

## R E M E M B E R

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Record: Windsor 4696A Rhythm: Waltz (205)853-4616

sequence: Intro-A-B-A-B-Ending

RoundALab Phase Rating: Phase IV S L O W \_ F O R \_ C O M F O R T

## I N T R O

1 - 4 W A I T \_ 2 \_ M E A S ; ; S W A Y \_ L E F T \_ A N D \_ R I G H T ; ;

1-2 (CP/Wall) Wait 2 meas;;

3-4 Sway sd L(leading with L hip),dr R,tch R; Sway sd R(leading with R hip),dr L,tch L;

## P A R T \_ A

1 - 4 H O V E R ; C H A S S E \_ T O \_ S E M I ; C R O S S \_ H E S I T A T I O N ; B K , B K / L O C K , B K ;

1-2 Fwd L,fwd and sd R,rec on L to SCP/DC; Step thru on R,sd L/

cl R,fwd L to SCP/DC;

3-4 Step thru on R,start LF trn on R tchg L,cont trn(W thru on L,

sd R around M trng LF,cont trn cl L to R)Contra Bjo/DRC;

Bk L,bk R/lock LIF of R,bk R;

5 - 8 I M P E T U S \_ T O \_ S E M I ; W E A V E \_ T O \_ B J O ; ; M A N U V ;

5-6 Bk L bringing R to L start RF heel trn,chg wgt to R cont trn,

fwd L(W fwd R pivot RF,sd & fwd L around M cont pivot bring R

ft to L and brush,fwd R)SCP/DC; Fwd R,fwd L trng LF to CP,sd

and bk R(W fwd L,sd and bk R trng LF,fwd L)to Bjo/RLOD;

7-8 Bk L,bk R trng LF to CP,sd and fwd L(W fwd R,fwd L trng LF,sd

and bk R)to Bjo/DW; Manuv on R,sd L,cl R to CP/RLOD;

9 - 12 O V E R \_ S P I N \_ T U R N ; B K \_ C H A S S E \_ T O \_ B J O ; M A N U V ; H E S I T A T I O N \_ C H A N G E ;

9-10 Bk L pivot RF,fwd R cont trn rise on ball of ft,rec sd and bk  
 on L(W fwd R pivot RF,bk L cont trn brushing R to L,fwd R)to  
 CP/DWR; Step bk DC on R,trng slightly LF step sd L/cl R,sd L  
 to Bjo/DW;

11-12 Manuv on R,sd L,cl R to CP/RLOD; 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)to CP/DC;

13 - 16 T E L E M A R K \_ T O \_ S E M I ; I N \_ A N D \_ O U T \_ R U N S ; ; T H R U , F A C E , C L O S E ;

13-14 Fwd L start LF trn,sd R cont trn,sd and fwd L(W bk R start LF  
 trn,heel trn and chg wgt to L,sd and fwd R)to SCP/DW; Fwd R  
 start RF trn,sd and bk L to CP,bk R(W fwd L,fwd R bet M's ft,  
 fwd L)to Bjo/RLOD;

15-16 Bk L trng RF,sd and fwd R bet W's ft cont RF trn,fwd L(W fwd R  
 start RF trn,fwd and sd L cont trn,fwd R)to SCP/DC; Step thru  
 on R,fc ptr and step sd L,cl R to CP/DW;

#### P A R T \_ B

1 - 4 H O V E R \_ T E L E M A R K ; N A T \_ H O V E R \_ F A L L ; S L I P \_ P I V O T ; C R O S S \_ P I V O T T O \_ S  
 C A R ;

1-2 Fwd DW on L,sd and fwd on R with hovering action and trng  
 slightly RF,rec fwd L on toes(W bk R,diag sd and bk on L with  
 hovering action trng RF brush R to L,rec fwd R on toes)to  
 SCP/DW; Fwd DW on R with slight body trn to R,fwd L on toe  
 trng to R with slow rise,rec bk on R(W fwd L,fwd R on toe bet  
 M's ft trng RF with slow rise,rec bk on L)to SCP/DRW;

3-4 Bk L, bk R trng LF,fwd L(W bk R start LF pivot on ball of ft  
 with locked thighs,cont LF trn step fwd L,bk R)to Contra Bjo/  
 DW; Step fwd R outsd ptr trng RF,sd L cont RF trn,sd and fwd

