



PART OF ME

Music: Charlie Landsborough – Cd.: The Very Best Of – Track # 8

Rhythm : Waltz

Phase : IV + 2 + U (*Syncop. Whisk + Nat. Hov. Cross + Lace Box*)

Choreo : Jos. Dierickx – Beverlosestwg.14 B 2 – 3583 – Paal – Belgium

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Footwork : Opposite, except where noted.

Release Date : Oct.2011

SEQUENCE : INTRO AA B AB SLOT

INTRO

01-04 : WAIT 2 MEAS. IN BFLY POS. To the WALL ; ; ROLL 3 to SCP ; THRU FACE CLOSE ;

01-04 : [Wait 2 Meas Bfly Wall] Wait 2 Meas in Butterfly Position to the Wall ; Lead feet free ;
[Roll 3 to SCP] Rollg LF (W RF) down LOD fwd L to fc RLOD, cl R sping on toe to fc LOD, fwd L to SCP/LOD ; [Thru Fc Cl] XRIFL (W XLIFR), fwd L to fc ptr in BFLY WALL, cl R to L ;

PART A

01-04 : WHISK ; SYNCOP WHISK ; SYNCOP VINE ; SLOW SD LOCK ;

01-04 : [Whisk] Fwd L, fwd & sd R stg rise to ball of ft, w/ slt RF trn XLIBR cont to full rise to ball of ft (W bk R, bk & sd L stg to rise to ball of ft, w/ slt RF trn XRIBL cont to full rise to ball of ft) to tight SCP / LOD ; [Sync. Whisk 1,2&3] Thru R in SCP, trng twd ptr cl L to CP WALL/sd R, XLIBR to tight SCP/LOD ; [Sync. Vine 1,2&3] Thru R, sd L/XRIBL (W XLIBR), sd L to SCP/DLC ; [Slow Sd Lck] Thru R, sd L, swvling LF XRIBL to CP/DLC ;

05-08 : OP TELEMARCK ; NAT.HOV.FALLAWAY ; BK CHECK & WHIPLASH ; OP IMPETUS ;

05-08 : [OP Telemark] Fwd L stg LF trn, sd R contg LF trn, sd & slightly fwd L (W bk R stg LF trn, cl L [heel trn] contg LF trn, sd & slightly fwd R) to SCP/DLW ; [Nat. Hov. Fallaway] Fwd R, fwd L with rise & turn RF, rec. bk R in fallaway (W fwd L, fwd R with rise, rec. bk L in fallaway) backing DLC ; [Back Check & Whiplash Bjo 1,2,-] Bk L in fallaway ck, thru R no rise pnt L to DRW trn body LF to swivel lady to bjo, shape to rght sway slght rise in bjo DRW (W bk R fallaway ck, thru L swivel LF ronde R CCW to bjo, shape with man slght rise in bjo w/shape) ; [OP Impetus] Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (W fwd R outsd ptrt pvtg RF, sd & fwd L contg RF trn arnd M, brush R to L & fwd R) to SCP/DLC ;

09-12 : THRU SEMI CHASSE ; IN & OUT RUNS ; ; THRU SEMI CHASSE ;

09-12 : [Thru Semi chassé 1,2&3] Thru R, sd & fwd L/cl R, sd & fwd L, in SEMI/DLC ; [In & out

Runs] M thru R comm. RF turn, sd & bk L cont.turn to CP, bk R (W fwd L, R betw.M's feet, fwd L) to contra Bjo fcg RLOD ; **Bk L** Trn RF, sd & fwd R betw. W's feet cont RF turn, fwd L to SCP DC (W fwd R turn RF, fwd & sdL cont. turn, fwd R to SCP) ; [**Thru Semi chassé 1,2&3]** Repeat Meas 5 Part A ;

13-16 : NAT.HOV.CROSS w/ SYNCOP ENDING ; ; 2 LEFT TURNS ; - to WALL ;

