

DREAMING BALLERINA

Music : Mark Whale

Cd One Moment in Time Track # 2 Time 3:58 after

Trimming out the first 22 seconds of music

Available from Choreographer

Rhythm : Bolero Phase : V+0+1 (Full Moon)

Footwork : Opposite , except where (Noted)

Release Date : Nov. 2012

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Sequence : INTRO AB AB A* END

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INTRO

01 BFLY FCG WALL WAIT ONE MEAS LEAD FEET FREE START ON THE SECOND PIANO NOTE ;
{Wait} BFLY FCG WALL & Ptr Wt 1 meas lead feet free & start on the second piano note ;

PART A

01-04 BASIC ; ; LEFT PASS ; NEW YORKER ;

{Basic} Sd L, -, bk R, rec L ; Sd R, -, fwd L, rec R ; {L Pass} Fwd L DLW, -, trng LF rec R, cont LF trn sd & fwd L to fc COH (W fwd R DLC trng 1/4 RF w/ bk to ptr, -, sd & fwd L w/ strong LF trn, bk R) to BFLY COH ; {N Yker} Sd R, -, trng to LOP LOD fwd L, bk R trng to BFLY COH ;

05-08 OPEN BREAK ; REVERSE UNDER ARM TURN ; AIDA PREP ; AIDA LINE & QUICK SWITCH CLOSE ;

{OP Break} Sd L xtndg R hnd to LOD, -, bk R (W bk L), rec L ; {Rev Undrm Trn} Sd R, -, XLif, bk R (W sd L comm 1/2 LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr) to BFLY COH ; {Aida Prep} Relg ld hnds Sd L trng to slight V pos RLOD, -, thru R, trng RF sd L chg hnds to LOP-FCG ; {Aida Line & Qk Switch Cl} Trng RF bk R to V BK- TO- BK LOD free hnds up & out, -, trng LF sd L to fcg ptr, cl R to CP COH ;

09-12 TURNING BASIC ; LUNGE BREAK ; RIGHT PASS ; START HORSE SHOE TURN ;

{Trng Basic} Trng RF sd & fwd L twd DRC (W's head to R), -, slp bk R w/ strong LF trn (W fwd L between M's ft head bk to L), sd & fwd L to CP WALL ; {Lunge Break} Sd & bk R to LOP-FCG, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (W sd & bk L, -, bk R w/ sitting action, rec L) ; {R Pass} Fwd & sd L startg RF trn & raisg ld hnds to form window, -, XRif cont trn, rec L to LOP-FCG COH (W fwd R, -, fwd L startg LF trn, undr jnd hnds bk R trng LF to fc ptr) ; {Start Horse Shoe Trn} Sd & fwd R to V pos LOD, -, cont trn thru L LOD, rec R to V pos & raise ld hnds ;

13-16 FINISH HORSE SHOE TURN ; HIP LIFT ; UNDER ARM TURN ; SLOW HIP ROCK 2 ;

{Finish Hors Shoe Trn} Circ LF 1/2 to fc ptr & WALL fwd L, -, R, L (W circ tightly RF 1/2 undr jnd hnds fwd R, -, L, R to fc ptr & COH) ; {Hip Lift} Sd & fwd R to CP bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, lowr L hip relaxing knee ; {Undrm Trn} Sd L, -, relg trl hnds & raisg ld hnds sm bk R, rec L (W sd & fwd R comm RF trn, -, contg RF trn undr jnd hnds XLif, compg full RF trn fwd R to fc ptr) ; {Slow Hip Rk 2} [S, -, S, -] Sd R rollg R hip, -, rec L rollg L hip [1st & 2nd time to R-Hndshk 3rd time* to BFLY] , - ;

PART B

01-04 SHADOW NEW YORKER to a FULL MOON ; ; ;

{Shadow N Yker to a Full Moon} Sd R trng to slight V RLOD, -, thru L RLOD, rec R to fc ptr (*W sd L, -, thru R w/ strong bdy trn almost w/ bk to ptr, rec L*) ; Sd & bk L, -, slp bk R trng LF, fwd & sd L bring R hands up behind W to lead the spiral (*W trng to fc ptr sd & fwd R, -, trng LF fwd L xg in frnt of M, fwd R twd COH/spiral 7/8 LF*) joining L hands to VARS POS COH ; Fwd R to COH, -, fwd L, releasing L hands bk R (*W cont LF trn fwd L COH, -, fwd R, bk L trng RF*) ; Bk L trng 1/8 LF, cont LF trn bk R, cont LF trn fwd L bring R hands up behind W to lead the spiral (*W fwd R twd M's R sd contg RF trn, -, fwd L, fwd R twd WALL/spiral 7/8 LF*) joining L hands to VARS POS WALL ; Fwd R WALL, -, fwd L, releasing L hands bk R (*W cont LF trn fwd L to WALL, -, fwd R, bk L rel L hands trng RF to fc M*) ;

05-08 HIP TWIST to a FAN ; ; EXIT to FACE ; SYNCOPATED ROCKS ;

{Hip Twist to a Fan} Cl L to R leading W to trn RF, -, bk R, rec L change to lead handhold (*W fwd R twd M R sd trng ¼ RF fc LOD, -, fwd L LOD, fwd R trng LF*) ; **{Exit to Fc}** Sd & fwd R, fwd L, rec R (*W bk L to Fan Pos, -, cl R to L, fwd L trng RF to fc ptr*) ; **{Syncopated Rocks}** [1,-,2&3] Sd L, -, rec R rollg R hip/ rec L rollg L hip, rec R rollg R hip ;

09 RIFF TURNS ;

{Riff Trns} Sd L raisg ld hnds, cl R, small sd L, cl R (*W sd & fwd R comm RF spin, cl L compg full RF spin, fwd R comm RF spin, cl L compg 2nd full spin undr jnd hnds*) to CP WALL ;

REPEAT PARTS AB

REPEAT PART A

ENDING

01-04 REVERSE UNDER ARM TURN ; OPEN BREAK ; HIP LIFT ; AIDA PREP ;

{Rev Undrm Trn} Repeat meas 6 Part A ; **{Open Break}** Repeat meas 5 Part A ; **{Hip Lift}** Repeat meas 14 Part A ; **{Aida prep}** Repeat meas 7 Part A ;

05-06 AIDA LINE ; SWITCH LUNGE & SLOWLY DEVELOP the ARMS ;

{Aida Line} Trng RF bk R to V BK-TO-BK RLOD trl hnds up & out, -, -, - ; **{Switch Lunge & Slowly Develop the Arms}** Trn LF (*W RF*) Bk & sd L to fc ptr w/ lunge action w/ ld hnds xtnd to LOD, slowly sweep trl arms up & bk as the music ends, -, - ;