THE FIRST NOEL

Choreo: Daisuke & Tamae Doi, 53-2, Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
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
Rhythm: Waltz Phase V + 2
Timing: 123 unless noted by side of measure

Speed: 45

Footwork: Opposite except where noted
Release Date: July, 2004
Ver. 1.0

INTRO [Ph 2]

1 - 4

WAIT;; ROLL 3; THRU FC CL;
1-2 {Wait} Feg 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;
2 {Through Chasse To Bjo} Thru R trn RF to fc ptr, sd L/cl R, sd L trn LF to Bjo DLW;
3 {Forward Forward/Lock Forward} Fwd R, fwd L/k 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, fwr R between W’s feet cont trn to fc DLW leave L leg extended bk & sd, rec bk L (W fwr R between M’s feet toe pivot 1/2 RF, bk L cont trn brush R to L, fwr R) end CP DLW;
6 { Box Finish} Bk R trn 1/4 LF, sd L, cl R end CP DLC;
7 {Turn Left & Right Chasse} Fwd L trn 1/8 LF, sd R/cl L, sd R trn 1/8 LF to Bjo DRC;
8 { Back/Back Lock Back} Bk L, Bk R/lk LIF, bk R;

9 - 16

OPEN 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 & fwr L (W fwr R between M’s feet pivot RF, sd & fwr L cont trn around M brush R to L, sd & fwr 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; fwr 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} XLIB outsd ptr, sd & fwr R with hovering action, sd & fwr L to Bjo;
16 {Cross Hover To Scar} XRIF outsd ptr, sd & fwr L with hovering action, sd & fwr 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;  

1  {Closed Hover}  Fwd L, sd & fwd R trn upper body 1/8 RF with hovering action, rec L trn fc Wall;  
12&3  {Back Chasse To SCP}  Bk R trn LF, sd L/cl R, sd L blend to SCP end SCP DLC;  
12&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 L twd LOD, fwd R) end Bjo RLOD;  
12&3  {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 DWL;  
12&3  {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  {Back Chasse To Bjo}  Bk R trn LF, sd L/cl R, sd L blend to Bjo end Bjo DWL;  
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 DWL 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;  

2
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 XРИБ) 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/ptr/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 outsud 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 outsud 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 outsud ptr in CBMP, ronde L CW on ball of R ft, cont trn teh 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 QK OPN REV; OUTSD CHK; OUTSD SPIN; QK LK & PICK UP LK; DBL REV; OPN TEL; 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 sd stretch fwd R outsud ptr in CBMP) end Bjo RLOD;

18 {Outside Check} Bk R trn LF, sd & fwd L, chk fwd R outsud ptr in CBMP end Bjo DRW;

19 {Outside Spin} Prepare to lead W outsud 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;

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;

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 outsud 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 OYRWSWAY::

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,-);