Una Furtiva Lagrima

Choreographers: Hiroshi & Miyoko Fujimoto  Email: windsun717@joy.ocn.ne.jp
Address: 5-3-7 Kamisawa-Dori Hyogo-Ku Kobe-Shi Hyogo-Ken 652-0046 JAPAN
Music: The Ultimate Ballroom Album 14 CD Track 7  Suggested speed: 28 MPM
Rhythm: Waltz  Phase: V+2 (Running Spin Trn, Throwaway Over Sway)
Footwork: Opposite, directions for man (lady as noted)
Sequence: Intro - A - B - Inter-1 - A - B - Inter-2 - Ending  Released Date: March 2015 Ver.1.0

INTRO

1~2  WAIT: TOG TCH CP/WALL:
     1  [Wait 1 meas] LOP pos fc WALL trail foot free wait 1 meas;
     2  [Tog tch CP/WALL] Fwd R, CP tch L to R, - end CP/WALL;

PART A

1~8  HOVER: THRU CHASSE TO BJ/O/DLW; MANUV; RUNNING SPIN; BK SYNC PKUP
     LOCK; REV FALLAWAY & SLIP; OP TELEMARK; THROWAWAY OVER SWAY:
     1  [Hover] Fwd L, sd & fwd R tm LF, sd & fwd L SCP/LOT;
     12&3 2  [Thru Chasse to BJ/O/DLW] Fwd R fgc partner, sd L/cl R, sd & fwd L Contra BJ/O/DLW;
     3  [Manuv] Fwd R outside ptr comm tmg RF, cont tmg RF sd & bk L, cl R (W bk L ptr outside comm tmg RF, cont tmg RF sd & fwd R, cont tmg RF cl L) end CP/RLOD;
     1&23 4  [Running Spin] Bk L pivoting 1/2 RF/fwd R cont pivoting tmg RF, sd L, sd & bk R w/ R-sd lead (W fwd R pivoting 1/2 RF/bk L cont pivoting tmg RF, sd R, sd & fwd L w/ L-sd lead) end BJ/O/DRW;
     123& 5  [Bk Sync Pkup Lk] Bk L ptr outside, bk R comm tmg LF, cont tmg LF sd & fwd L twd DLC/cont tmg LF XRIB (W fwd R outside ptr, fwd L comm tmg LF, cont tmg LF sd & bk R twd DLC/cont tmg LF XRIB) end CP/DLC;
     1&23 6  [Rev Fallaway & slip] Fwd L comm tmg LF/cont tmg LF sd & fwd R twd DLC, bk L SCP/ DRW, swiveling LF on L bk R under body (W bk R comm tmg LF/cont tmg LF sd & bk L, bk R SCP/DRW, swiveling LF on R fwd L small step) end CP/DLC;
     7  [Op Telemark] Fwd L comm tmg LF, cont tmg LF sd & fwd R around W, cont tmg LF on R sd & fwd L (W bk R comm tmg LF on R-hee drawing L to R without chg wgt, cont tmg LF on R-heel chg wgt to L, cont tmg LF sd & fwd R) end SCP/LOD;
     123& 8  [Throwaway Over Sway] Comm tmg LF flexing L-knee rotate upper body LF extending R sd & bk twd RLOD looking at W, - - (W comm tmg LF flexing R-knee swivel LF on R extend R past L looking well left, - -);

9~16  REC EROS LINE; LADY SWIVEL DEVELOP; SLOW OUTSIDE SWIVEL; NATURAL
       HOVER CROSS; SYNC ENDING; TELEMARK TO BJ/O; MANUV; OVER SPIN TRN;
     1~ (1--) 9  [Rec Eros Line] Trng RF sd & fwd R twd DRW leading W tm RF, extend R-sd of body w/ L-sway, - - (W trng RF sd & bk L, lift R-leg parallel to floor looking well R, -) end EROS LINE/TELE;
     (1--) 10  [W Swivel Develop] Hold leading W swivel LF to BJ/O M fgc DLW, rotating upper body slightly LF looking at W, hold rising on R, - - (W swivel LF rising on L lift R-knee twd DRC, stretching R-knee extend twd DRC, -);
     1~ (1--) 11  [Slow Outside Swivel] Bk L leading W fwd & swivel RF to SCP/DRW, - - (W fwi R outside ptr swiveling RF to fc DLW, - -) end SCP/DRW;
     123  12-13  [Natural Hover Cross Sync Ending] Fwd R outside ptr comm tmg RF, cont tmg RF sd & bk L twd DLW, cont tmg RF strongly on L sd R (W bk L ptr outside comm tmg RF, cont tmg RF on L-heel cl R, cont tmg RF sd L) end SCAR/DRW; XLIF w/ checking motion outside ptr/rec R, trng RF sd & fwd L w/ L-shoulder lead, fwi R outside ptr
(W XRIIB w/ checking motion ptr outside in SCAR/rec L, trng RF sd & bk R w/ R-shoulder lead, bk L) end BJO/DLC;

