

THE FIRST NOEL

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Music : CASA Christmas Music Z-4001 CD-1 Track 2 e-mail : d-doi@tcp-ip.or.jp
available from choreographer on MP3 file [free] or MD [at cost]
Sequence : Intro - Bri 1 - A - Bri 2 - B - Bri 3 - C – Ending **Speed** : 45
Rhythm : Waltz Phase V + 2 **Footwork** : Opposite except where noted
Timing : 123 unless noted by side of measure **Release Date** : July, 2004 Ver. 1.0

INTRO [Ph 2]

1 - 4 WAIT;; ROLL 3; THRU FC CL;

1-2 {Wait} Fcg ptr & Wall no hnds jnd lead ft free wait 2 meas;;
3 {Roll 3} Roll LF (W RF) L, R, L;
4 {Though Face Close} Thru R, trn to fc ptr sd L, cl R end CP Wall;

BRIDGE 1 [Ph 2]

1 DIP BK HOLD REC;

1 {Dip Back Hold Recover} Sm bk L with bend knee R leg remain extended forming straight line from hip to ankle toe remaining on floor, hold, rec R end CP Wall;

PART A [Ph 3+2]

1 - 8 WHISK; THRU CHASSE BJO; FWD FWD/LK FWD; MANUV; SPIN TRN; BOX FIN; TRN L & R CHASSE; BK BK/LK BK;

1 {Whisk} Fwd L, sd & fwd R comm rise to ball of ft, XLIB in full rise to balls of feet end tight SCP LOD;
12&3 2 {Through Chasse To Bjo} Thru R trn RF to fc ptr, sd L/cl R, sd L trn LF to Bjo DLW;
12&3 3 {Forward Forward/Lock Forward} Fwd R, fwd L/lk RIB, fwd L end Bjo DLW;
4 {Maneuver} Fwd R comm trn RF, cont trn sd L to fc RLOD, cl R (W bk L comm trn RF, cont trn sd R to fc ptr, cl L) end CP RLOD;
5 {Spin Turn} Comm body trn RF bk L pivot 1/2 RF to fc LOD, fwd R between W's feet cont trn to fc DLW leave L leg extended bk & sd, rec bk L (W fwd R between M's feet toe pivot 1/2 RF, bk L cont trn brush R to L, fwd R) end CP DLW;
6 {Box Finish} Bk R trn 1/4 LF, sd L, cl R end CP DLC;
12&3 7 {Turn Left & Right Chasse} Fwd L trn 1/8 LF, sd R/cl L, sd R trn 1/8 LF to Bjo DRC;
12&3 8 {Back Back/Lock Back} Bk L, Bk R/lk LIF, bk R;

9 - 16 OPN IMPETUS; PICK UP SD CL; DIAMOND TRN 3/4;;; BOX BK SCAR; X HOVER BJO; X HOVER SCAR;

9 {Open Impetus} Comm RF upper body trn bk L flex knees, cl R heel trn to SCP, sd & fwd L (W fwd R between M's feet pivot RF, sd & fwd L cont trn around M brush R to L, sd & fwd R) end SCP DLC;
10 {Pick Up Side Close} Thru R to pick up W, sd L, cl R (W thru L trn to fc ptr, sd R, cl L) end CP DLC;
11-13 {Diamond Turn Three Quarters} Fwd L twd DLC trn 1/8 LF, sd R, XLIB twd DLW in Bjo; bk R trn 1/8 LF, sd L, XRIF twd DRW in Bjo; fwd L twd DRW trn 1/8 LF, sd R, XLIB twd DRC;
14 {Box Back To Scar} Bk R, sd & slightly bk L, cl R end Scar DLW;
15 {Cross Hover To Bjo} XLIF outsd ptr, sd & fwd R with hovering action, sd & fwd L to Bjo;
16 {Cross Hover To Scar} XRIF outsd ptr, sd & fwd L with hovering action, sd & fwd R to Scar;

17 - 24 X HOVER SCP; WING; OPN TELE; HOVER FALLAWAY; SLIP PIVOT BJO; X PIVOT SCAR; X HOVER SCP; THRU FC CL;

