

A Moment Lost



Choreographers: Kenji & Nobuko Shibata, Misugidai 2-2-1-512, Hanno-shi, Saitama-ken,
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Music: Casa Musica "Ballroom Fascination" CP-5008 Track #4 Artist: Aidana or
Special CD "Shall We Round Dance 17" available from choreographers

Suggested speed: 28MPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: Waltz VI

Sequence: **Intro A A B A-Modif End**

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Meas

INTRO

1-6 WAIT;; WHEEL RF 3; M WHEEL RF (W INSIDE TRN) TO BJO; IMPETUS TO SCP; SLOW SD LK;

- 1-2 **{Wait}** Wait 2 meas in BJO M fcg RLOD lead ft free;;
3 **{Wheel RF 3}** Bk L small step w/ checking motion leading W fwd comm wheel RF, cont wheel RF fwd R, L (W fwd R comm wheel RF, cont wheel RF fwd L, R) end BJO M fcg DLW;
4 **{M Wheel RF (W Inside Trn) to BJO}** Cont wheel RF fwd R, raising jnd lead hnds to lead W trn LF fwd L, R w/ checking motion (W cont wheel RF fwd L, fwd R spiraling LF under jnd lead hnds, cont trng RF fwd L) end BJO M fcg RLOD;
5 **{Impetus to SCP}** Bk L ptr outside, trng RF on L-heel cl R, cont trng RF sd & fwd L (W fwd R outside ptr comm trng RF, sd & fwd L cont trng RF around M, cont trng RF sd & fwd R) end SCP fcg DLC;
6 **{Slow Sd Lk}** Thru R, sd & fwd L trng body LF, XRIB (W thru L comm trng LF, sd & bk R cont trng LF to fc M, XLIF) end CP M fcg DLC;

PART A

1-4 TELEMARK TO BJO; MANUV; OVERTRN SPIN TRN; R TRNG LK;

- 1 **{Telemark to BJO}** CP M fcg DLC fwd L comm trng LF, cont trng LF fwd & sd R around W (W heel trn LF), cont trng LF sd & fwd L (W sd & bk R) end BJO M fcg DLW;
2 **{Manuv}** Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP M fcg RLOD;
3 **{Overtrn Spin Trn}** Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF bk L twd LOD end CP M fcg RLOD;
1&23 4 **{R Trng Lk}** Bk R w/ R-shoulder lead/XLIF (W XRIB) trng RF to fc almost COH, cont trng RF sd & slightly fwd R btwn W's ft rising to CP, cont trng RF sd & fwd L end SCP fcg DLC;

5-8 SYNC NAT WEAVE; TUMBLE TRN; BK TO HINGE; RISE TO SAME FT LUNGE LINE;

- 12&3 5 **{Sync Nat Weave}** SCP fcg DLC thru R comm trng RF, sd & fwd L cont trng RF to fc DRW/cont trng RF bk R w/ R-shoulder lead, bk L ptr outside (W thru L comm trng RF, cont trng RF fwd R btwn M's ft/fwd L w/ L-shoulder lead, fwd R outside ptr) end BJO M fcg DRW;
12&3 6 **{Tumble Trn}** Bk R trng LF, sd L/fwd R outside ptr comm trng LF, cont trng LF slip L fwd lowering (W fwd L trng LF, sd R/bk L ptr outside comm trng LF, cont trng LF slip R bk lowering) end CP M fcg DRC;
12- 7 **{Bk to Hinge}** Bk R, trng LF to fc WALL sd L, flexing L-knee rotate upper body extending R twd RLOD (W fwd L, trng LF sd R/swiveling LF to fc RLOD XLIB, flexing L-knee extend R fwd twd RLOD);
(W 12&-)
-2- 8 **{Rise to Same Ft Lunge Line}** Rise on L leading W swivel RF, cl R, flex R-knee w/ sway to L (W rise on L swiveling RF to fc M, cl R cont swiveling RF to fc LOD, flex R-knee extending L fwd twd LOD) end Same Ft Lunge Line M fcg WALL (W fcg LOD);

9-14 PICKUP TO TELESPIR TO SCP;; CURVED FEATHER CHECK; OUTSIDE SWIVEL & LILT PIVOT; SLOW R LUNGE; HOLD REC HIGHLINE & SLIP;

