside end
BJO/RLOD;
2   {Open Fin to Bjo} Bk R comm trng LF, cont trng LF sd & fwd L, fwd R outside ptr end
BJO/DLW;
3   {Whisk to SCP} Fwd L, sd & fwd R, slightly trng RF XLIB end SCP/LOD;
12- 4  {Send Her Out to Fc M Trans} Thru R checking leading W fwd, rec L releasing hnds, pt R sd &
(W 123) bk R twd RLOD (W thru L, fwd R trng LF 1/2 to fc M, rec L) end FCG Pos/DLW no hnd jnd;
(now same footwork)

5-8  PASSING CROSS HOVER TWICE;; W INSIDE UNDERARM TRN TO SKATERS;
      WHEEL W TRN TO FC;
5-6  {Passing Cross Hover Twice} FCG Pos/DLW no hnd jnd fwd & slightly across body R w/ arms
crossed IF of body, sd & fwd L trng RF arms down comm extending outwards, rec R arms out to
sd end Fcg Pos/DRW; Fwd & slightly across body L w/ arms crossed IF of body, sd & fwd R trng
LF arms down comm extending outwards, rec L joining R-hnds end Fcg Pos/DLW R-hnds jnd;
7   {W Inside Underarm Trn to Skaters} Fwd R raising jnd R-hnds to lead W trn LF, fwd L comm
trng RF, cont trng RF fwd R to fc RLOD assuming SKATERS Pos (W fwd R comm trng LF 1-1/8
under jnd R-hnds, cont trng LF fwd L, cont trng LF sd & bk R) end SKATERS/RLOD L-hnds jnd
& extended sd R-hnds jnd at W’s R-hip;
8   {Wheel W Trn to Fc} Fwd L comm wheel RF, cont wheel RF fwd R leading W trn RF & release
R-hnds, cont wheel RF fwd L to fc DLW (W bk L comm trng RF, cont trng RF sd R, cont trng RF
to fc DRC sd & bk L) end FCG Pos/DLW no hnd jnd;
9-12 PASSING CROSS HOVER TWICE;; W INSIDE UNDERARM TRN TO SKATERS;
      WHEEL 3 TO SHADOW;
9-11  Repeat Meas 5-7 of PART C end SKATERS/RLOD;;
12   {Wheel 3 to Shadow} Fwd L comm wheel RF, cont wheel RF fwd R, cont wheel RF fwd L to fc
DLW assuming SHADOW (W bk L comm wheel RF, cont wheel RF bk R, cont wheel RF bk L)
end SHADOW/DLW L-hnds jnd & extended sd M’s R-hnd on W’s R-shoulder blade W’s R-hnd
extended sd;
PART C (cont’d)

13-19  SHADOW OPEN RF TRNS:: M CHASSE (W TRN RF) TO SCP; QK OPEN REV; HOVER CORTE; BK SD CL; R-LUNGE ROLL & SLIP:

13-14  (Shadow Open RF Trns) SHADOW/DLW fwd R comm trng RF, sd & fwd L cont trng RF to fc RLOD, bk R; Bk L comm trng RF, sd & bk R cont trng RF to fc DLC, fwd L end SHADOW/DLC;

12&3  15  {M Chasse (W Trn RF) to SCP} Fwd R, fwd L leading W trn RF/cl R rising, assuming SCP sd & (W 123) fwd L (W fwd R comm trng RF, sd & fwd L small step rising cont trng RF to fc ptr, cont slightly trng RF sd & fwd R) end SCP/DLC; (now opposite footwork)

12&3  16  {Qk Open Rev} Fwd R, fwd L comm trng LF/cont trng LF sd & bk R, bk L ptr outside (W fwd L comm trng LF, sd & fwd R crossing IF of M cont trng LF/sd & fwd L, fwd R outside ptr) end BJO/RLOD;

12&3  17  {Hover Corte} Bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R (W fwd L comm trng LF, cont trng LF sd R hovering, cont trng LF rec L) end BJO/DLC;

12&3  18  {Bk Sd Cl} Bk L, trng RF to fc WALL sd R, cl L end CP/WALL;

12&3  19  {R-Lunge Roll & Slip} Flexing L-knee sd & slightly fwd R looking R w/ R-sway, rec L rotating body RF looking L, swiveling LF on L bk R under body end CP/DLC;

END

1-5  SYNC ZIGZAG; CHECK TO QK HOVER CORTE; OUTSIDE SPIN; W RONDE & SYNC CIRCLE VINE; W FLICK SWIVEL TO SAME FT LUNGE LINE:

1&23  1  {Sync Zigzag} SCAR/DLC fwd L outside ptr/trng LF sd & bk R end momentary BJO/DRC, bk L ptr outside, trng RF on L-heel cl R (W bk R outside ptr/trng LF sd & fwd L, fwd R outside ptr, trng RF sd & bk L) end SCAR/DLC;

1&23  2  {Check to Qk Hover Corte} Fwd L outside ptr checking/rec R slightly trng LF, sd & fwd L rising comm trng LF, cont trng LF rec R (W bk R ptr outside checking/rec L slightly trng LF, sd & bk R rising comm trng LF, rec L) end BJO/DRC;

1&23  3  {Outside Spin} Bk L small step ptr outside comm trng RF, fwd R cont trng RF, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, cont trng RF cl L, cont trng RF on L fwd R) end CP/DRW;

1--  4  {W Ronde & Sync Circle Vine} Fwd R btwn W’s ft leading W ronde CW, slightly flexing R-knee comm swiveling RF on R leaving L extended sd, cont swivel RF on R to fc WALL (W bk L ronde R CW, XRIB comm circular vine around M/cont circulating around M sd & fwd L around M, XRIF) end CP/WALL W slightly to his R-sd;

---  5  {W Flick Swivel to Same Ft Lunge Line} Rising on R leading W swivel RF, flexing R-knee sway R extending L sd twd LOD, cont extending sway to R looking R (W swivel RF on R flicking L bk, flexing R-knee comm extending L twd LOD w/ sway L, cont extending sway to L looking well L) end SAME FT LUNGE LINE;