13-16 : [**Nat.Hov.Cross**] M fwd R comm RF trn,-, sd & bk L cont RF trn (W heel trn), sd & 1,2/&3; fwd R complete RF trn contra SDCR/DW ; [1,2&3] **Fwd L** ckg outside ptrn contra SDCR, rec R slight LF body rotation, sd & fwd L, fwd R LF rotation to contra BJO/DC ; [**2 Left Turns**] Fwd L trng 1/8 LF, sd R cont trn 3/8, cl L ; **Bk R** trng 1/8 LF, sd L cont trn 1/8 to fc wl, cl R ;

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PART B

01-04 : LACE BOX ; ; ; ;

01-04 : [**Lace Box**] Fwd L trng LF to LOD, sd R, cl L to R ; **Bk R** trng LF to COH, sd L, cl R to L (W fwd L,R,L) ; **Fwd L** trng LF to RLOD, sd R, cl L tot R (W fwd R & ½ RF to fc sd L cl R to L) ; **Bk R** trng LF to WALL, sd L, cl R to L ending CP/WALL ;

05-08 : HOVER to SEMI ; WEAVE 6 to BJO ; ; OP NATURAL TURN ;

05-08 : [**Hover Semi**] Fwd L, sd & fwd R, rec fwd L to SCP/LOD ; [**Weave 6 to Bjo**] Fwd R, fwd L comm.LF turn, sd R BJO/DC ; **Bk L** LOD, bk R comm LF turn to contra bjo, sd & fwd L to BJO/DW ; [**OP Natural Turn**] M fwd R, fwd & sd L turn RF, cont sd & bk R to contra bjo backing DW w/rt shoulder lead (W heel turn) ;

09-12 : OVER SPIN TURN BK & L. CHASSE BJO ; ; OP NATURAL TURN ; SYNCOP ZIG ZAG ;

09-12 : [**Over Spin Turn**] Bk L piv ½ RF to fc LOD, fwd R cont RF trn to fc DRW rising on ball of ft leaving L leg extended Bk, rec sd & bk L to CP/DRW ; [**Bk & L.Chasse Bjo**1,2&3] Bk R trng LF to fc Wall, sd LOD L/cl R, sd & fwd L (W sd & bk R) to BJO/DLW ; [**OP Natural Turn**] Repeat

Meas

8 Part B ; [**Sync.Zig Zag** 1,2&3] Bk L trng to CP, sd R/XLIFR (W XRIBL), sd R trng CBJO/RDLC ;

13-16 : HES. CHANGE ; TURN L. & R.CHASSE BJO.; OVER SPIN TURN ; BOX FINISH to WALL ;

13-16 : [**Hes.Change**] Trng upper body RF bk L, sd R contg RF trn, draw L to CP/DLC ; [**Trn L & R chasse Bjo**1,2&3] Fwd L comm LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to end CBJO DRC ; [**Over Spin Turn**] Repeat Meas 9 Part B ; [**Box Finish**] Bk R comm.LF turn, sd L cont turn, cl R to L in CP/DLW ;

ENDING

01-04 : HOVER to SEMI ; THRU PROM. SWAY ; CHANGE SWAY ; REC to a HOVER SCP ;

01-04 : [**Hover Semi**] Repeat Meas 5 Part B ; [**Thru Prom.Sway**] Thru R, rising sd L looking over joined lead hands, -, ; [**Change Sway**] Slowly rotate lf up to an 1/8 trn to look at partner, -, - ; [**Rec to a Hover Semi**] Rec sd R, rise on R, sd & fwd L to SCP/LOD ;

05-07 : SLOW SYNCOP. VINE ; THRU PROM SWAY ; CHANGE SWAY & EXTEND ARMS ;

05-07 : [Slow Sync. Vine12&3] >Music slows< Repeat Meas 2 Part A ; [Thru Prom Sway] Repeat Meas 2 Part ENDING ; [Change Sway & Extend Arms] Repeat Meas 3 Part ENDING and extend the arms ;