

# THE BREEZE AND I

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RECORD: STAR 196 SPEED: Slow for Comfort  
PHASE RATING: Bolero Phase VI  
FOOTWORK: Opposite Except Where Noted  
SEQUENCE: Intro, A, B, A, B(mod)  
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## INTRO

1-4 MEN'S SHADOW POS WAIT ONE MEAS;  
SWEETHEART; TO LADIES CROSSBODY WITH SYNC SPINS; FWD BREAK;  
1 Men in front with ladies behind and to men's left sd in men's shadow POS WALL Men's R and Ladies L free both hands free with ladies hands on Men's Shoulders and in lowered heighth one Meas wait;  
SQQ 2 {Sweetheart} M sd R while remaing lowered and then rise,-, bk L and lower, fwd R (W sd L while remaining lowered and then rise,-, fwd R and lower, bk L);  
SQQ 3 {Ladies Crossbody with Sync Spins} M sd L while remaing lowered and then rise taking ladies right hand with men's right,-, bk R and lower while leading ladies fwd to DRW and releasing hands to spin ladies, fwd L to follow ladies and join right hands (W sd and fwd R while remaing lowered and then rise joining right hand with men's right,-, fwd L / fwd R and spiral, fwd L and trn for a total of 1&1/2 trn to face men and DC / bk R);  
SQQ 4 {Fwd Break} M sd and fwd R while remaing lowered and rise,-, fwd L and lower, bk R (W sd L and while remaining lowered and then rise,-, bk R and lower, fwd L);

## PART A

1-8 OVERTRN CROSSBODY'S;;; & MEN HEAD LOOP TO FACE; TURNING BASIC;;  
CROSS BODY; OPEN BREAK;  
SQQSQQ 1-4 {Overtrn Crossbody's & Men Head Loop to Face} M bk & sd L while remaing lowered and then rise trng body LF 1/8,-, using slipping action bk R and lower cont LF trn to LOD, fwd L to LOD (W fwd & sd R while remaining lowered and then rise,-, fwd L and lower trng LF full trn to face LOD, bk R to left sd of ptr); Fwd R while remaing lowered and then rise to trn LF,-, fwd L toward ptr and lower, bk R (W bk L while remaing lowered and then rise,-, bk R and lower, fwd L); Bk & sd L while remaing lowered and then rise trng body LF 1/8,-, using slipping action bk R and lower cont LF trn to LOD, fwd L to LOD (W fwd & sd R while remaining lowered and then rise,-, fwd L and lower trng LF full trn to face LOD, bk R to left sd of ptr); Fwd R while remaing lowered and then rise while taking joined right hands over mens head,-, fwd L and lower trng LF to face ptr and RLOD taking ladies to CP, bk R (W bk L while remaing lowered and then rise,-, bk R and lower, fwd L);  
SQQ 5-6 {Trng Basic} M sd L while remaing lowered and then rise,-, using slipping action bk R and lower, fwd L to LOD (W sd & fwd R while remaining lowered and then rise,-, fwd L and lower trng LF, bk R); Sd & fwd R while remaining lowered and then rise,-, fwd L and lower, bk R (W sd L while remaing lowered and then rise,-, R bk & lower, fwd L);  
SQQ 7 {Cross Body} M bk & sd L while remaing lowered and then rise trng body LF 1/8,-, using slipping action bk R & lower cont LF trn to face RLOD, fwd L to RLOD (W fwd & sd R while remaining lowered and then rise,-, fwd L and lower trng LF trn to face ptr and LOD, bk R);  
SQQ 8 {Open Break} M sd & fwd R while remaing lowered and then rise,-, bk L and lower, fwd R (W sd L while remaining lowered and then rise,-, bk R and lower, fwd L);

