Winter Lullaby V

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CD: A Gift Of Song, Track 8  Artist: Mason Williams  Available from ITunes, Amazon & Others
Rhythm: Waltz  RAL Phase V + 2 [Spin & Twist, Throwaway Oversway]
Footwork: Opposite unless noted (Woman’s Footwork in parentheses)
Timing: Standard RAL Waltz unless noted.  Time @ 45 RPM: 2:25 (Slow for Comfort)  Difficulty Level - Easy

Meas
INTRODUCTION
1 - 4  OP FCNG DLW WAIT 2;; TOG & TCH CP; BOX FINISH;
     1 – 2  OP fnfng DLW trail hnds joined ld ft free for both wait 2;;
     3 – 4  [Stp Tog to CP] Fwd L with RF rotation to CP/DRW, - - (Fwd R with RF rotation, - -);
          [Box Finish] Bk R commence LF trn, sd L, cl R to L (Fwd L commence LF trn, sd R, cl L to R;) to CP/DLC;
5 - 8  DBL REV; HOVER; SLOW SD LK; CANTER;
     5 – 6  [Dbl Rev] Fwd L comm to trn LF, sd R [3/8 LF trn betw steps 1 & 2], spin 1/2 LF betw steps 2 & 3 on ball of R
           bringing L under body beside R w/no weight flexed knees DLW (Bk R comm to turn LF, L closes to R heel trn
           mg 1/2 LF betw steps 1 and 2/ sd and slightly bk R cont LF trn, XLIF of R;); [Hover] Fwd L, fwd & sd R w/ris, rec L
to SCP/DLC;
     7 – 8  [Slow Sd Lk] Thru R, sd & fwd L to CP, XRIB of L trn slightly LF (Thru L starting LF trn, sd & bk R cont
           rnuing LF trn to CP, XLIF of R;) to CP/DLC; [Canter] sd L, draw R to L, cl R;

PART A
1 - 4  DIAMOND TRN;;;;
     1 – 4  [Diamond Trn] Fwd L trn LF on the diagonal, continuing LF trn sd R, bk L with the ptr outside the man in BJO;
           staying in BJO & trn LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trn LF on the diagonal, continuing LF trn
           sd L, fwd R outside ptr; fwd L trn LF, sd R, bk L;); Fwd L trn LF on the diagonal, continuing LF trn sd R, bk L
           with the ptr outside the man in BJO; staying in BJO & trn LF stp bk R, sd L, fwd R outside ptr in BJO (Bk R trn
           LF on the diagonal, continuing LF trn sd L, fwd R outside ptr; fwd L trn LF, sd R, bk L;) to Fe DLC;
5 - 8  MINI-TELESPIN;;;; CONTRA CK & SWITCH; OP NAT;
     5 – 6  [Mini-Telespin] Fwd L comm to trn LF, sd R trn 3/8 LF betw stps 1 & 2, bk & sd L no weight light pressure
           inside edge of toe keeping lft sd in to W/trn body LF no weight to lead W to CP commence spin LF (Bk R
           comm to trn LF, lft foot closes to rt [heel trn] trn 1/2 LF betw stps 1 & 2, fwd R keeping rt sd in to M/fwd L trn
           LF twd ptr head to the rt;); fwd L continue spin LF on lft drawing R to L under body, cl R flexing knees, hold (fwd
           R to CP head to the lft spinning LF drawing L to R under body, cl L flexing knees, hold;) to CP/COPH;
     7 – 8  [Contra Ck & Switch] Comm LF upper body trn flexing knees with strong rt sd lead check fwi
           L in CBMP, rec R comm strong RF trn leaving lft foot almost in place, cont strong RF trn rec L soft knees
           throughout with up to 5/8 RF trn (Comm LF upper body trn flexing knees with strong left sd lead Bk R in CBMP
           looking well to the left, rec L comm RF trn leaving R foot almost in place, cont RF trn rec R betw M's feet with
           soft knees throughout with 5/8 RF trn); [Op Nat] Comm RF upper body trn fwi R heel to toe, sd L across
           LOD, cont slight RF upper body trn Lk R leading ptr to step outside the M with rt sd leading to BJO DRC (Comm
           RF upper body trn bk L, - , sd R across LOD cont trn, fwi L outsd ptr with lft sd leading to BJO;);
9 – 12  SPIN & TWIST;; BK & CHASSE SEMI; CROSS PIVOT SCAR;
     9 – 10  [Spin & Twist] Bk L pvtng RF [w/lft stch, fwi R trn RF trn [w/lft sd stch], sd L twd DLW [no
           swy] (Fwd R bet M's feet pvt, bk L trn RF, cl R to L fng DLW);] XRIB of lft with only partial weight, unwind RF
           changing weight to R [no swy], continue trn RF [no swy] stp sd bk L [no swy] (fwi L/R arnd M, fwi L trn
           RF, fwi R bet M's feet;); fwi DRW;
     11 – 12  [Bk & Chasse] Bk R trn LF to fwi ptr & Wall, sd L/cl R, sd L to SCP; [Cross Pivot] Fwd R in front of W
           hgnng RF trn, sd L comm RF trn, fwi R to SCAR (fwi L smal stp comm RF trn, fwi R bet M's feet heal to toe
           pvtng 1/2 RF, sd & bk L to SCAR;)
13 - 15 PROG X HOVER SCP; THRU, FC, CL; CANTER;
  13 - 14  [Cross Hover to SCP] In SCAR fwd L with slight crossing action commencing to rise & beginning a slight RF upper body trn, sd & slightly fwd R continuing to rise & completing the 1/4 LF trn, diagonally fwd L to SCP lowering at end of stp (In SCAR bk R with slight crossing action commencing to rise in body & beginning a strong RF upper body trn, sd & slightly bk L continuing to rise & completing the 1/4 LF trn, diagonally fwd to SCP lowering at end of stp); [Thru, Fc, Cl] Thru R, fwd L trng to fe wall, cl R to L to CP/WALL;
  15  [Canter] Sd L, draw R to L, cl R;

