

TAMMY

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Sequence: Intro - A - B - A - B - A(1-8) - Ending  
Roundalab Phase Rating: Phase IV + 2 (Hinge and Double Reverse)

INTRO

- 1-4 (CP/DW)WAIT; WAIT; FWD,FWD HOVER,REC; HOVER CORTE;  
1-2 In CP/DW wait 2 meas;;  
3-4 Step fwd L,fwd R in a hovering action, rec bk on L still in CP/DW; Step bk R starting LF trn, sd and fwd L with hovering action,rec bk R in Bjo(W fwd L trng LF,sd and fwd R with hovering action,rec fwd L)to Bjo/DRC;

PART A

- 1-4 IMPETUS TO SCP; IN AND OUT RUNS;; MANUV;  
1-2 In Bjo/DRC step bk L to begin RF heel trn and bring R beside L, chg wgt to R cont RF trn,fwd L in tight SCP(W fwd R outside ptr pivot RF,sd and fwd L around M cont pivot action brushing R to L,step fwd R)to SCP/LOD; Fwd R starting RF trn,sd and bk on L to DW to CP,bk R(W fwd L,fwd R between M's ft,fwd L)to Contra Bjo/RLOD;  
3-4 Bk L trng RF,sd and fwd R between W's feet cont RF trn,fwd L to SCP(W fwd R starting RF trn,fwd andsd L cont trn,fwd R)to SCP/LOD; Manuv on R,sd L,cl R to CP/RLOD;  
5-8 SPIN TURN; BACK BOX; SWAY LEFT AND RIGHT;;  
5-6 Bk L pivot RF,fwd R rising,rec L(W fwd R pivot RF,bk L brush R to L,fwd R)to CP/DW; Bk R trng slightly LF,sd L,cl R to CP/DC;  
7-8 In CP/DC sway sd L(leading with L hip)dr R,tch R; Sway sd R (leading with R hip),dr L,tch L;  
9-12 DOUBLE REVERSE(Wall); HOVER; THRU,SEMI CHASSE; CROSS PIVOT TO SCAR;  
9-10 In CP/DC step fwd L trng LF,fwd and sd R around W spinning on ball of R ft,cont LF spin on R bringing L to R with no wgt(W bk on R starting 1/2 LF heel trn on R bring L to R no wgt,cont LF heel trn on R trans to L,fwd and sd R around M trng LF/lock LIF of R)to CP/Wall; Step fwd L,fwd and sd R rising on ball of foot, rec fwd L to tight SCP(W bk R,sd and bk L rising and brushing R to L,rec on R)to SCP/LOD;  
11-12 Step thru on R,sd L/cl R,sd L to SCP/LOD; Cross in front of W R,L,R making a full RF trn in 3 steps(W trn RF L,R,L in place) to SCAR/DW;  
13-16 CROSS HOVER TO BJO; CROSS HOVER TO SCAR; CROSS HOVER TO SCP; THRU, FACE,CLOSE;  
13-14 Cross LIF of R,sd R with a hovering action and trn,rec on L to Bjo(W cross RIB of L,sd L with a hovering action and trn,rec on R)to Bjo/DC; Cross RIF of L,sd L with a hovering action and trn,rec on R to SCar(W cross LIB of R,sd R with a hovering action and trn,rec on L)to SCar/DW;  
15-16 Cross LIF of R,sd R with a hovering action and trn,rec L to SCP (W cross RIB of L,sd L with a hovering action and trn,rec R)to SCP/LOD; Step thru on R,sd L,cl R to CP/Wall;

PART B

- 1-4 WHISK; THRU,SEMI CHASSE; THRU TO PROMENADE SWAY; CHANGE OF SWAY;  
1-2 Fwd L,fwd and sd R on ball of foot,cross LIB of R(W bk R, bk and sd L,cross RIB of L trng to SCP between steps 2 and 3)to SCP/LOD; Repeat action of meas 11 of Part A;  
3-4 Step thru on R,step sd and fwd L trng to SCP stretch body upward look over jnd lead hands(W thru L,sd and fwd R),-; Relax L knee slowly rotate body and chg to L sd stretch look at top of W's head(W relax R knee chg to R sd stretch look well Left);

- 5-8 RECOVER, BRUSH, FWD; THRU, CHASSE TO BJO; MANUV; HESITATION CHANGE;  
5-6 Rec R, brush L to R, fwd L in SCP; Step thru on R, sd L/cl R, sd L  
(W thru on L, sd R/cl L, sd R) to Bjo/DW;  
7-8 Manuv on R, sd L, cl R to CP/RL0D; Bk L trng RF, sd R, dr L to R(W  
fwd R trng RF, sd L, dr R to L) to CP/DC;
- 9-12 DIAMOND TURN; ; ; ;  
9-10 (CP/DC) Fwd L start LF trn, sd R, bk L to Bjo/DRC; Bk R cont LF  
trn, sd L, fwd R to Bjo/DRW;  
11-12 Fwd L trng LF, sd R, bk L to Bjo/DW; Bk R trng LF, sd L, fwd R to  
Bjo/DC;
- 13-16 TELEMARK TO SCP; THRU, SEMI CHASSE; CHAIR SLIP TO CP; DRAG HESITATION;  
13-14 Fwd L trng LF, fwd and sd R around W cont LF trn, step fwd and sd  
L(W bk R start LF heel trn, cont heel trn on R trans to L, fwd and  
sd R) to SCP/DW; Repeat meas 11 of Part A ending SCP/DW;  
15-16 (In SCP) Ck thru on R, rec L, small step bk on R(W ck thru on L,  
rec R swiveling LF on R, fwd L) to CP/LOD; Fwd trn LF on L, sd R,  
dr L to R to Bjo/DW;
- ENDING
- 1-5 TWO LEFT TURNING WALTZES(CP/DW); ; FWD, FWD HOVER, REC; BACK TO A  
HINGE; HOLD HINGE LINE;  
1-2 (CP/DC) Fwd L trng LF, sd R, cl L; Bk R trng LF, sd L, cl R(CP/DW); ;  
3-4 Repeat action of meas 3 of Intro; Step bk on R trng LF, sd and  
fwd L relaxing L knee, cont LF body trn and leave R leg extended  
(W fwd L commencing LF trn, sd R swiveling LF, XLIB of R with head  
to Left);  
5 Hold the Hinge Line;