

THE SOUND OF MUSIC

1345
JULY/91

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 Record: Telemark #4005-A "The Sound Of Music" PHASE 6 FOXTROT
 Sequence: INTRO - A - B - A - B - C Lady's steps () when different

INTRODUCTION

- 1 - 4 SHADOW FCG DC X CHECKED POS WAIT: FEATHER FINISH RLOD: LEFT TRNG HOVER TO LOD: CHASSE TRANS (LADY ROLL) TO SCP:
- 1 - Shadow fcg DC W behind M both with wgt on L fwd in X chkd pos
 rt arms curved in front of chest lft hands jnd behind M's bk posture
 up & fwd DC same footwork;
- SQQ 2 - [Fthr Fin] Rec bk R trng LF, -, sd & fwd L to RLOD raising jnd L hnds up
 & over W's head, fwd R RLOD;
- SQQ 3 - [L trng Hvr] Fwd L RLOD trng LF, -, sd R rising, recov L LOD lowering in
 shadow pos;
- SQQ&Q (SQQ) 4 - [Chasse Trans] Fwd R, -, sd & fwd L/cl R, fwd L (fwd R trng RF release
 hnds, -, cont L, R one full tm) to SCP DW opposite footwork;

PART A

- 1 - 4 HALF NATURAL: CLOSED IMPETUS: FEATHER FINISH: DOUBLE REVERSE WING:
- SQQ 1 - [Half Nat] Fwd R DW, -, trng RF sd L DW (fwd R), blend to CP bk R RLOD;
- SQQ 2 - [Cl Imp] Bk L, -, cl R trng RF heel tm (sd L across M) cont tm rising,
 sd & bk L (fwd R between M's feet) to fce DW lowering;
- SQQ 3 - [F. Fin] Bk R comm LF tm, -, sd & fwd L DC (sd & bk) rising, fwd R Bjo DC;
- SS 4 - [Dbl Rev Wing] Lowering fwd L DC to CP, -, trng LF rising sd R DC, cont
 (SQQ&Q) tm (Bk R, -, cl L heel tm / fwd R LOD rt sd lead, fwd L toe strong rt sd
 thighs X, d shoulders sq to M) end in SCAR fcg DW;
- 5 - 8 CROSS SWIVEL TRANSITION: SAMEFOOT LUNGE: TELESPIN ENDING: PICKUP LEFT LUNGE:
- SQQ 5 - [X Swvl] Fwd L DW swvl LF to Bjo LOD, -, fwd R Bjo swvl fce WALL, tch L
 (cl R fcg DC L hip inside M's R hip);
- SS 6 - [S.F.L] Lowering on R stretch upper body to & look RLOD lft leg extnd
 LOD (ext L fwd LOD look over shldr RLOD), -, trng torso slightly RF
 stretch rt sd sway & look lft (stay sq with M trng head well to R), -;
- SQQ&S 7 - [T/Spn End] Trn body LF on R to CP DC (pickup on L tm head to L)
 /fwd L, trng LF rising sd R DC (cl L on toes), fwd L in SCP DW, -;
- QQS 8 - [L Lunge] Thru R DW (tm LF on L) to CP LOD, cl L lowering both looking
 RDC extending R DW comm to transfer wgt to R staying down, -;
- 9 - 12 RIGHT LUNGE ROLL & SLIP: REVERSE WAVE: : BACK FEATHER CHECK:
- SQQ 9 - [R Lunge Roll & SLip] Take full wgt on R DW L extnd to RDC chng head
 to look rt (lft), -, trng body RF head to left CP DW keep W sq rec bk L
 RDC rising & trng LF, sml stp bk R in CP fcg DC;
- SQQ 10 - [Rev Wave] Fwd L DC trng LF, -, rising sd R LOD (heel tm), bk L DW in CP;
- SQQ 11 - Bk R, -, curving LF bk L, R end CP fcg RLOD;
- SQQ 12 - [Bk Fthr Chk] Bk L LOD, -, bk R rt sd leading, bk L to C/Bjo checking to
 end fcg RDC;

