WALTZ IN A FLAT

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Download Rhapsody Johannes Brahms, Waltz in A Flat
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CD: Smart Sleep With Classical Track 14 featuring Heidi Brende
Waltz, Phase VI Released: 1/21/07
Sequence: A, B, B, C Footwork: Opposite unless noted

PART A

1-4 HOLD; HOVER TO BJO; MANUV; SPIN & DBL TWIST;
- 1-2 {Hold} In CP with heads & arms down wait 1 meas DW; {Hover
to BJO} Fwd L, fwd & sd R, fwd L in BJO bringing heads and
arms to normal CP thruout the meas;
123 3-4 {Manuv} Start RF trn fwd R, sd L cont RF trn to fc R LOD, cl R;
123 {Spin & Dbl Twist} Bk L pivot 1/2 RF, fwd R pivot 1/2 RF, sd L
across W (W cl R) to end fc R LOD;
5-8 CONT SPIN & DBL TWIST;; TRNING LK; MANUV;
&--3 5-6 {Cont Spin & Dbl Twist} On the & ct hook RIB of L/ unwind
(W &123) RF,-, sd L to fc R LOD (W run armd M L/R, L, step fwd into M on
&--3 R in CP); On the & ct hook RIB of L/ unwind RF,-, sd & bk L to
(W &123) fc DRW (W run armd M L/R, L, step fwd into M on R in CP);
1&23 7-8 {Tring Lk} With R sd bk step bk R/ lk LIF of R, bk R trning LF,
fwd L to BJO DW;
{Manuv} Start RF trn fwd R, sd L cont RF trn to fc R LOD, cl R;

PART B

1-4 IMPETUS SEMI; QUICK OPEN REV; HOVER CORTE; OUTSIDE
SPIN;
123 1-2 {Imp Semi} Bk L start RF trn, cl R to L heel trn, fwd L SCP DC
(W fwd R start RF trn, fwd & sd L armd M, fwd R SCP); {Qk
Open Rev} Fwd R, fwd L pick-up the W trn LF, sd & bk R trn
LF/ bk L to end BJO R LOD (W fwd L, fwd R pick-up, trning LF
sd & fwd L/ fwd R);
123 3-4 {Hover Corste} Bk R trn LF, sd L cont LF trn with rise, recov R
to BJO DW;
{Outside Spin} Trn body RF to almost cl L to R, fwd R outside
ptr trn RF, sd L end DW (W fwd R outside ptr, cl L to R toe spin,
fwd R to CP);
5-8 TWIST TRN TO LUNGE & CHG SWAY; QK CHG/CHG BK, SD LK,-;
ZIG ZAG; FWD, DEVELOPE,-;
&--- 5-6 {Twist trn to Lunge & Chg Sway} On the & ct of previous meas
(W &12) XRIB of L/ unwind to R lunge,-, chg swy (W run armd M L/R,
&-23 sd & bk L end in lunge line, chg swy to open head);
{Qk Chg/ Chg Bk Sd Lk} On & ct of previous meas chg sway
bk to closed head/ chg bk to open head, sd L pick-up W to close
head, XRIB of L;
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1&23 7-8 {Zig Zag} Fwd L trn LF/ sd & bk R, bk L trn RF, sd & fwd R;
{Fwd Develope} Fwd L come to loose SCAR RLOD, hold (W bk R, develop L);

1--

9-12 ROLL OUT TRANS; THRU CHASSE; THRU & SYNCO ROLL; THRU RONDE TRANS;

1-3 9-10 {Roll Out Trans} Recov bk R, hold, sd L (W fwd L start LF roll, (W 123) sd R cont LF roll to fc wall, sd L in LOP both fc wall);
12&3 {Thru Chasse} Both thru R, sd L cl R to L, sd L;
12&3 11-12 {Thru Synco Roll} Both thru R, roll LF fwd L bring arms to XIF 1-3 of body / cl R to L cont LF trn, sd L bk to LOP both fc wall;
(W 1--) {Thru Ronde Trans} Thru R, both ronde L ft CCW, cl L to R end facing ptr and LOD (W tch L to R wrap L arm IF of body);

13-14 SYNCO REV UNDERARM TRN BOLERO; SYNCO RUNAROUND;

12&3 13-14 {Synco Underarm Trn Bolero} Fwd R start to lead W LF under 1&2&3 lead arm, fwd & sd L like a hover / recov R, fwd L to bolero BJO RLOD (W fwd L start LF underarm trn, sd R like a hover cont LF trn / recov L, fwd R to BJO); {Synco Runaround} Runaround R/L, R/L, R end in bolero BJO fc DRC;

Repeat B

PART C

1-4 OVERTRN IMPETUS SEMI; RIPPLE CHASSE TWICE;; PREPARATION TO SAME FOOT LUNGE LINE;

123 1-2 {Overtrn Imp Semi} Bk L start RF trn, cl R to L heel trn, fwd L 12&3 SCP LOD (W fwd R start RF trn, fwd & sd L and M, fwd R SCP); {Ripple Chasse} Thru R, sd L stretch L sd roll head to look R / cl R roll head slowly bk to SCP, sd L head bk to SCP;
12&3 3-4 {Ripple Chasse} Thru R, sd L stretch L sd roll head to look R / cl 1-- R roll head slowly bk to SCP, sd L head bk to SCP; {Prep to (W 12-) Same Ft Lunge Line} Thru R to fc ptr, tch L to R stopping W’s fwd progress by trn body twd her (W cl R to L), quickly lower on R pt L to sd (W pt L fwd);

5-8 DOUBLE TELESPIN ENDING;; MINI-TELESPIN; CONTRA CHK;

12- 5-6 {Dbl Telespin Ending} On & ct start moving wgt bk onto L ft as (W &123) start to trn body LF causing W to step fwd/ take wgt fully on L as 12- trn body to fc LOD, sd R arnd W to fc RLOD, put L ft bk with (W &123) partial wgt keep body twd W (W fwd L/ fwd R arnd M, cl L to R for toe pivot, fwd R); repeat meas 5;
12- 7-8 {Mini Telespin ending} On & ct start moving wgt bk onto L ft as (W &12-) start to trn body LF causing W to step fwd/ take wgt fully on L as 1-- trn body to fc LOD, sd R arnd W to fc DRC, hold (W fwd L/ fwd R arnd M, cl L to R, hold); {Contra Chk} Lower on R to step fwd L with R shoulder lead to end in contra chk;