- 17 {Cross Hover To SCP} XLIF outsd ptr, sd & fwd R between W's feet with hovering action, sd & fwd L (W XRIB, comm trn RF sd & bk L with hovering action, cont trn to SCP sd & fwd R) end SCP DLC;
- 18 {Wing} Fwd R, draw L to R, tch L to R trn upper body LF with right side stretch (W Fwd L comm to XIF of M trn slightly LF, fwd R around M cont trn, fwd L around M cont trn) to tight Scar DLC;
- 19 {Open Telemark} Fwd L outsd ptr in CBMP comm trn LF, sd R cont trn, sd & fwd L (W bk R comm trn LF bring L beside R with no wt, trn LF on R heel and chg wt to L [hereinafter "cl L heel trn"], sd & fwd R) end SCP DLW;
- 20 {Hover Fallaway} Fwd R, fwd L rise to ball of ft chkg, rec bk R end SCP DLW;
- 21 {Slip Pivot Bjo} Bk L, bk R keep L leg extended, rec L (W bk R comm Pivot LF on ball of ft thighs locked L leg extended, fwd L cont trn, bk R) end Bjo DLW;
- 22 {Cross Pivot} XRIF comm trn RF, sd L cont trn, sd R to Scar (W XLIB comm trn RF, cl R heel trn, cont trn sd L) end Scar COH;
- 23 {Cross Hover} XLIF, fwd R between W's feet with slight rise to hovering action, sd & fwd L (W XRIB, sd & bk L with slight rise to hovering action trn RF, sd & fwd R) end SCP DLC;
- 24 {Through Face Close} Repeat meas 4 Intro end CP Wall;

BRIDGE 2 [Ph 3]

1 CORTE HOLD REC;

- 1 {Corte Hold Recover} Bk & sd L with lowering action, hold, rec R end CP Wall;

PART B [Ph 4+2]

1 - 8 CL HOVER; BK CHASSE SCP; OK WEAVE 4; HOVER CORTE; BK & R CHASSE; REV WING; BK CHASSE BJO; NAT TELE;

- 12&3 1 {Closed Hover} Fwd L, sd & fwd R trn upper body 1/8 RF with hovering action, rec L trn fc Wall;
- 12&3 2 {Back Chasse To SCP} Bk R trn LF, sd L/cl R, sd L blend to SCP end SCP DLC;
- 12&3 3 {Quick Weave 4} Thru R, fwd L trn LF to CP/sd & bk R twd LOD, bk Llead W to CBMP (W thru L comm trn LF, cont trn sd R to CP/cont trn fwd L twd LOD, fwd R) end Bjo RLOD;
- 4 {Hover Corte} Bk R comm trn LF, sd & fwd L with hovering action, cont trn rec bk R to CBMP (W fwd L trn LF, sd & fwd R with hovering action, cont trn rec fwd L to CBMP) end Bjo DLW;
- 12&3 5 {Back & Right Chasse} Bk L trn RF to fc ptr, sd R/cl L, sd R cont trn end Scar DRW;
- 6 {Reverse Wing} Fwd L outsd ptr in CBMP with right sd stretch, draw R to L lead W to M's right sd, tch R to L with left sd stretch (W bk R in CBMP with right sd stretch, sd L to CP, fwd R outsd ptr in CBMP with left sd stretch) end Bjo DRW;
- 12&3 7 {Back Chasse To Bjo} Bk R trn LF, sd L/cl R, sd L blend to Bjo end Bjo DLW;
- 8 {Natural Telemark} Fwd R comm trn RF, sd L with left sd stretch cont trn, sd & fwd R (W bk L comm trn RF, cl R heel trn with right sd stretch, cont trn sd & bk L) end Scar DLC;

9 - 16 X SWVL BJO CHK; OUTSD CHG SCP; WEAVE TO SCP;; IN & OUT RUNS;; WHIPLASH; BK WHISK;

- 9 {Cross Swivel Bjo Check} XLIF outsd ptr, swivel LF on L to Bjo pt R sd & bk, fwd R outsd ptr chkg (W XRIB, swivel LF on R pt l sd & fwd, bk L chkg) end Bjo RLOD;
- 10 {Outside Change To SCP} Bk L, bk R trn LF, sd & fwd L (W fwd R, fwd L trn LF, sd & fwd R) end SCP DLC;
- 11-12 {Weave to SCP} Fwd R, fwd L trn LF to CP, sd & bk R twd DLC; bk L twd DLC lead W to trn to CBMP, bk R trn LF to CP, sd & fwd L twd DLW lead W to trn to SCP (W fwd L, trn LF sd R to CP, cont trn to fc LOD fwd L twd DLC; fwd R to CBMP, fwd L twd DLC trn LF to CP, sd & fwd R) end SCP DLW;

