

MARIA ELENA WALTZ

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Record: Special Press (Flip of My Love, Forgive Me) Rhythm: Waltz

Sequence: Intro-A-B-A-B-Ending Suggested Speed: 45-46 for comfort

RoundALab Phase V + 2 (Same Foot Lunge and Running Spin)

INTRO

1-4 WAIT 2;; TURN LEFT CHASSE BJO; BACK TRANSITION(COH);

1-2 In CP/DC wait 2 meas;;

3-4 (Trn L Chasse Bjo)Fwd L trng LF to fc COH(W bk R trng LF)sd R/cl L,bk R to Bjo/DRC;

(Bk Trans) Bk L trng R,tch R to L to fc COH(W fwd R outsd M trng RF,cl L to R trn body to fc DRW),-,both look RLOD;

5-8 SAME FOOT LUNGE; REC TO HINGE LINE; IMPETUS SCP; PICKUP DOUBLE LOCKS;

5-6 (Same Foot Lunge)Relax supporting leg slide R sd & fwd,relax R knee to lunge pos looking over W's head,chg sway stretch R sd look RLOD(W relax L knee slide R bk in lunge pos,

extend well into M's R arm with head L,chg sway stretch L sd look RLOD); (Rec to Hinge Line)

Rec on R,relax L knee,-(W rec on L,swivel LF on L,pt R thru twd LOD)to Hinge Line;

7-8 (Imp to SCP)M rise on L trng body RF no wgt chg,step on R cont RF trn,fwd L(W rec on R trng

RF,sd L around M trng RF brush R to L,fwd R)SCP/DC; (Pickup Double Lks)Twd DC fwd R

picking up DW,fwd L/lock RIB of L,fwd L/lock RIB of L(W fwd L pickup to Contra Bjo/DC,

step bk R/lock LIF of R,bk R/lock LIFof R)Bjo/DC; 1,2/&,3/&

PART A

1-4 TELEMARK TO SCP; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK;

1-2 (Tel SCP)Blend to CP and step fwd L start LF trn,sd R cont trn,sd & fwd L(W bk R start LF

heel trn,chg wgt to L cont trn,sd & fwd R)SCP/DW; (Open Nat)Fwd R start RF trn,sd & bk L

cont trn,bk R(W fwd L,fwd R bet M's ft,fwd L)Bjo/DRC;

3-4 (Outside Spin)Rec on L trng RF,fwd R trng RF,sd & bk L(W fwd R around M start RF toe spin,

cont spin & chg wgt to L toe,fwd R bet M's ft)CP/ROD; (R Trng LK)Bk R with R sd lead

start RF trn/lock LIF of R cont RF trn,sd & fwd R cont trn,fwd L(W fwd L with L sd lead/lock

RIB of L,fwd & sd L trng RF,fwd R)SCP/DC; 1/&,2,3

5-8 RIPPLE CHASSE; WEAVE;; MANUEVER;

5-6 (Ripple Chasse)Thru R twd DC,trng head to R with R sway in CP sd L/cl R holding sway, sd &

fwd L straighten up (W thru L twd DC,trng head to L with L sway in CP sd R/cl L holding

sway,sd & fwd R straighten up)SCP/DC; (Weave to Bjo)Fwd R,fwd L trng LF to CP,sd & bk

R(W fwd L,sd & bk R trng LF,fwd L);

7-8 (Finish Weave)Bk L,bk R trng LF to CP,sd & fwd L(W fwd R,fwd L trng LF,sd & bk R)

Bjo/DW; (Manuv)Fwd R outside ptr trn RF,sd L DW,cl R(W bk L trng RF,sd R DW,cl L)

CP/ROD;

9-12 RUNNING SPIN & WEAVE;; CLOSED WING; CROSS SWIVEL;

9-10 (Running Spin & Weave)Bk L pivot 1/2 RF,fwd R cont trn/sd L,bk R(W fwd R pivot 1/2 RF,bk L

cont trn/sd R,fwd L)Bjo/DRW; Bk L,bk R trng LF,sd & fwd L(W fwd R,fwd L trng LF,sd & bk R)

Bjo/DW; 1,2/&3; 1,2,3;

11-12 (Closed Wing)Fwd R,dr L to R with LF body trn,tch L(W bk L,sd R across M,fwd L(SCar/

LOD; (Cross Swivel)Fwd L,swivel on L ft & trn LF pt R ft down LOD,ck fwd on R twd ROD

(W bk R,swivel on R ft & trn LF pt L ft down LOD,ck bk on L twd ROD)Bjo/ROD;

13-16 HESITATION CHANGE; MINI TELESPIN;; BACK TO TIPPLE CHASSE;