14 [Telemark to BJO] Fwd L comm trng trng LF, cont trng LF fwd & sd R round W (W heel trn LF), cont trng LF sd & fwd L (W sd & bk R) end BJO/DLW;

15 [Manuv] Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP/RLOD;

16 [Over Spin Trm] Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF bk L twd LOD end CP/DRW;

17−24 L TURNING LK; Q LEFT WHISK REC SD; CONTRA CK REC TO SCP/LOD; THRU SYNCO VINE; THRU CHASSE TO BJO/DLC; Q OP REVERSE; SLOW HOVER CORTE;:

1&23 17 [L Tmg Lk] Bk R w/ R-shoulder lead/XLIF (W XRIIB), Bk R trng LF to fc almost WALL, cont trng LF sd L twd LOD CP/WALL;

1&2 18 [Q Left Whisk rec sd] Comm trng LF XRIIB flexing knees trng upper body LF/rec L, comm trng RF sd R, - (W comm trng LF XLIB/rec R, sd L -) CP/DRW;

19 [Contra Check rec to SCP/LOD] Trng upper body LF flexing R-knee fwd L slight across body w/ R-sd lead, rec R comm trng LF, cont trng LF to fc DLW sd & fwd L (W flexing L-knee bk R across body w/ L-sd lead looking well L, rec L comm trng RF, fwd R) end SCP/LOD;

1&23 20 [Thru Sync Vine] XRIIB/sd L, XRIIB, rising on R for slight hovering sd L;

12&3 21 [Thru Chasse to Bjo] SCP/LOD thru R comm trn to fc, sd L/cl R, sd & fwd L (W thru L comm trn to fc, cont trng RF sd R/cl L, sd & bk R) end BJO/LOD;

1&23 22 [Q Open Rev] Fwd R/fwd L comm trng LF, cont trng LF sd & bk R, bk L twd DLC ptr outside (W bk L/bk R comm trng LF, cont trng LF sd & fwd L, fwd R outside ptr) end BJO/DRW;

12;−3 23−24 [Slow Hover Corte] Bk R comm trng LF, cont trng LF to fc WALL sd L hovering, -, -,

1−8 BK WHISK; THRU CHASSE TO BJO/DLW; MANUV; OP IMPETUS; WING; DOUVEL
VERSE SPIN; OP TELEMARK; THRU TWINKE LOP/RLOD;

1 [Bk Whisk] Bk L ptr outside, slightly trng RF sd R twd RLOD, leading W trn RF XLIB (W f/wd R outside ptr, slightly trng RF sd L twd RLOD, trng RF XLIB) end SCP/LOD;

12&3 2 [Thru Chasse BJO/DLW] Thru R fc partner, sd L/cl R, sd & fwd L Contra BJO/DLW;

3 [Manuv] Fwd R outside ptr comm trng RF, cont trng RF sd & bk L, cl R (W bk L ptr outside comm trng RF, cont trng RF sd & fwd R, cont trng RF cl L) end CP/RLOD;

4 [Op Impetus] Bk L ptr outside, trng RF on L-heel cl R, cont trng RF sd & fwd L (W f/wd R outside ptr comm trng RF, sd & fwd L cont trng RF around M, cont trng RF sd & fwd R) end SCP/DLC;

1−(123) 5 [Wing] Fwd R, draw L to R, tch L to R (W across front of M f/wd L commence LF tm, cont LF tm f/wd R, cont Lf tm f/wd L) end SCAR/DLC;

12-(123&8) 6 [Dbl Rev Spin] SCAR/DLC f/wd L comm trn LF, cont trn LF f/wd & sd R, cont trn LF tch L to R (W bk R comm trn LF, cont trn LF cl L to R heel tm, cont trng LF sd & slightly bk R/cont trng LF XLIF of R) end CP/DLC;

