INTRO

1-2   WAIT; SD DRAW;
-  1-2 {Wait} Wait 1 meas in CP DC trail ft free; {Sd Draw} Sd R swing
S-  L sd of body fwd,-, draw L to R,-;

PART A

1-4   TELEMARK SEMI; NATURAL WEAVE WITH CURVED FEATH ENDING;; QK BK FEATH FINISH CHECKED;

SQQ   1-2  {Telemark Semi} Fwd L comm LF trn,-, sd R cont trn, sd & fwd
SQQ   L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R); {Natural Weave} Fwd R start RF trn,-, sd L with L sd stretch ¼ RF trn, R sd lead bk R DC prepare to lead W to BJO (W fwd L,-, fwd R btwn his feet trn body RF, fwd L DC);

QQQQ  3-4  {With Curved Feath Ending} With R sd streth bk L in CBMP, bk R start LF trn passing thru CP, with L sd stretch sd & fwd L prepare to step outside ptr trn 3/8 btwn 5 & 6 body trns less, L sd stretch fwd R in CBMP outside ptr curve RF to BJO DRW(W fwd R, fwd L start LF thru CP, sd & bk R 1/8 trn btwn 5 & 6, trning RF R sd stretch bk L) checking; {Qk Bk Feath Fin Checked} Bk L, with LF trn bk R cont LF trn, sd & fwd L DC, fwd R in BJO DC checked;

5-8   IMP SEMI DW; INTERRUPTED CONTINUOUS HOVER CROSS::;

SQQ   5   {Imp to Semi DW} Bk L,-, cl R to L heel trn, fwd L in SCP DW (W fwd R,-, fwd L arnd M trn RF, fwd R in SCP);
SQQ   6-8 {Interrupted Cont Hover Cross} Fwd R comm RF trn,-, fwd & sd L arnd W (W heel trn), cont RF trn so that body faces DC but stepping sd R w/ ft pointing almost to DW; Ck fwd L sm stp high on toes in SCAR, rec bk R, fwd L on toes in SCAR trng body RF, close R to L cont RF body trn to fc DW; Bk L DRC in BJO, bk R blending briefly to CP, sd & slightly fwd L DC, fwd R DC in contra BJO (W fwd L,-, fwd R btween his ft start RF trn, cont RF trn then stp sd & slightly bk L; Bk R high on toes in SCAR, rec L, bk R still in SCAR, allow L to brush past R then stp sd L; Fwd R in BJO, fwd L blend to CP, sd & slight bk R, bk L in BJO);

9-12   REV WAVE;; SYNCO BK FEATH TO HINGE;;

SQQ   9-10  {Rev Wave} Fwd L start LF body trn,-, sd R fc DRC, bk L (W bk R,-, cl L to R heel trn, fwd R); bk R start LF trn,-, cont LF trn bk
11-12  {Synco Bk Feath}  Bk L r/-, bk R/ bk L to BJO, bk R blending to CP;  {Hinge}  Bk L trnng LF stayng high, r/- lower in L knee with body wgt fwd to force W to take a step (W fwd R trn LF r/-, bk L under body in a hinge line);-

13-16  LADY EROS TO SAME FT LUNGE LINE; DBL REVERSE EXIT; HOVER; FEATHER;

--S  13-14  {Lady Eros to Same Ft Lunge Line}  Rise in L leg trn body to the wall (W recov fwd on R lft L ft bk in eros line trns to fc M); cl R to L & lower (W pt L thru & lower) into same ft lunge line,-;

{Dbl Rev Exit}  On & ct trn the body LF to put the W on her L ft/ fwd L, fwd & sd R arnd W, spin on R to fc DW,- (W fwd L picking up/ bk R trnng LF, cl L to R heel trn, fwd R arnd M, XLIF of R);

15-16  {Hover}  Fwd L to CP,-, fwd & sd R rising to ball of ft, recov L to SCP DC;  {Feath}  Fwd R,-, fwd L, fwd R DC BJO (W fwd L,-, fwd & sd R trn LF, bk L in BJO);

PART B

1-4  TELEMARK SEMI; OPEN NAT; OUTSIDE SPIN OVERTURNED; RUDOLPH & SLIP;

{Telemark Semi}  Fwd L comm LF trn,-, sd R cont trn, sd & fwd L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R);  {Open Nat}  Fwd R start RF trn,-, sd & fwd L trn RF to CP, sd & slgt bk on R to BJO DRC (W fwd L,-, fwd R, fwd L);