- 13-14 {In & Out Runs} Fwd R comm trn RF, sd & bk L to CP, bk R to CBMP; bk L trn RF, sd & fwd R between W's feet cont trn, fwd L (W fwd L, fwd R between M's feet, fwd L to CBMP; fwd R comm trn RF, fwd & sd L cont trn, fwd R) end SCP DLC;
- 15 {Whiplash} Thru R, trn body slightly RF pt L sd & fwd, hold (W thru L, swivel LF on L to fc ptr pt R sd & bk, hold) end Bjo DLC;
- 16 {Back Whisk} Bk L in CBMP, bk & sd R, XLIB in full rise to balls of feet (W fwd R outsd ptr in CBMP, fwd & sd L, trn slightly RF to SCP XRIB) end tight SCP DLC;

17 - 24 SLO SD LK; OPN TELE; PICK UP FWD R LUNGE ROLL SLIP;; VIENNESE TRNS 1 1/2;;; BOX FIN;

- 17 {Slow Side Lock} Thru R, sd & fwd L to CP, lk RIB of L trn slightly LF (W thru L comm trn LF, sd & bk R cont trn to CP, lk LIF of R) end CP DLC;
- 18 {Open Telemark} Fwd L comm trn LF, sd R cont trn, sd & fwd L (W bk R, cl L heel trn, cont trn sd & fwd R) end SCP DLW;
- 19-20 {Pick Up Forward Right Lunge Roll Slip} Thru R pick W up (W thru L trn LF to fc ptr), fwd L, flex L knee move R ft sd & fwd and shift wgt to R; flex R knee slight body trn LF look at ptr (W look well left), roll 1/4 RF rec L, slip bk R end CP DLC;
- 21-23 {Viennese Turns One And A Half} Fwd L comm trn LF, sd R cont trn, lk LIF (W bk R comm trn LF, sd L cont trn cl R); bk R cont trn, sd L cont trn, cl R (W fwd L cont trn, sd R cont trn, lk LIF); Repeat meas 21 Part B end CP RLOD;
- 24 {Box Finish} Bk R trn LF to fc Wall, sd L, cl R end CP Wall;

BRIDGE 3 [Ph 4]

1 ADVANCE CORTE;

- 1 {Advance Corte} Back & sd L with lowering action, draw R to L and trn to SCP, thru R twd DLC pick W up (W fwd R with lowering action, draw L to R and trn to SCP, thru L trn LF to fc ptr) end CP DLC;

PART C [Ph 5+1]

1 - 8 MINI TELESPIN;; CONTRA CHK & SWITCH; NAT HOVER X;; TOP SPIN; CHKD REV SLIP; CURVED FEATHER;

- 123&123 1-2 {Mini Telespin} Fwd L comm trn LF, sd R cont trn, bk & sd L no wgt/trn body LF no wgt lead W to CP; fwd L spin LF draw R to L, cl R flex knees, hold (W bk R comm trn LF, cl L heel trn, fwd R/fwd L trn LF; fwd R cont trn to CP head to left draw L to R, cl L flex knees, hold) end CP DRC;
- 3 {Contra Check & Switch} Comm upper body trn LF flex knees with strong right sd lead chk fwd L in CBMP, rec R comm strong trn RF leave L ft almost in place, cont strong trn rec L soft knees end CP DLW;
- 12312&3 4-5 {Natural Hover Cross} Fwd R comm trn RF, sd L cont trn with left sd stretch, cont trn sd R with body trn RF to fc DLC; with right sd stretch fwd L outsd ptr on toe, rec R with left sd lead trn LF/sd L, XRIF twd COH (W bk L comm trn RF, cl R heel trn, cont trn sd L with body trn RF to fc DRW; with left sd stretch bk R outsd ptr on toe, rec L with right sd lead trn LF/sd R, XLIB) end Bjo COH;
- 12&3 6 {Top Spin} With toe spin LF on R bk L twd DLC, slip bk R/cont trn sd & fwd L, cont trn fwd R outsd ptr end Bjo DLC;
- 7 {Checked Reverse Slip} Fwd L, fwd R on toe trn LF with right sd stretch then chkg fwd motion with no stretch but sway to right, trn RF rec bk L (W bk R, cl L rise to toes trn LF chkg bk motion, trn RF slip fwd R) end CP DLW;
- 8 {Curved Feather} Fwd R in CBMP comm trn RF, with left sd stretch cont trn sd & fwd L, cont upper body trn with left sd stretch fwd R outsd ptr in CBMP end Bjo DRW;

9 - 16 OUTSD SWVL LILT PVT; BK CHASSE SCP; OPN NAT; ROYAL SPIN; MANUV; SPIN OVR TRN; R TRNG LK SCP; THRU CHASSE BJO;

