VECCHI RICORDI  (Old Memories)

Music: Prandi Sound  Dance Competition Vol. 31
Track # 2  Time 3:49
Available from choreographer

Rhythm: Waltz  Phase: V
Footwork: Opposite except where (Noted)
Release Date: June 2014
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Sequence: INTRO AA B A B (09-12) END

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INTRO

01-04  BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; ROLL 3 to SCP ; SLOW SIDE LOCK ;  
{Wait}  BFLY POS WALL ld ft free w/ 2 meas ; ; {Roll 3 to SCP} Rollg LF (W RF) down LOD fwd L to fc RLOD, cl R spinning on toe to fc LOD, fwd L to SCP LOD ; {Slow Sd Lk} Thru R, fwd & sd L rising trng LF, cl R (W Thru L trng LF, sd R trng LF, Ik Lif) to CP DLC ;

PART A

01-04  VIENNESE TURNS ; ; WHISK ; SYCOPATED WHISK ;  
{Viennese Turns} Fwd L stg LF trn, sd R cont trn, Xlif to fc RLOD (W bk R stg LF trn, sd L cont trn, cl R) ; Bk R cont LF trn, sd L cont trn, cl R (W fwd L cont LF trn, sd R cont trn, Xlif) to CP DLW ; {Whisk} Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, Xlif cont to full rise ; ; {Syncop Whisk} [1&2.3] Thru R / L hip trng twd ptr cl L to CP, sd L, w/ slight bdy dtv to R Xlif (W thru L/ R hip trng twd ptr cl R/sd L, w/ slight bdy dtv to R XrIb) to SCP LOD ;

05-08  THRU RIPPLE CHASSE ; NATURAL WEAVE ; ; OP NATURAL ;  
{Thru Ripple Chasse} [1,2&3] Thru R, swwng & lookg twd DRW over next 2 steps sd L/cl R, sd & fwd L loosng sway & blendg to SCP DLC ; {Natural Weave} Fwd R trng RF, sd L, bk R (W fwd L, R between M’s ft, fwd L) to BJO DRW ; Bk L,bk R in CP trng LF, cont LF trn fwd L to BJO DLW ; {OP Natural} Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd L id (W bk L trng RF, fwd R between man’s feet , fwd L) to BJO DRC ;

09-12  OUTSIDE SPIN TURN to a RIGHT TURNING LOCK ; ; IN & OUT RUNS ; ;  
{Outside Spin Turn to a R Trng lk} Ldg W fwd & trng bdy strongly RF - bk L, trng strongly RF fwr R arnd W heel to toe, contg trn on R toe sd & bk L (W trng RF fwrd R heel to toe arnd M, contg trn cl L & prnt on toes of both ft, compg trn fwd R b/w M’s ft) to CP DRW ; {1&2.3} Bk R w/R sd lead comm to trn R/lk Lif fc COH, cont R trn sd & fwr R between W’s ft, fwrd L (Fwrd L w/l sd lead comm to trn R/lk Rib, fwrd & sd L cont trng R Xing in frt of M, fwrd R) to SCP LOD ; {In & Out Runs} Trng RF fwr R, sd & bk L to CP RLOD, bk R (W fwrd L, fwr R between M’s ft, fwrd L) to BJO RLOD ; Trng RF bk L,cont trn fwr R between W’s ft, sd & fwrd L (W trng RF fwrd R, cont trn sd L in frnt of M, cont trn fwrd & sd R) to SCP LOD ;

13-16  THRU to a PROMENADE SWAY ; CHANGE to OVERSWAY ; HOVER EXIT to SCP ; THRU CHASSE to SCP ;  
{Thru to a Promenade Sway} [SS] Thru R, Sd & fwrd L twd DLC, stretch R sd graduallly to look over the jnd ld hnds usg full meas ; ; {Chng to Over Sway} [S, - , -] W/ no chg wgt relax L knee keepg R leg extended w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (W relax R knee & trn upper bdy slowly LF usg full meas), - , - ; ; {Hover Exit to SCP} [1, - , -] Rec R risg & brushg L to R, - , - , fwrd L to SCP LOD ; {Thru Chasse to SCP} [1,2&3] Thru R, sd to fc prtn L/cl R, fwrd L to SCP LOD ;