7 [Op Telemark] Repeat 7 meas of PART A end SCP/LOD;

8 [Thru twinkle LOP] Fwd R commence RF tm release trail hands, sd L fc partner, cl R LOP/RLOD;
INTER 1

1~4 TWINKLE WITH ARM; FWD CHASSE TO SCP; HOVER FALLAWAY; BK TRN SD DRAW
FC EALL:
1 [Twinkle with Arm] LOP/ROL/DO Fwd L comm trn LF trn release lead hands swing up,
sd R fc partner, cont trn LF cl L lead hands down at sd end OP/LOD;

12&3 2 [Fwd Chasse SCP] Fwd R comm trn RF to fcg partner, sd L/cl R, sd & fwd L (W fwd L
comm trn RF to fcg partner, sd R/cl L, sd & fwd R) end SCP/LOD;

123 3 [Hover Fallaway] Thru R, fwd L rising on toe to fc LOD, rec R (W thru L, fwd R rising
on toe to fc LOD, rec L) end CP/LOD;

12- 4 [Bk trn sd draw fc WALL] Bk L twd DRC trn RF fc WALL, sd R, draw L to R CP/WALL;

PART A

PART B

INTER 2

1~4 TWINKLE WITH ARM; FWD CHASSE TO SCP; HOVER FALLAWAY; BK SLIP HOLD FC
DLC;
1-3 Repeat meas 1-3 of INTER 1;;;

12- 4 [Bk slip hold fc DLC] Bk L, slip R trn LF, - end CP/DLC;

ENDING

1~11 MINI TELESPIN FC DRC:: SLOW CONTRA CK; REC SWICH FWD; HOVER TELEMARK
1/2 OP; OP IN AND OUT RUNS SHADOW FC LOD:: HORSE & CURT SHADOW/LOD M
CL:: LUNG APT; REC FC WALL SD OP HINGE;

12-&(123&1-2 [Mini Telespin fc DRC] Fwd L comm trn LF, fwd & sd R cont trn LF, sd & bk L with
partial weight; Spin L taking weight to L, cl R (W bk R comm trn LF bring L beside R
with no weight, cont trn LF on R heel and chg weight to L, fwd R cont trn LF; Fwd L
trn LF/fwd R to CP spin LF, cl L) to CP/DRC, -;

1-- (1--) 3 [Slow Contra Check] Comb upper body trn LF flexing R-knee extend fwd L across
body w/ sway to L looking at W. --;

123 4 [Rec switch fwd] Rec R, switch L trn RF fc DLW, fwd R end CP/DLW;

5 [Hover Telemark 1/2 Op] Fwd L, fwd R comm trn RF, hovering sd & fwd L
twd LOD releasing jnd lead hndes (W bk R, bk L comm trn RF, hovering sd & fwd R)
end Half OP Pos both fsg LOD;

6-7 [Op In and Out Runs SHADOW/LOD] Fwd R comm trn RF, cont trn RF sd & bk L
holding W's bk with L-hnd, cont trn RF sd & fwd R releasing trailing hndes (W fwd L,
fwd R btwn M's ft, fwd L) end L-Half OP Pos both fsg LOD; Fwd L, fwd R btwn W's ft,
fwd L joining R-hndes (W fwd R comm trn RF, cont trn RF sd & bk L, placing L-hnd
above M's L-shoulder, cont trn RF sd & fwd R joining R-hndes) end SHADOW/LOD;

1-- (122&38) 8-9 [Horse & Curt] Bend L knee extend R to sd & circle CCW, --;

~3(123) 10 Lunge Apt) Sd lunge L twd COH flex knee (W sd lunge R twd WALL flex knee) lead
hands arm circle CCW(W CW),--;

12- (123) 11 [Rec fc WALL sd Op Hinge) Rec R trn RF on R to fc WALL, sd L twd LOD cont
rotate upper body LF flexing L-knee releasing extend lead hnd sd & bk (W rec L trn
LF on L to fc DLC, sd R twd LOD, slightly trn LF XLIB cont rotate upper body LF
flexing L-knee placing R-hnd on M's L-shoulder, extend L-hnd sd & bk looking well
left) end OP HINGE Line fc WALL;