- 13 - 16 CLOSED WING;TELE SCOOP & LINK;CHAIR & SLIP:
 SS(SQQ) 13 - [Cl Wing]Fwd R RDC in Bjo,-,draw L to R trng body slightly LF,-(sd R to WALL,fwd L to SCAR thighs X'd strong rt sd stretch head well to L);
 QQS 14 - [T/Scoop & link]Fwd L RDC trng LF,cl R in CP fcg RDW strong rt sd stretch knees relaxed both looking DW,qkly lower compressing knees slide L sd & fwd DW chng sway to rt(lft)stretching lft sd still down [like sliding through the bottom of a bowl],-;
 SQQ 15 - Retain lft sway pos draw R to L,-,cl R loosing sway & rising,fwd L DW to SCP;
 SQQ 16 - [Chair & Slip]Thru R lowering body poised well fwd,-,rec L rising & folding W to CP & trng LF,sml step bk R to fce DC lowering;

PART B

- 1 - 4 CURVED 3 STEP;SYNCOATED BACK CURVED 3 STEP-CURVED 3 STEP-LEFT FEATHER:::
 SQQ 1 - [Curved 3]CP DC Fwd L,-,fwd R ball rising & curving LF (trng head to R),fwd L toe in CP to fce RLOD;
 Q&Q 1 1/2 - [Bk Snco 3]Bk R/L,R staying up and curving LF to end DW CP,
 SQQ 2 1/2 - [Curved 3]Repeat meas 1 to fce RDC;;,
 SQQQQ 4 - [L Fthr]Lowering bk R DW CP,-;rising & taking left sd bk moving W to SCAR bk L,bk R trng LF,sd & fwd L to Contra,fwd R to Bjo DW;
- 5 - 8 HOVER TELEMAR TO SCP;SYNCOATED NATURAL TURN & QUICK BACK FEATHER FOUR:::
LEFT CHASSE PIVOT:::
 SQQ 5 - [Hover T/M]Fwd L to CP,-;sd & fwd R rising & trng W to SCP,fwd L LOD lowering in SCP;
 S&QQQQ 6 - [Syc Nat & Qk bk fthr 4]Thru R trng RF to momentary CP RDW,-/sml sd L (fwd R head to rt)sway lft,bk R DC to Contra on balls of feet knees flexed,bk L Bjo;bk R bk L Bjo,
 SQQ&QS 7 1/2 - [L Chasse Pivot]Bk R DC lowering blending to CP,-;rising & trng LF on toes sml sd L/cl R,sml sd & fwd L DC pivoting LF to fce RLOD in CP, lowering bk R,-;
- 9 - 12 LEFT WHISK;RONDE & WHISK;CHASSE TRANS SHADOW(W SPIRAL);SHADOW ROLL RE:
 SS 9 - [L Whisk]Trng LF sd L LOD keeping W sq CP fcg WALL,-,rising XRIB(XLIB) on toes both looking LOD body still fcg WALL,-;
 SS 10 - [Ronde & Whisk]Lowering on R ronde L CCW(CW)to SCP,-,XLIB(XRIB)well under body staying down sway & look back to RLOD,-;
 SQQ&Q (SQQ) 11 - [Chasse Trans]Thru R,-,sd & fwd L/cl R release hold(fwd R spiral LF), jng L hands in shadow fwd L(L)fcg LOD same footwork;
 SQQ 12 - [Shadow Roll]Fwd R LOD,-,both roll RF L,R bringing jnd L hnds over W's head & down behind M's bk to end almost fcg DC W behind M;
- 13 - 16 CROSS CHECK;FEATHER FINISH TO RLOD;LEFT TURNING HOVER TO LOD;
CHASSE TRANS(LADY ROLL)TO SCP:
 SS 13 - [X Chk]Fwd L DC thighs x'd rt sd fwd rt arms curved in front of chest,-,stretching upper body fwd extend rt arms fwd DC,-;
 14 - [Feather Finish] Repeat Measure 2 of Intro;
 15 - [Trng Hover] Repeat Measure 3 of Intro;
 16 - [Chasse Trans] Repeat Measure 4 of Intro;

REPEAT PART AREPEAT PART B

THE SOUND OF MUSIC(Continued)