**PART A(cont)**

8-16		<b><u>MODIFIED RIGHT SIDE PASS TO SHADOW; ADVANCED SLIDING DOOR WITH SIT LINE TO FACE;; LUNGE BREAK; CURL &amp; LUNGE / LADIES SWIVEL; WHEEL &amp; LUNGE;; SLOW RISE TO TURNING BASIC ENDING;;</u></b>
SQQ	9	{ <u>Mod Right Side Pass to Shadow</u> } M fwd & sd L while remaining lowered and then rise with slight RF trn,-, using slipping action bk R and lower continuing RF trn, fwd L to shadow POS LOD (W fwd R while remaining lowered and then rise,-, fwd L under joined lead hands and lower, sd R to shadow position LOD);
SQQSQQ	10-11	{ <u>Advanced Sliding Door with Sit Line to Face</u> } M fwd R while remaining lowered and then rise,-, lower and fwd L to press line, rec R (W bk L while remaining lowered and then rise,-, lower and bk R to press line taking right arm down back and up over head, rec L); XLIF remaining lowered and then rise,-, lower and lunge sd R, rec L (W sd and fwd R trng LF in front of men then rise shaping toward men bring right hand down the side of his face in caress,-, trng RF under left hands face WALL bk L and lower into sit line and extend right arm up palm out, rec fwd R trng RF to face RLOD);
SQQ	12	{ <u>Lunge Break</u> } M sd R while remaining lowered and then rise,-, extend L sd and bk and lower keeping weight on R, draw L to R (W sd L while remaining lowered and then rise,-, bk R and lower, fwd L);
SQQ	13	{ <u>Curl &amp; Lunge / Ladies Swivel</u> } M cl L to R while remaining lowered and then rise,-, lower and lunge on R sd and bk, rec L sd and fwd to BJO (W fwd R while remaining lowered and then rise and trn LF to face LOD,-, lower and fwd L to swivel LF to face ptr, fwd R to BJO);
SQQ&S (SQ&QS)	14-15,,	{ <u>Wheel &amp; Lunge</u> } M fwd R while remaining lowered and then rise,-, fwd L circling with ladies, fwd R cont circling 1/2; rotating RF to face ptr lunge bk and sd L/ rec R,- (W sd L while remaining lowered and then rise,-, XRIB of L /sd L, fwd R; rotating to RF to face ptr point L bk,-),
SSQQ	15-16	{ <u>Slow Rise to Trng Basic Ending</u> } Begin rise taking joined hands between ptrs and up, cont rise taking joined hands up and then out, cont taking joined hands out and then down and back into CP and cl L,- (W rise bringing L up to R no weight taking joined hands between ptrs and up, cont bringing hands up and then down, cont bringing hands out and then down and back into CP,-), Place R bk and lower starting LF rotation, fwd L to RLOD releasing ladies to OFP (W fwd L and lower trng LF, bk R to OFP LOD);

**PART B**

1-8		<b><u>HIP TWIST OVERTURNED; TO FACING FAN TO THE WALL; NEW YORKER; AIDA; AIDA LINE &amp; HIP RKS; FACE TO FENCE LINE WITH CURL; LADIES DEVELOPE; HOCKEY STICK ENDING;</u></b>
SQQ S&QQ	1-2	{ <u>Hip Twist Overturned to Facing Fan to Wall</u> } M sd and fwd R while remaining lowered and then rise,-, fwd L and lower, bk R leading ladies to men's R sd (W sd & bk L while remaining lowered and then rise,-, lower and bk R, fwd L to men's R sd); small bk L and rise,- / swivel ladies RF to face RLOD, bk R and lower swivel ladies LF to face WALL, rec L trng LF to face ptr and WALL (W fwd R while remaining lowered and rise /swivel RF 1/2 to face RLOD,-, swivel LF 1/4 fwd L and lower trn LF to face COH, bk R);
SQQ	3	{ <u>New Yorker</u> } M sd and fwd R while remaining lowered and then rise and swivel RF to face RLOD,-, fwd L and lower, bk R and swivel LF to face (W sd L while remaining lowered and then rise and swivel LF to face RLOD,-, fwd R and lower, bk L and swivel RF to face ptr);
SQQ	4	{ <u>Aida</u> } M sd L while remaining lowered and then rise and swivel LF,-, step thru R and lower swiveling RF, sd and bk L cont RF swivel ( W sd R while remaining lowered and then rise swivel RF,-, step thru L and lower swiveling LF, sd and bk R cont LF swivel);
SQQ	5	{ <u>Aida Line &amp; Hip Rks</u> } M sd & bk R while remaining lowered and then rise to bk to bk "V" POS ,-, rec L and hip rk and lower, rec R with hip rk (W sd & bk L while remaining lowered and then rise trng to bk to bk "V" POS,-, rec R and hip rk and lower, rec L with hip rk);

