

Ballerina Waltz

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RECORD: Grenn 17246 or 14036 SPEED: To suit Published: August 1999
FOOTWORK: Opposite, except where noted PHASE: IV+1 (change of sway)
SEQUENCE: INTRO, A, B, A, B, A, B (1-15), ENDING RHYTHM: Waltz

INTRO

1 – 4 LOP DLW WAIT 2 MEAS;; STEP TOG & TCH; BOX FIN;
LOP fcg DLW wait; 2) rpt meas. 1; 3) stp tog L, tch R, -; 4) bk R trng LF, sd L, cl R;

A

1 – 4 OP REVERSE; HOVER CORTE; BK, BK/LK/BK; OUTSIDE SWIVEL;
1) Fwd L trng LF, sd R cont trn, bk L to CBJO; 2) bk R trng L, sd & fwd L with hvrg action, rec bk R in CBJO;
3) bk L, bk R/lk Lif R, bk R; 4) bk L, X R over L no wt chg [fwd R swlg RF to SCP];

5 – 8 NATURAL HALF; OVERSPIN TURN; BOX FINISH; CHANGE OF DIRECTION;
5) fwd R stg RF trn, sd L DLW, bk R in CBJO; 6) bk L pvtg ½ RF, fwd R cont pvt ¼, rec bk R; 7) rpt meas 4 of intro; 8) fwd L DLW, fwd R LOD;

9 -12 DIAMOND TURNS to SCAR;;;;
9) fwd L on the diag, sd R cont trng, bk L in CBJO; 10) staying in CBJO bk R cont LF trn, sd L, fwd R;
11) rpt meas 9 part A; 12) bk R cont trng, cl L, fwd R to SCAR [fwd L, sd R to SCAR, bk L];

13-16 CROSS HOVER BJO; CROSS HOVER SCAR; CROSS HOVER SCP; PICK UP ;
13) XlifR, sd R rising and trng L, rec L to CBJO; 14) XrifL, sd L rising and trng R, rec R to SCAR; 15) XlifR, sd R rising, rec fwd L to SCP [XribL, sd L rising, trng R rec fwd R to SCP]; 16) fwd R, sd L, cl R to CP LOD [fwd L stg LF trn in front of ptr, sd R cont trn, cl L];



B

1 – 4 1 L TURN; BK WALTZ; 2 R TURNS;;
1) fwd L trng LF, sd R cont trn, cl L to CP RLOD; 2) bk R, bk L, cl R; 3) bk L trng RF, sd R cont. trng, cl L;
4) fwd R trng LF, sd L cont trn, cl R to CP wall;

5 – 8 WHISK; WEAVE 6 to SCP ;; PICK UP;
5) fwd L, fwd & sd R, cross LibR and rise to ball of foot; 6) fwd R, fwd L trng LF, sd and bk R to CBJO [fwd L, fwd and sd R trng LF, cont trng fwd L in CBJO]; 7) bk R, bk L starting LF trn, fwd R to SCP [fwd R, fwd L, fwd R to SCP]; 8) rpt meas 16 part A;

9 -12 DRAG HESITATION; BK, BK/LK/BK; OUTSD CHANGE to SCP; CHAIR & SLIP;
9) fwd L stg a LF trn, sd R cont trn, draw L toward R to CBJO; 10) rpt meas 3 part A; 11) bk L, bk R trng LF, sd and fwd L to SCP [fwd R, fwd L, fwd R]; 12) ck thru R with flexed knee, rec L, small stp bk R [ck thru L with flexed knee, rec R, swvlg LF stp fwd L] CP DLC;

13-16 OP TELEMAR; IN & OUT RUNS;; SLOW SD LOCK;
13) fwd L stg LF trn, sd R cont trn, sd & fwd L [bk R stg LF trn and bringing L beside R, heel trn on R and chng weight to L, sd & fwd R] to SCP DLW; 14) fwd R stg RF trn, sd & bk L, bk R [fwd L, fwd R, fwd L] to CBJO;
15) bk L trng RF, sd & fwd R between W feet cont trn, fwd L [fwd R stg RF trn, fwd & sd L cont trn, fwd R] to SCP; 16) thru R, sd and fwd L, cross Rib L trng slightly LF [thru L stg LF trn, Sd and bk R cont trn, cross Lif R];

ENDING

1 – 3 THRU, FC, CL; PROMENADE SWAY; CHANGE OF SWAY;
1) thru R, sd L, cl R to CP WLL; 2) sd and fwd to SCP stretching left sd of body looking over jnd hnds and relaxing L knee; 3) without chng weight chng body stretch and head pos slowly to RLOD;