13-14 (Hesi Chg)Bk L trng RF,sd R trng RF,dr L to R(W fwd R trng RF,sd L trng RF,dr R to L)CP/

DC; (Mini Telespin)Fwd L,fwd & sd R trng LF,sd & bk L keep L sd twd W(W bk R trng LF,

bring L to R for LF heel trn,fwd R);

15-16 (Finish Mini Tel)Spin LF on L,sd R(W with head L and with R sd lead fwd L/fwd R,cl L),-,CP/

DRC; (Bk to Tipple Chasse)Bk L start RF trn,cont trng RF small sd R/cl L,sd R(W fwd R start

RF trn,cont trng RF small sd L/cl R,sd L)CP/LOD;

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PART B

1-4 HOVER TELEMAR; SEMI CHASSE; STEP RONDE; RONDE TO RIGHT CHASSE;

1-2 (Hov Tel)Fwd L LOD,sd & fwd R with hovering action & trng RF,rec fwd L on toe(W bk R,
diag sd & bk L with hovering action trng RF brush R to L,rec fwd R on toe)SCP/LOD;

(Semi Chasse)Step thru on R,sd L/cl R,fwd L(W thru on L,sd R/cl L,fwd R)SCP/LOD;

3-4 (Step Ronde)Step thru to LOD on R,ronde L CW to end ptg twd LOD(W thru to LOD on L,

ronde R CCW to end ptg twd LOD),-; (Ronde to R Chasse)Ronde L CCW and step bk on L,

blend CP/Wall & chasse sd R/cl L,sd R twd RLOD(W ronde R CW and step bk on R,blend

CP and chasse sd L/cl R,sd L twd RLOD)CP/Wall;

5-8 CONTRA CHECK REC TO BJO; NATURAL HOVER CROSS;; DOUBLE REVERSE SPIN;

5-6 (Contra Ck Rec to Bjo)Flexing R knee step fwd L with R shoulder lead,rec R,step sd L(W flex

L knee step bk R with R sd fwd & looking well L,rec on L,step sd R)Bjo/DW; (Nat Hover

Cross)Fwd R DW start RF trn,cont trn sd L DW,cont strong RF trn on L and step sd R LOD

(W bk L start RF heel trn,cont trn chg wgt to R,sd L LOD);

7-8 (Cont Nat Hov Cross)Cont RF trn and step fwd L across R on toes with R sd stretch to SCar,

rec R,sd & fwd L/fwd R with L sd lead to Bjo(W bk R on toes with L sd stretch to SCar,rec L,

small sd R/bk L to Bjo)Bjo/DC; 1,2/&,3 (Doub Rev)Fwd L trng LF,fwd & sd R around W

start LF spin on ball of R ft & drawing L to R,cont LF spin on R bring ball of L ft beside R no

wgt(W bk R start LF heel trn on R heel,cont trn chg wgt to L,fwd & sd R around M trng LF/

lock LIF of R)CP/DW; 1,2/&,3

9-12 FWD TO RIGHT LUNGE; ROLL,REC,SLIP; TURN LEFT CHASSE BJO; BACK TRANS;

9-10 (Fwd to R Lunge)Step fwd L,flex L knee and step sd & fwd R DW keep L sd in twd ptr &

flex R knee as wgt is taken(W bk R,flex R knee & step sd & bk L DW keep R sd in twd ptr &

flex L knee as wgt is taken),-; (Roll,Rec,Slip)Roll upper body RF,rec on L,trng LF step bk R

(W roll upper body RF,rec on R,trng LF slip L fwd)CP/DC;

11-12 Repeat action of meas 3-4 of Intro;;

13-16 SAME FOOT LUNGE; REC TO HINGE LINE; IMPETUS SCP; PICKUP DOUBLE LOCKS;

13-14 Repeat meas 5-6 of Intro;; ("To share this love; Is really all;")

15-16 Repeat meas 7-8 of Intro;; (Imp starts on "ask")

Note: Second time thru Part B starting with meas 13 the music retards and is slow thru end of dance.

ENDING

1-4 TELEMAR TO SCP; OPEN NATURAL; OUTSIDE SPIN; RIGHT TURNING LOCK;

1-4 Slowly repeat meas 1-4 of Part A;;; (1st step of Telemark starts right after word "You".

5-6 THRU TO PROMEADE SWAY & CHANGE SWAY;;

5-6 Slowly step thru DC on R,step sd & fwd L in SCP stretching body upward to look over jnd

lead hands(W thru DC on L,step sd & fwd R in SCP stretching body upward to look over jnd

lead hands),-; Without wgt chg, very slowly chg body stretch with rotation to look opposite

direction and HOLD;