### PART B(cont)

- SQQ 6 {Face to Fence Line with Curl} M sd L while remaining lowered and then rise and swivel LF to face ptr,-, XRIF and lower, hold and rotate ladies RF (W sd R while remaining lowered and then rise and swivel RF to face ptr,-, XLIF and lower, swivel RF to face RLOD);
- SQQ 7 {Ladies Develope} M hold thru measure (W bring R foot up on outside of L leg to knee,-, lift R knee fwd, extend R foot forward keeping toe pointed down);
- SQQ 8 {Hockey Stick Ending} M rec L while remaining lowered and then rise leading ladies fwd under joined lead hands,-, fwd R and lower swiveling RF to face RLOD, fwd L to RLOD (W fwd R while remaining lowered and then rise,-, fwd L lowering and trng LF under joined lead hands to face LOD, bk R);
- 9-16 FWD BREAK: ALEMANA OVERTRNED AND LOWER:: RISE & FWD TWO: PREPERATION TO SAME FOOT LUNGE:: TELESPIN ENDING TO OVERSWAY & INSIDE TRN:: FWD BREAK:
- SQQ 9 {Fwd Break} M sd and fwd R while remaining lowered and then rise and to a handshake, fwd L and lower, bk R (W sd L and while remaining lowered and then rise and join R hands,-, bk R and lower, fwd L);
- SQQ 10-11 {Alemana Overtrned and Lower} M sd L while remaining lowered and then rise,-, XRIB and lower leading ladies to trn under joined R hands, rec fwd L (W sd & fwd R while remaining lowered and then rise,-, fwd L and lower with RF trn, fwd R to R sd of men); Fwd R around ladies with RF trn to face COH while remaining lowered and rise leading ladies to spin 1 1/8 RF ending with right hands joined behind ladies back ladies facing DW,-, lower with no weight chg, cont lowering (W remain lowered with no weight chg then rise and spin 1 1/8 RF under joined hands ending with right hands joined behind ladies back ladies facing DW,-, lower without weight chg, cont lowering);
- SQQ 12 {Rise & Fwd Two} M with no weight chg rise,-, fwd L circle RF and lower, fwd R cont circle to face DW (W with no weight chg rise,-, fwd L start LF trn 1 1/8 and lower, bk R cont trn to face LOD);
- SSS 13-14,, {Preperation to Same Foot Lunge} M cl L to R and rise preparing for same foot lunge to DRW,-, lower and fwd R to same foot lunge,- (W bk L with rise and swivel RF to prepare for same foot lunge,-, lower and bk R,-): Stretch R sd and chg sway,-,
- QQSQQ (&QQSQQ) 14-15 {Telespin Ending: to Oversway & Inside Trn} M rotate body LF without weight chg and pickup ladies/ spin left face on L, side R cont trn (W keep right side in to M forward L/R, cont trn with toe spin close L); Sd L with rise to oversway pos,-, lower and sd R trng ladies under lead hands LF, cl L to R and join R hands (W fwd & sd R to oversway pos,-, lower & rec fwd L to LF underarm trn, bk R cont trn to face ptr and shakehands);
- SQQ 16 {Fwd Break} M sd and fwd R while remaining lowered and rise,-, fwd L and lower, bk R (W sd L and while remaining lowered and then rise,-, bk R and lower, fwd L);

### PART B(mod)

- 1-8 HIP TWIST OVERTRNED: TO FACING FAN TO THE WALL: NEW YORKER: ADIA: ADIA LINE & HIP RKS: FACE TO FENCE LINE WITH CURL: LADIES DEVELOPE: HOCKEY STICK ENDING:
- 1-8 Repeat Part B meas 1 – 8
- 9-16 FWD BREAK: ALEMANA OVERTRNED: FWD TO LOWER: RISE & FWD TWO: PREPERATION TO SAME FOOT LUNGE:: TELESPIN ENDING TO ADVANCED OVERSWAY:::
- 9-14,, Repeat Part B meas 9 – 14,,
- QQSSSS (&QQSSSS) 14-16 {Telespin Ending: to Advanced Oversway} M rotate body LF without weight chg and pickup ladies/ spin left face on L, side R cont trn to overtrn ladies (W keep right side in to M forward L/R, cont trn with toe spin close L); M sd and fwd L with rise,-, release lead hands lowering right hand to ladies waist,-; slowly extend body up and out with rotation in two slows to advanced overway pos with mens left arm bk & out,-,(W bk & sd R,-, place right arm around men's waist,-; slowly extend body out and take left arm bk and out in two slows to advanced oversway pos,-,-);