

MEDITATION

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RECORD: LIMITED PRESSING# 920902-B 205-967-3686

FOOTWORK: Opposite.

SEQUENCE: INTRO,A,B,A,B,ENDING.

TIMING: QQS Except as noted. RUMBA

PHASE: V+2+ Unphased figure (Advanced Hockey Stick)

INTRO

1-8 WAIT; WAIT; SOLO FENCELINE RLOD; NEW YORKER IN 4; NEW YORKER;

NEW YORKER IN 4 RLOD; NEW YORKER; SPOT TURN;

1-2 Hnds in front of chest fcg WALL std footwork WAIT 2;;

3 Stp thru L(W thru R) xif of R in lunge action, rec R,

sd L [ HANDWORK: Bring M's trailing arm out & lead

arm up(W opposite) on rec stp bring lead arm dwn &

out & join trailing hnds],-;

QQQQ 4 Stp thru twds LOD on R to OP, rec L, sd R to fc ptr

with cucarache action, rec sd L twds LOD(W thru on L,

rec R, sd L, rec R);

5 Maintain trailing hnds joined xRif of L turn LF, rec L

to fc ptr, sd R release trailing hnds,-;

QQQQ 6 Join lead hnds stp thru twds RLOD on L to LOP, rec R,

sd L to fc ptr with cucaracha action, rec sd R twds

RLOD(W thru on R, rec L, sd R, rec L);

7 Maintain lead handhold xLif of R turn RF, rec R to fc

ptr, sd L,-;

8 Thru R LOD release hnds turn LF(W RF) to fc RLOD, fwd

L cont. turn to fc ptr, sd R to CP,-;

## PART A

1-4 ADVANCED HIP TWIST'TO FAN;; ALEMANA;;

1-2 Fwd L turn body RF 1/8 lower joined hnds(palm dwn),  
 rec R, bk L slightly beh R(W swvl RF on L to fc WALL  
 stp bk R, rec L turn LF to fc COH, fwd R in bjo),-;  
 Bk R, rec L, sd & slightly fwd R to fc DW(W fwd L  
 outside M swvl RF, rec R swvl LF to fc M, bk L leave  
 R pointed twds RLOD),-;  
 3-4 Fwd L, rec R, cl L prepare W for RF underarm turn(W  
 cl R, fwd L, fwd R to fc M),-; Bk R, rec L, sd R(W fwd  
 L turn RF under joined hnds, fwd R cont. turn to fc M,  
 sd L),-;

5-8 ADVANCED HOCKEY STICK TO COH;; LADY CHASE; MAN CHASE;

5-6 With lead hnds joined rk fwd L, rec R, comm. str RF  
 upper body turn bk L to fc DRC(W bk R, rec L, fwd R  
 to end in front of M's R shoulder),-; M bk R cont. RF  
 turn, rec L twds COH, fwd R(W fwd L turn LF under  
 joined hnds, cont. turn sd & bk R to fc ptr, bk L)  
 lower joined hnds to waist level,-;  
 7 M fwd L turn **J RF release hnds, rec & fwd R, cont.** RF  
 turn, fwd L -tiALL (W bk R, rec & fwd L to chase M,  
 fwd R).-;  
 8 M fwd R turn i LF, rec & fwd L cont. turn to chase W,  
 fwd R to fc COH(W fwd L, rec R(no turn), bk L) join  
 lead hnds,-;

9-12 ADVANCED HOCKEY STICK TO FC WALL;; LADY CHASE; MAN CHASE;

9-10 Repeat measures 5 & 6 in PART A comm. fcg CDR & end

fcg WALL;;

11 Repeat measure 7 in PART A;

12 Repeat measure 8 in PART A;

13-16 NEW YORKER; SPOT TURN; ONE CUDDLE LADY SPIRAL TO FAN;;

13 Repeat measure 7 in INTRO;

14 Repeat measure 8 in INTRO;

15-16 Push sd L, rec R, cl L(W turn RF on L rk bk R to OP, rec L to fc LOD join lead hnds, fwd R spiral LF full turn),-; M bk R, rec L, sd & slightly fwd R(W fwd L, R, turn | LF on R bk L leave R extended RLOD),-;

PART B

1-8 ALEMANA;; BREAK BK TO 1 OPEN; KIKI WALKS;; IN & OUT RUNS TO

T-OPEN;; LUNGE THRU, REC TO LEFT -21 OPEN;

1-2 Repeat measures 3 & 4 in PART A;;

3 Turn LF to OP(W RF) bk L twds RLOD, rec R blend to

OP fcg LOD with L arm out to sd(W R arm), fwd L,-;

4-5 Place each ft directly in front of the other fwd

R,L,R,-; L,R,L,-;

6-7 Fwd R comm. RF turn, fwd & sd L in front of W cont.

turn, fwd & sd R to L | OP with M's R & W's L arms

out to sd fcg LOD,-;Fwd L,R,L shorten stps to adj to

W's actions(W fwd R comm. RF turn, fwd & sd L in front

of M cont. RF turn, fwd & sd R) to J OP with M's L &

W's R arms out to sd fcg LOD,-;

8 With fenceline action M lunge thru on R with upper

body rotation to the R keeping L arm out to sd(W

lunge thru on L with upper body rotation to the L &R

arm out to sd), rec L to fc ptr, sd R turn RF to L

OP fcg RLOD bring M's R arm(W's L arm) out to sd,-;

9-12 KIKI WALKS;; LUNGE THRU, REC, FC; AIDA;

9-10 Fcg RLOD pl each ft directly in front of the other

fwd L,R,L,-; R,L,R,-;

11 With fenceline action lunge thru on L with upper body

rotation to L keep R arm out to sd(W lunge thru R with

upper body rotation to R & L arm out to sd), rec R to

fc ptr, sd L dwn LOD join lead hnds,-;

12 Thru R LOD, sd L turn RF(W LF), sd & bk R to bk to bk

posq-;

13-16 SWITCH RK; SPOT TURN; HALF BASIC; NATL TOP;

13 Turn LF(W RF) to fc ptr stp sd L, rec R, sd L,-;

14 Repeat measure 8 in INTRO;

15 Rk fwd L, rec R, sd L turn to fc RLOD in CP,-;

16 XRib of L, sd L, cl R to L(W sd L, xRif of L, cl L to

R) end CP fcg WALL,-;

ENDING

1-4 CURL; CUCARACHAS;; LUNGE LINE/LADY SIT LINE & HOLD;

1 Fwd L, rec R, cl L to R lead W to turn LF under

**raised hnds(W bk R, rec L, fwd R turn LF to fc WALL)**

release hnds as W completes turn to fc WALL with W

slightly to M's R sd(W bring hnds in front cross R over

L palms in) M's hnds on W's waist,-;

2-3 Sd R ins edge on toe to ball of ft with strong hip

action, rec L, cl R to L(W sd L, rec R take hnds dwn

& out to sd CL L, return hnds to crossed pos)-;

Sd L ins edge on toe to ball of ft with strong hip

action, rec R, cl L to R(W sd R, rec L take hnds dwn  
& out to sd, cl R return hnds to crossed pos),-;  
SS 4 M pl trailing hnd on W's lower bk & extend Lead arm out  
to sd xRif lunge DW look twds W(W sml stp bk L into  
sit line action extend R fwd twds DW & arms out to sd  
with body fcg DW look twds M),-, HOLD UNTIL MUSIC ENDS,-;