{Outside Spin Overtrned}  Prepare W to step outside by trnng body RF bring L ft bk while trn 3/8 to R,-, fwd R in BJO cont RF trn, bk L cont trn RF to end almost fc LOD (W start RF body trn fwd R in BJO,-, cl L to R for toe pivot, fwd R in CP cont trn RF pivot);  {Rudolph & Slip}  Fwd R btwn W’s ft start RF pivot but stop action by flexing R knee while keeping L ft bk cont body trn allow L sd to remain twd W,-, bk L under body with rise, bk R cont LF trn (W bk L trn RF to SCP allow R leg to ronde CW keep R sd twd ptr XRB of L at end of ronde,-, bk R start a LF pivot on ball of R ft, fwd L slip cont LF trn plcing L ft near M’s R);

5-8  CLOSED TELEMARK; CROSS PIVOT TO SCAR; ZIG ZAG TO CLOSED; TRAVELING CONTRA CHECK;

{Closed Telemark}  Fwd L,-, fwd & sd R trn LF armd the W, fwd L in BJO DW (W bk R,-, cl L to R for heel trn, bk R in BJO);  {Cross Pivot to SCAR}  Fwd R start RF trn,-, sd & fwd L cont RF trn, fwd R in SCAR DC (W bk R with RF trn,-, fwd L in btwn M’s ft cont RF trn, bk L in SCAR);

{Zig Zag}  Fwd L trn LF, sd R cont LF trn, bk L trn RF allow W to pass to R sd, sd R cont RF trn to CP DC;  {Traveling Contra Check}  Fwd L XIF of R twd LOD like a contra chk,-, trnng RF cl
SUGAR

9-12 WHIPLASH TO BJO; BK WHISK; NATURAL HOVER CROSS;
S- 9-10 {Whiplash} Thru R sharply trn W LF, pt L ft fwd as slowly
SQQ stretch the L sd to create a line in BJO pos,-;-; {Bk Whisk} Bk L,-
SQQ & rise, fwd L in SCP DW,
S- 11-12 {Nat Hover Cross} Fwd R start RF trn,-,-, sd L with L sd stretch
QQQQ trn ¼ RF btwn 1 and 2, cont RF trn ½ between 2 and 3 body trns
QQQQ less sd R fcing DC; with R sd stretch fwd L in SCAR on toe,
QQQQ recov R with slight L sd lead, sd & fwd L trn RF, fwd R BJO DC
QQQQ (W fwd L,-, fwd R btwn his ft start RF trn, cont RF trn sd & bk L;
QQQQ bk R in SCAR, recov L, sd & bk R, bk L BJO);

13-16 REVERSE FALLAWAY & SLIP; TRN IN & RIGHT CHASSE; BK ZIG
ZAG 4; HESITATION CHG TRANS TO SKATERS;
QQQQ 13-14 {Rev Fallaway & Slip} Fwd L start LF trn, sd R cont LF trn, bk
QQQQ L in fallaway pos, bk R slip pivot LF to fc DW CP (W bk R, sd &
QQQQ bk L, bk R trn LF, cont LF trn slip L fwd to CP); {Trn In & Rt
QQQQ Chasse} Trn LF to step fwd L trn LF to DC,-,-, sd R/cl L, sd R
QQQQ with trn LF to fc DRC;
QQQQ 15-16 {Bk Zig Zag 4} XLIF of R in BJO trn RF, sd R cont RF trn,
QQQQ XLIF of R to SCAR trn LF, sd R cont RF trn to BJO fc DRC;
QQQQ (WSQQ) {Hesitation Chg Trans to Skaters} Bk L trn RF,-,-, sd R cont LF
QQQQ trn, draw L to R in skaters DC (W fwd R trn RF,-,-, fwd L cont RF
QQQQ trn to shadow, sd R to skaters DC);

PART C

1-4 SHADOW REVERSE TRN;; SHADOW THREE STEP; SHADOW NAT
TRN;
SQQ 1-2 {Shadow Rev Trn} Same ft work fwd L trn LF,-, sd R cont LF
SQQ trn, bk L in shadow fc DRC; Trn LF bk R,-,-, sd & fwd L cont LF
SQQ trn, fwd R in shadow DW;
SQQ 3-4 {Shadow 3-Step} Both fwd L,-,-, fwd R heel lead, fwd L;
SQQ {Shadow Nat Trn} Fwd R trn RF,-,-, sd & fwd L trn RF to fc
SQQ RLOD, bk R in shadow;