INTERLUDE
  1 - 4  LFT TRNG BOX;;;
  1 - 2  [Lft Trng Box] Fwd L trn 1/4 LF, sd R, cl L to R; Bk R trng 1/4 LF, sd L, cl R to L;
  3 - 4  Fwd L trn 1/4 LF, sd R, cl L to R; Bk R trng 1/4 LF, sd L, cl R to L;

5 - 8 HOVER TELE; OP NAT; OP IMP; SLOW SD LK;
  5 - 6  [Hover Tele] Repeat Meas 7, Part A; [Op Nat] Repeat Meas 8, Part A;
  7 - 8  [Op Imp] Repeat Meas 9, Part A; [Slow Sd Lk] Repeat Meas 7, Intro;

PART B
  1 - 4  DBL REV; HOVER TELE; NAT WEAVER;;
  1 - 2  [Db1 Rev] Repeat Meas 3, Intro;[Hover Tele] Repeat Meas 7, Part B;
  3 - 4  [Nat Weaver] Fwd R commence to trn RF, sd L w/lft sd stretch [a little under 1/4 RF trn bet stps 1 & 2], w/rt sd lead bk R DLC preparing to lead W outsld ptr [slight RF trn bet stps 2 & 3] (Bk L commence to trn RF, rt ft closes to lft heel trn w/rt sd stretch trng 1/4 RF bet stps 1 & 2, w/lft sd lead fwd L preparing to stp in CBMP outsld ptr); With rt sd stretch bk L in CBMP, bk R commence LF trn passing thru CP, w/lft sd stretch sd R bet stps 5 & 6 body trns less] in CBMP (w/lft sd stretch fwd R in CBMP outsld ptr fwd L commence to trn LF passing thru CP, w/rt sd stretch sd R bet stps 5 & 6 in CBMP);

5 - 8 NAT HOVER X;; REV WAVE;;
  5 - 6  [Nat Hover Cross] Fwd R DLW commence RF trn, sd L with lft sd stretch [1/4 RF trn bet stps 1 & 2], cont RF trn sd R [1/2 RF trn bet stps 2 & 3 body trns less fng DLC]; With rt sd stretch fwd L outsld ptr in SCAR on toes/rec R with slight lft sd lead, sd & fwd L, with lft sd stretch fnd R outsld ptr in BJO on toes (Bk L commence RF trn, R foot closes to L heel trn w/a rt sd stretch trng RF 3/8 bet stps 1 & 2, cont RF trn sd L [3/8 RF trn bet stps 2 & 3] to CP; With left sd stretch bk R in SCAR on toe/rec L with slight rt sd lead, sd & bk R, with rt sd stretch bk L in BJO);
  7 - 8  [Rev Wave] Fwd L starting LF body trn 3/8, sd R line of progression, bk L diagonally (Bk R starting LF body trn 3/8, cl L to R [heel turn], fnd R diagonally); Bk R, bk L, bk R curving LF (fwd L, fwd R, fwd L curving LF) to CP/RLOD;

9 - 12 BK PASSING CHG; BK WALTZ; CL IMP; BOX FINISH;
  11 - 12  [Cl Imp] Bk L trng RF, cont trn cl R to L, bk & sd L to CP DLW (W fnd R btwn M’s ft, fwd L trng RF, brush R to L then fnd on R betwn M’s feet); [Box Finish] Bk R commence LF trn, sd L, cl R to L (Fwd L commence LF trn, sd R, cl L to R to CP/DLC;

