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
123 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 RLOD, cl R;

123 {Spin & Dbl Twist} Bk L pivot ½ RF, fwd R pivot ½ RF, sd L
across W (W cl R) to end fc RLOD;

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 RLOD (W run arnd 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 arnd M L/R, L, step fwd into M on R in CP);

123 7-8 {Tring Lk} With R sd bk step bk R/ lk LIF of R, bk R trning LF,

123 {Manuv} Start RF trn fwd R, sd L cont RF trn to fc RLOD, 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
123& (W fwd R start RF trn, fwd & sd L arnd 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 RLOD (W fwd L, fwd R pick-up, trning LF
sd & fwd L/ fwd R);

123 3-4 {Hover Corte} Bk R trn LF, sd L cont LF trn with rise, recov R
to BJO DW;

123 {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,--;

--3--5-6 {Twist trn to Lunge & Chg Sway} On the & ct of previous meas
(W &12-) XRIB of L/ unwind to R lunge,-- chg sway (W run arnd M L/R,
-23 sd & bk L end in lunge line, chg sway to open head);
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{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;
1&23  7-8  {Zig Zag} Fwd L trn LF/ sd & bk R, bk L trn RF, sd & fwd R;
1--  {Fwd Develope} Fwd L come to loose SCAR Rlod, hold (W bk R, develope L);

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)
12&3  11-12  {Thru Chasse} Both thru R, sd L/ cl R to L, sd L;
12&3  1-3  {Thru Synco Roll} Both thru R, roll LF fwd Lbring arms to Xif
(W 1--)
12&3  13-14  {Thru Ronde Trans} Thru R, both ronde L ft CCW, cl L to R

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  3-4  lead arm, fwd & sd L like a hover/ recov R, fwd L to bolero BIO
1&2&3  5-8  RLOD (W fwd L start LF underarm trn, sd R like a hover cont LF

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  3-4  SCP LOD (W fwd R start RF trn, fwd & sd L arnd M, fwd R
12&3  5-6  SCP); {Ripple Chasse} Thru R, sd L stretch L sd roll head to
12&3  7-8  look R/ cl R roll head slowly bk to SCP, sd L head bk to SCP;
1&2&3  9-10  {Ripple Chasse} Thru R, sd L stretch L sd roll head to look R/ cl
1&2&3  11-12  R roll head slowly bk to SCP, sd L head bk to SCP; {Prep to
1&2&3  13-14  Same Ft Lunge Line} Thru R to fc ptr, tch L to R stopping W’s
1&2&3  5-8  fwd progress by trning body twd her (W cl R to L), quickly lower
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
12-  7-8  start to trn body LF causing W to step fwd/ take wgt fully on L as
12-  1--  partial wgt keep body twd W (W fwd L/ fwd R arnd M, cl L to R
12-  7-8  for toe pivot, fwd R); repeat meas 5;
12-  1--  {Mini Telespin ending} On & ct start moving wgt bk onto L ft as
12-  7-8  start to trn body LF causing W to step fwd/ take wgt fully on L as

12-  1--  trn body to fc LOD, sd R arnd W to fc RLOD, put L ft bk with
12-  1--  partial wgt keep body twd W (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 chck;