5-8 FC DIAG WALL; ADV SHADOW GRAPEVINE; SWITCHING GRAPE
VINE;;
SQQ 5-6 {Fin Shadow Nat Trn} Trn RF bk L cont RF trn,-,-, cont RF trn sd
QQQQ & fwd R, fwd L in shadow DW; {Adv Shadow Grapevine} Fwd
QQQQ R trn RF to fc wall, sd L small step W ends on M’s L sd catch her
QQQQ with M’s L hand at her waist , XRIB of L trn LF, sd L big step W
QQQQ ends on M’s R side catch her with R hnd at her waist and join L
QQQQ hnds (W fwd R, sd L, XRIB of L, sd L) feels like tossing W bk
QQQQ and forth between L and R hnd;
QQQQ 7-8 {Switching Grape Vine} XRIF of L, recov L, rk sd R, recov L to
QQQQ LOP fc wall (W fwd R, fwd L start LF roll ½ , bk R cont LF roll
9-12 CROSS CHK IN 4; FRONT LIMP 4; RK RECOV PASS TRANS; MAN RK TO FEATH FIN;

{Cross Chk in 4} Same ft work Xrif of L, recov L, rd R, xrif of R; {Front Limp 4} Sd R/Xrif of R, sd R/Xrif of R;

Rk sd R, recov L trn LF twd LOD, fwd R as pass behind the W and loop lead hnds over her head, fwd &

d L trn slgt RF to fc ptr & wall (W rd R, recov L, sd R trn LF under lead hnds to fc ptr & LOD,-); {Man Rk to Feath Fin} Rk

sd R start LF trn,-, sd & fwd L blending to BJO pos DW, fwd R in BJO DW (W fwd L trn LF,-, sd & bk R, bk L in BJO);

13-16 HOVER TELEMARK; HE FWD LILT 4 SHE VINE; NATURAL PIVOT TO SEMI; CHAIR & SLIP;

{Hover Teemark} Fwd L to CP,,-, fwd & sd R rising to ball of ft

trn 1/8 RF, fwd L to SCP LOD; {He Lilt 4 She Vine} Fwd R

slightly down,-/ fwd L slightly up, fwd R slightly down,-/ fwd L slightly up (W xrif of R trn LF slightly down,-/sd & bk R

slightly up, xlib of R trn LF slightly down,-/fwd R slightly up in SCP LOD);

{Nat Pivot to Semi} Fwd R start RF trn to xif of W, sd & bk L pivot ½ RF fc LOD, fwd R cont RF pivot to SCP LOD, fwd L in SCP (W fwd L, fwd R pivot ½ RF, bk L pivot RF to SCP, fwd R in SCP); {Chair & Slip} Lunge thru R,-, recov L, slip R ft under body to trn LF to CP DC (W lunge thru L,-, recov R, rise on R to trn LF & slip fwd L into CP);

1-16 REPEAT PART B MEAS 1-15;;;;;;;;;;;;;;; HESITATION CHG;

{Repeat Meas 1-15 part B};;;;;;;;;;;;;;;{Hesitation Chg} Bk L trn RF,-, sd R cont LF trn, draw L to R to CP DC;

ENDING

1-4 TELEMARK TO SEMI; LADY ROLL ACROSS TRANS TO LOP; FWD TO SYNCO VINE LADY RK TRANS TO EXPLODE APT::

{Telemark Semi} Fwd L comm LF trn,-, sd R cont trn, sd & fwd L SCP DW (W bk R,-, cl L to R heel trn, sd & fwd R); {Lady Roll Across Trans to LOP} Cross check xrif of L, recov L, rk sd R, recov L to LOP wall (W roll across fwd L trn LF ½,-, bk R cont LF trn to fc wall in LOP, sd L);

{Fwd to Synco Vine Lady Rk Trans to Explode Apt} Xrif of L,-/sd L, xrib of L/ sd L, xrif of L/ sd L (W rk sd L); Xrib of L (W recov R)/ small sd & fwd L & tch R to L lower in L knee to
tch trail hnds & look at ptr, lunge apt R with trail arm sweep up and out looking away from ptr & twd the wall (W tch L to R as fc M, lunge apt L with trail arm sweep up and out looking away from ptr & twd the wall) ,-,-;