R(W bk L trng RF,fwd R bet M's ft cont trn,sd and bk L)to

Contra SCar/DC;

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5 - 8 F W D , F W D / L O C K , F W D ; D R A G \_ H E S I T A T I O N ; B K , B K / L O C K , B K ; H E S I T A T I O N \_ C H G ;

5-6 With R shoulder lead step fwd L,fwd R/lock LIB of R,fwd R(W

with L shoulder lead step bk R,bk L/lock RIF of L,bk L); Fwd

L trng LF,sd R,dr L to R(W bk R trng LF,sd L,dr R to L)to

Bjo/DRC;

7-8 Bk L,bk R/lock LIF of R,bk R to Bjo/DRC; Bk L trng RF,sd R

trng RF,dr L to R(W fwd R outsd ptr trng RF,sd L trng RF,dr R

to L)to CP/DC;

9 - 12 T E L E M A R K \_ T O \_ B J O ; C L O S E D \_ W I N G ; O N E \_ L E F T \_ T U R N ; H O V E R \_ C O R T E ;

9-10 Fwd L trng LF,fwd and sd R around W cont trn,fwd & sd L(W bk

R start LF heel trn,cont trn chg wgt to L,bk and sd R)to

Contra Bjo/DW; Fwd R outsd ptr,dr L to R,tch L(W bk L,sd R

across M,fwd R)To SCar/LOD;

11-12 Fwd L trng LF,sd R,cl L to CP/DRC; Bk R start LF trn,sd and

fwd on L with hovering action,rec bk R(W fwd L trng LF,sd and

fwd R with hovering action,rec fwd L)to Contra Bjo/DW;

13 - 16 B K , B K / L O C K , B K ; B K \_ W H I S K ; F W D , F W D / L O C K , F W D ; C H A I R , R E C , C L O S E ;

13-14 Bk L,bk R/lock LIF of R,bk R; Bk L,fc ptr step sd R,XLIB of R

(W fwd R,fc ptr step sd L,XRIB of L)to SCP/LOD;

15-16 Fwd R,fwd L/lock RIB of L,fwd L; Chair thru on R,rec to fc

ptr on L,cl R to L(W chair thru on L,rec to fc ptr on R,cl L

to R) to CP/Wall;

ENDING

1 - 2 PROMENADE\_SWAY ; CHANGE\_SWAY ;

1-2 Step sd and fwd L to SCP stretching body upward to look over

jnd lead hands,relax L knee(W sd and fwd R to SCP,relax R

knee); Without wgt chg,chg stretch of body and head position

with upper body rotation; P

ut wgt chg,chg stretch of body and head positio

with upper b

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5-6 With R shoulder lead step fwd L,fwd R/lock LIB of R,fwd R(W with L shoulder lead step bk R,bk L/lock RIF of L,bk L); Fwd L trng LF,sd R,dr L to R(W bk R trng LF,sd L,dr R to L)to Bjo/DRC; 7-8 Bk L,bk R/lock LIF of R,bk R to Bjo/DRC; Bk L trng RF,sd R trng RF,dr L to R(W fwd R outsd ptr trng RF,sd L trng RF,dr R to L)to CP/DC; 9 - 12

9-10 Fwd L trng LF,fwd and sd R around W cont trn,fwd & sd L(W bk R start LF heel trn,cont trn chg wgt to L,bk and sd R)to Contra Bjo/DW; Fwd R outsd ptr,dr L to R,tch L(W bk L,sd R across M,fwd R)To SCar/LOD; 11-12 Fwd L trng LF,sd R,cl L to CP/DRC; Bk R start LF trn,sd and fwd on L with hovering action,rec bk R(W fwd L trng LF,sd and fwd R with hovering action,rec fwd L)to Contra Bjo/DW;13 - 16

13-14 Bk L,bk R/lock LIF of R,bk R; Bk L,fc ptr step sd R,XLIB of R (W fwd R,fc ptr step sd L,XRIB of L)to SCP/LOD; 15-16 Fwd R,fwd L/lock RIB of L,fwd L; Chair thru on R,rec to fc ptr on L,cl R to L(W chair thru on L,rec to fc ptr on R,cl L to R) to CP/Wall;

1-2 Step sd and fwd L to SCP stretching body upward to look over jnd lead hands,relax L knee(W sd and fwd R to SCP,relax R knee); Without wgt chg,chg stretch of body and head position with upper body rotation;

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