PART C

- 1 - 4 FEATHER:CHECK REVERSE & SLIP:CURVED FEATHER:HEEL PULL & RUMBA CROSS:
 SQQ 1 - [Fthr]Thru R lowering,-,sd & fwd L(trng LF sd & bk R),fwd R in Bjo DW;
 SQQ 2 - [Chk Rev & slip]Fwd L to CP,-,trng LF sd & fwd L LOD rising rt sd
 leading chk head rt,trng RF recov bk L lowering in CP fcg DW;
 SQQ 3 - [Curved Fthr]Fwd R DW,curving RF rising fwd L,R to Bjo RLOD;
 QQQQ 4 - [Heel Pull Rm X]Bk L trng RF,draw R bk & trng RF sml sd R (sd L armd M)
 to CP LOD,fwd L LOD lft sd leading knees relaxed,XRIB(XLIF)trng RF;
- 5 - 8 SPIN & TWIST CHECK::ROLL TO LEFT & BACK CHASSE:WEAVE 4:
 SQQ 5 - [Spin & twist ck]Trng RF sd L DW(fwd R sml step between M's ft)cont
 trn on L to CP fcg LOD,-,fwd R LOD trng RF,sd L DW(heel trn);
 SS(QQS) 6 - XRIB(fwd L,R unwind M)to CP WALL,trans wgt to R in place chkg &
 lowering into lunge RDW head to R,-;
 SQ&Q 7 - [Roll to L Bk Chasse]Trng shoulders RF sd L knee relaxed head to L
 body fcg RDW(sml sd & fwd R between M's feet head to rt)sway to
 left,-,cont shoulder roll RF rt sd lead sd & bk R DC rising/cl L,
 bk R to contra fcg RDW;
 QQQQ 8 - Bk L to Bjo,bk R to CP trng LF,sd & fwd L DW,fwd R to Bjo DW;
- 9 - 16 THREE STEP:TRAVELLING HOVER CROSS::HINGE-RUDOLPH RONDE & SLIP:::
OPEN TELEMARK:JETE POINT:
 SQQ 9 - [3 Step]Fwd L,-,R,L DW;
 SQQ 10 - [Trv Hvr X]Fwd R trng RF,-,sd L DW rising(heel trn),cont trn sd & fwd
 R LOD rt sd leading(trng head to R)in Contra SCAR;
 QQQQ 11 - Fwd L in SCAR LOD both looking to COH,cl R on balls of ft(sd L),bk L
 RLOD in Bjo,bk R to CP trng LF;
 SS 12 - [Hinge]Sd L(fwd R)RLOD both look RLOD shldrs sq to COH,-,hold position
 (XRIB),-;
 SS 13 - Trng body & W slightly LF lowering & stretching lft sd sway & look to
 COH(keeping shldrs sq to M trn head well to left),-,trng body RF no
 wgt chng folding W to CP LOD(rec to R trng RF to CP),-;
 SQQ 14 - [Rudolph & Slip]Strong stp fwd R heel CP with rt sd leading lft stays
 bk remain down trn body sharply RF keeping thighs X'd(sd L armd M
 knee relaxed trng RF ronde R CW)to SCP LOD,-,bk L(bk R)well under the
 body,rising on L & folding W to CP trng LF sml stp bk R lowering in
 CP fcg DC;
 SQQ 15 - [Open T/M]Fwd L DC,-, trng LF sd R DC(heel trn),fwd L DW to SCP;
 S&S 16 - [Jete Pt]Thru R(Thru L trng LF keeping head to R)to CP LOD,-,cl L both
 look COH/quickly lower look & sway twd wall & point R sd to WALL,-;

AB ABC

	WAIT TURNING HOVER SEMI	FEATHER FINISH REVERSE CHASSE LADY ROLL SEMI
A	HALF NATURAL FEATHER FINISH CROSS SWIVEL & TRANSITION TELESPIN ENDING	CLOSED IMPETUS DOUBLE REVERSE WING SAME FOOT LUNGE PICKUP LEFT LUNGE
	RIGHT LUNGE ROLL & SLIP --- CLOSED WING ----	REVERSE WAVE BACK FEATHER CHECK TELESCOOP & LINK CHAIR & SLIP
B	CURVED 3-STEP ← CURVING 3-STEP HOVER TELEMAR SEMI ----	QUICK BACK CURVE 3 ← LEFT FEATHER SYNCO NATURAL & BACK FEATHER 4 ← LEFT CHASSE PIVOT
	LEFT WHISK CHASSE TRANSITION SHADOW CROSS CHECK TURNING HOVER SEMI	RONDE & WHISK SHADOW ROLL RIGHT FEATHER FINISH REVERSE CHASSE LADY ROLL SEMI
C	FEATHER CURVED FEATHER SPIN & TWIST ROLL LEFT & BACK CHASSE	CHECKED REVERSE & SLIP HEEL PULL & RUMBA CROSS END CHECK END WEAVE
	THREE STEP ---- END LADY RECOVER OPEN TELEMAR	<i>cont</i> TRAVELLING HOVER CROSS SLOW HINGE RUDOLPH & SLIP JEFE POINT

SOUND OF MUSIC
(WAIT IN CHECKED SHADOW FACING DC)