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
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
Email: jos.dierickx@telenet.be
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, cr R spinning on toe to fc LOD, fwd L to SCP LOD ; {Slow Sd Lk} Thru R, fwd & sd L rising trng LF, cr R (W Thru L trng LF, sd R trng LF, lk Lif) to CP DLC ;

PART A

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

05-08  THRU RIPPLE CHASSE ; NATURAL WEAVE ; ; OP NATURAL ;
{Thru Ripple Chasse} Thru R, swaying & lookg twd DRW ovr 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 Ld (W bk L trng RF, fwr R between man’s feet , fwr 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 fwrd & 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 fwr R heel to toe arnd M, contg trn cl L & ptr on toes of both ft, cmpgr trn fwrd R btw M’s ft) to CP DRW ; [1&2.3] Bk R w/ sd lead comm to trn R/lk Lif fc COH, cont R trn sd & fwr R between W’s ft, fwrd L (W fwr L w/l sd lead comm to trn R/lk Rib, fwrd & sd L trng R Xing in frt of M, fwrd R) to SCP LOD ; {In & Out Runs} Thrg Fwr R, sd & bk L to CP RLOD, bk R (W fwrd L, fwr R between M’s ft, fwrd L) to BJO RLOD ; Thrg Fwr 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 fwr & 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} Thru R, sd & fwr L twds DLC, stretch R sd gradually to look over the jnd ld hnds usg full meas ; {Chng to Over Sway} [1, -] W/ no chg wgt relax L knee keepr L 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 & brush L to R, fwr L to SCP LOD ; {Thru Chasse to SCP} [1,2,3] Thru R, sd to fc prtrn 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, fwrd L) to CP DLC ; {Double Reverse Spin} [1,2/-W1&2.3] Fwd L comg LF trn, sd R cont LF trn, spin LF on ball of R bringing L beside 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, XLib) to CP DLW ; {Hover Tele} Fwd L, fwr & sd R rising & trng 1/8 RF, sd & fwrd L to SCP LOD ; {Slow Sd Lk} Repeat meas 4 Intro ;
PART B

01-04  **OP REVERSE TURN ; HOVER CORTE ; BACK BACK/LOCK BACK ; IMPETUS to SCP ;**

[**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 outsd ptr) to BJO RLOD ;
[**Hover Corte**] 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 ;

[**Impetus to SCP**] Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R) to SCP LOD ;

05-08  **WEAVE 6 to BJO ; ; ** 

[**Op Natural**] Repeat meas 8 Part A ;

[**Hesitation Chng**] [1,2&3] Bk R/Lft Bk [1,2] Bk L, bk R/lk Lft, bk R to BJO ;

09-12  **DIAMOND TURN ; ; ;**

[**Diamond Turn**] 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 ;

[**Hesitation Chng**] [1,2&3] Bk R/Lft Bk [1,2] Bk L, bk R/lk Lft, bk R to BJO ;

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 pvtg 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**] XLif, 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**] Strong fwr R in lunge action bending knee & hold ;