- 9 {Outside Swivel Lilt Pivot} Bk L leave R ft fwd lead W to swivel RF to SCP RLOD, thru R rising strongly, fwd L then Lower and pivot slightly LF (W fwd R swivel RF, fwd L pick up trn LF rising, bk R then lower and pivot slightly LF) end CP DRW;
- 12&3 10 {Back Chasse To SCP} Bk R trn LF, sd L/cl R, sd L blend to SCP end SCP DLW;
- 11 {Open Natural} Thru R trn RF, sd L, cont slight upper body trn lead W to step outsd ptr bk R to CBMP (W thru L, fwd R, fwd L to CBMP) end Bjo RLOD;
- 12 {Royal Spin} Comm upper body trn RF sm bk L toe in with right sd lead, fwd R outsd ptr in CBMP cont trn, sd & fwd L with passing under body with left sd lead (W comm upper body trn RF with left sd lead fwd R outsd ptr in CBMP, ronde L CW on ball of R ft, cont trn tch L to R) end Bjo DLW;
- 13 {Maneuver} Repeat meas 4 Part A;
- 14 {Spin Over Turn} Comm body trn RF bk L pivot 1/2 RF to fc LOD, fwd R between W's feet cont trn 3/8 leave L leg extended bk & sd, rec sd & bk L (W fwd R between M's feet toe pivot 1/2 RF, bk L toe cont trn brush R to L, sd & fwd R) end CP DRW;
- 1&23 15 {Right Turning Lock SCP} Comm trn RF bk R with right sd lead/XLIF cont trn to fc COH, with left sd stretch cont trn sd & fwd R between W's feet, fwd L to SCP (W fwd L with left sd lead/XRIB cont trn, with right sd stretch fwd & sd L cont trn, fwd R) end SCP DLC;
- 12&3 16 {Through Chasse To Bjo} Repeat meas 2 Part A except end Bjo DLC;

17 - 24 OK OPN REV; OUTSD CHK; OUTSD SPIN; OK LK & PICK UP LK; DBL REV; OPN TELE; RUNNING OPN NAT; RISING LK;

- 12&3 17 {Quick Open Reverse} Fwd R in CBMP, fwd L comm trn LD/sd & bk R cont trn, with right sd stretch bk L in CBMP (W with left sd stretch fwd R outsd ptr in CBMP) end Bjo RLOD;
- 18 {Outside Check} Bk R trn LF, sd & fwd L, chk fwd R outsd ptr in CBMP end Bjo DRW;
- 19 {Outside Spin} Prepare to lead W outsd ptr comm body trn RF with right sd lead sm bk L in CBMP toe in, cont trn fwd R around W, cont trn sd & bk L to CP (W comm body trn RF with left sd lead fwd R around M, cl L heel trn, cont trn fwd R between M's feet) end CP DRW;
- 1&23& 20 {Quick Lock & Pick Up Lock} Bk R/lk LIF, comm trn LF bk R, cont trn sd & fwd L/cont trn lk RIB end CP DLC;
- (12&3) 21 {Double Reverse Spin} Fwd L comm trn LF, sd R, spin LF on ball of R bring L ft beside R with no wgt flex knees (W bk R comm trn LF, cl L heel trn/cont trn sd R, cont trn lk LIF) to CP DLC;
- 12&3 22 {Open Telemark} Repeat meas 18 Part B end SCP DLW;
- 12&3 23 {Running Open Natural} Thru R comm trn RF, sd & bk L with slight left sd stretch cont trn/bk R with right sd lead, bk L in CBMP (W thru L comm upper body trn RF, with right sd stretch fwd R/fwd L with left sd lead, with left sd stretch fwd R outsd ptr in CBMP) end Bjo RLOD;
- 24 {Rising Lock} Bk R comm trn LF, sd & fwd L cont trn, lk RIB end CP DLC;

ENDING [Ph 6]

1 - 2 LEFT PVT TO THROWAWAY OVRSWAY;;

- 1 {Left Pivot} Fwd L comm pivot LF, sd & bk R cont trn, sd & bk L twd LOD (W bk R, cl L heel trn, cont trn sd & fwd R);
- 2 {Throwaway Oversway} Trn upper body sharply LF with soft knee leave R leg extended and strong left sd stretch without dropping right sd, extended the stretch of the throwaway,- (W swivel LF on R bring L ft well under body, extend L leg bk keeping left sd and hips to M with right sd stretch and head to left,-);