13 - 16 OP REV TRN; OP FINISH; HOVER TELE; THRU, FC, CL;
  13 - 14  [Op Rev Trn] In CP fnd L trng LF 1/4, cont LF trn sd R, bk L to BJO/DLC (In CP bk R trng lft 1/4, cont LF trn sd L, fnd R to BJO/DRC); [Op Finish] Bk R trng LF, sd & fnd L, fnd R outside ptr to BJO (Fwd L trng LF, sd & bk R, bk L to BJO);
  15 - 16  [Hover Tele] Fwd L, diag sd & fnd R rising slightly [hovering] w/body trng 1/8 RF, fnd L small step on toes to SCP (Bk R, diag sd & bk L w/hovering action and body trng 1/8 RF, fnd R small step on toes to SCP); [Thru, Fc, Cl] Thru R commencing RF trn to fe ptr, sd L, cl R to L to CP;

REPEAT INTERLUDE
PART C

1 - - 4  **OP TELE; NAT HOVER FALLAWAY; BK, BK/LK, BK; SLIP PIVOT;**
   1 - 2  **[Op Tele]** Fwd L comm LF trn, sd R cont trn, sd & fwd L (W bk R comm Lf trn, cl L to R for heel trn, sd & fwd R) to SCP/DLW; **[Nat Hov Fallaway]** Fwd R with RF trn, fwd L trng RF w/ rise, rec bk R;
   3 - 4  **[Bk, Bk/Lk, Bk]** In SCP twds DLC bk L, bk R/XLIF of R, Bk R; **[Slip Pivot]** Bk L, bk R commence LF trn [keeping lift leg extended], fwd & sd L (Bk R commence LF trn pivot on ball of foot [thighs locked lift leg extended], fwd L complete lift trn placing lift ft near man's rt ft, bk & sd R;) to BJO/DLW;

5 - - 8  **OP NAT; OP IMP; THRU, FC, CL; CANTER (HOLD);**
   5 - 6  **[Op Nat]** Repeat meas 8, Part A; **[Op Imp]** Repeat Meas 9, Part A;
   7 - 8  **[Thru, Fc, Cl]** Repeat Meas 16, Part B; **[Canter (Hold)]** Sd L, draw R to L, cl R & hold;,

9 - - 10  **TWIST VINE 6;;**
   9 - 10  **[Twist Vine 6]** Sd L, XRIB, sd L (sd R, XRIF, sd R); XRIF, sd L, XRIB (XLIB, sd R, XRIF;) to CP Wall;

END

1 - - 4  **LFT TRNG BOX;;;**
   1 - 4  **[Lft Trng Box]** Repeat Meas 1 - 4, Interlude;

5 - - 8  **HOVER TELE; THRU, SD, BEH; SD TO THROWAWAY OVERSWAY;;**
   5 - 6  **[Hover Tele]** Repeat Meas 5, Interlude; **[Thru, SD, Beh]** Thru R, sd L, XRIB;
   7 - 8  **[Throwaway Oversway]** Sd & fwd L relaxing lift knee & allowing R to point sd & bk while keeping rt sd in twd W & looking at her [w/lf ts stretch], (sd & fwd R trng LF while relaxing rt knee & sliding lift foot bk under body past the rt foot to point bk meanwhile looking well to the lift & keeping lift sd in twd M), ∼ ∼ ∼ ∼ ∼ ;
QUICK CUES

Winter Lullaby V
(Phase V + 2 – Waltz)
(Spin & Twist, Throwaway Oversway)
(Weiss)

Intro  OP Fcng DLW Ld Ft Free Wait 2;; Tog Tch CP; Box Finish; Dbl Rev; Hover; Slo Sd Lk; Canter; A  Diamond Trn;;;
Mini-Telespin;; Contra Ck & Switch; Op Nat; Spin & Twist;; Bk & Chasse Semi; X Pivot SCAR; Prog X Hover Semi; Thru, Fc, Cl; Canter; Int  Lft Trng Box;;;
Hover Tele; Op Nat; Op Imp; Slo Sd Lk; B  Dbl Rev; Hover Tele; Nat Weave;; Nat Hover X;; Rev Wave;; Bk Passing Chg; Bk Waltz; Cl Imp; Box Finish; Op Rev Trn; Op Finish; Hover Tele; Thru, Fc, Cl; Int  Lft Trng Box;;;
Hover Tele; Op Nat; Op Imp; Slo Sd Lk; C  Op Tele; Nat Hover Fallaway; Bk, Bk/Lk, Bk; Slip Pivot;
Op Nat; Op Imp; Thru, Fc, Cl; Canter Hold;;
Twist Vine 6;;
End  Lft Trng Box;;;
Hover Tele; Thru, Sd, Beh; Sd to Throwaway Oversway;