17-20  CHAIR & SLIP ; DOUBLE REVERSE SPIN ; HOVER TELe ; SLOW SIDE LOCK ;  
{Chair & Slip} Ck fwrd R w/bent knee, rec L w/ slight LF trn, sm bk R (W cK fwrd L; rec R swvlg S/B LF, fwr L) to CP DLC ; ; {Double Reverse Spin} [1,2/-/1W56,2,3] Fwrn L comp LF trn, sd R cont LF trn, spin LF on ball of R bringing L besides R w/ no wgt & keepg knees flexed (W bk R com LF trn on R heel, cont trn on R heel & cl L/sd & bk R contg trn, Xlif) to CP DLW ; {Hover TELe} Fwrn L, fwr & sd R rising & trng 1/8 RF, sd & fwr L to SCP LOD ; {Slow Sd Lk} Repeat meas 4 Intro ;
PART B

01-04 OP REVERSE TURN; HOVER CORTE; BACK BACK/LOCK BACK; BACK WHISK;

[OP Reverse Turn] Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (W bk R stg LF trn, cont trn sd L, fwd R outsdr ptr) to BJO RLOD; [Hover Corste] Bk R, trng LF sd & fwd L LOD leavg R leg in pl, compg ½ LF trn rec R (Wfwd L, trng LF sd & fwd R & brush L to R, fwd L) to BJO DLW; [Bk Bk/lk Bk] [1,2&3] Bk L, bk R/lk Liff, bk R to BJO; [Bk Whisk] Bk L, bk & sd R, XLib to SCP LOD;

05-08 WEAVE 6 to BJO; OP NATURAL; HESITATION CHANGE;

[Weave 6 to BJO] Thru R, trng ¼ lft fc fwd L to CP COH, sd & bk R (W thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L) to BJO RDC; Trng ¼ lft fc sd & bk L to CP DRW, trng ¼ lft fc sd & fwd R to CP DLW, fwd L (W Sd & fwd R to CP, trng ¼ lft fc sd & fwd L, bk R) to BJO DLW; [OP Natural] Repeat meas 8 Part A; [Hesitation Chng] [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC;

09-12 DIAMOND TURN; OP NATURAL; SLIP PIVOT;

[Telemark to SCP] Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R to BJO DLC;

13-16 TELEMARK to SCP; HOVER FALLAWAY; SLIP PIVOT; CROSS PIVOT to SCAR;

[Telemark to SCP] Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R) to SCP DLW; [Hover Fallaway] Fwd R, fwd L rise to ball of ft checking, rec bk R; [Slip Pivot] Bk L, bk R, fwd L (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M’s R ft, bk R) to BJO DLW; [Cross Pivot to SCAR] Fwd right in ft of W beg RF trn, sd L cont RF trn, fwd R (W sm fwd L com RF trn, fwd R btw M’s ft heel to toe pvtg ½ RF, sd & bk L) to SCAR DLW;

17-18 CROSS HOVER to SCP; SLOW SIDE LOCK;

[Cross Hover to SCP] XLib, sd R hvrg, rec L (W XRib, sd & bk L w/ strong RF trn, fwd R) to SCP LOD; [Slow Sd Lk] Repeat meas 4 Intro;

ENDING

01-03 TURN LEFT & R CHASSE to BJO; OUTSIDE CHANGE to SCP; CHAIR & HOLD;

[Turn Left & R Chasse to BJO] [1,2&3] Fwd L stg to trn LF, contg LF trn sd R/cl L, sd & bk R to BJO RLOD; [Outside Chng to SCP] Comm LF trn bk L, -, bk & sd R cont LF trn, sd & fwd L (W fwd R, -, L, R) to SCP DLW; [Chair & Hold] [S] Strong fwd R in lunge action bending knee & hold;