- 12- 9-10 **{Pickup to Telespin to SCP}** Same Ft Lunge Line M fcg WALL (W fcg LOD) swivel LF on R
(W &123) picking up W/fwd L comm trng LF, sd & fwd R cont trng LF, sd & bk L twd LOD w/ partial weight
123 (W fwd L trng LF to fc M/bk R comm trng LF, cont trng LF on R-heel cl L, fwd R cont trng LF);
(W &123) Taking full wgt on L spin LF, sd R cont trng LF, cont trng sd & fwd L twd DLW (W fwd L/fwd R comm spinning LF on toe, cont spinning LF cl L, sd & fwd R) end SCP fcg DLW;

PART A (cont'd)

- 11 **{Curved Feather Check}** Thru R comm curving RF, sd & fwd L cont curving LF w/ L-shoulder lead, fwd R outside ptr w/ checking motion (W thru L comm trng RF, cont trng RF sd & bk R, bk L ptr outside w/ checking motion) end BJO M fcg DRW;
- 12 **{Outside Swivel & Lilt Pivot}** Bk L leading W fwd & swivel RF to SCP fcg DRW, thru R trng LF picking up W to CP, cont trng LF on R to fc DLW fwd L (W fwd R outside ptr swiveling RF to fc DRW, thru L trng LF to fc M, cont trng LF bk R) end CP M fcg DLW;
- 2- 13 **{Slow R Lunge}** Flexing L-knee extend R sd & fwd w/ slight sway to L, shift wgt to R comm chg sway to R, cont sway to R looking at W (W flexing R-knee extend L sd & bk w/ slight sway to R, shift wgt to L chg sway to L, cont sway to L looking well L) end R Lunge Pos M's body fcg DLW;
- 23 14 **{Hold Rec Highline & Slip}** Hold extending sway to R, rec L trng upper body RF to fc DRW w/ sway to L looking L, swiveling LF on L slip R bk under body end CP M fcg DLC;
- 15-18 **TELEMARK TO SCP; CONT HOVER CROSS:::**
- 15 **{Telemark to SCP}** CP M fcg DLC fwd L comm trng LF, sd R cont trng LF, cont trng LF sd & fwd L (W bk R comm trng LF drawing L to R, trng LF on R-heel cl L, con trng LF sd & fwd R) end SCP fcg DLW;
- 16-18 **{Cont Hover Cross}** Thru R comm trng RF, cont trng RF sd & bk L twd DLW, cont trng RF strongly on L sd R (W thru L, fwd R comm trng RF, cont trng RF sd L) end CP M fcg DLC; XLIF outside ptr in SCAR, cl R comm trng body RF, cont trng body RF bk L ptr outside (W XRIB ptr outside in SCAR, sd L comm trng RF, cont trng RF fwd R outside ptr) end BJO M fcg DLW; Bk R slightly trng LF in CP, sd & fwd L, fwd R outside ptr (W slightly trng LF fwd L in CP, sd & bk R, bk R ptr outside) end BJO M fcg DLC;

PART B

- 1-4 **OPEN REV TRN; HOVER CORTE; M CHASSE (W ROLL RF) TO SHADOW; SHADOW CROSS HOVER;**
- 1 **{Open Rev Trn}** BJO M fcg DLC fwd L comm trng LF, cont trng LF sd R twd LOD, cont trng LF bk L ptr outside (W bk R comm trng LF, cont trng LF sd L twd LOD, cont trng LF fwd R outside ptr) end BJO M fcg RLOD;
- 2 **{Hover Corte}** Bk R comm trng LF, cont trng LF to fc WALL sd L hovering, con trng LF rec R (W fwd L comm trng LF, cont trng LF sd R hovering, cont trng LF rec L) end BJO M fcg DLW;
- 12&3 (W 123) 3 **{M Chasse (W Roll RF) to SHADOW}** Bk L ptr outside releasing contact, trng RF to fc WALL sd R/cl L, cont trng RF to fc DRW sd R (W fwd R outside ptr comm trng RF, cont trng RF sd L, cont trng RF sd R) end SHADOW Pos fcg DRW; (now same footwork)
- 4 **{Shadow Cross Hover}** XLIF, sd R trng LF on R brush L to R, rec L end SHADOW Pos fcg DLW;
- 5-8 **SYNC VINE TWICE::; M CHASSE TRN (W ROLL RF) TRANS TO CP; BOX FIN;**
- 1&23 5-6 **{Sync Vine Twice}** SHADOW Pos both fcg DLW XRIF/sd L, XRIB, rising on R for slight hovering action sd L; Repeat Meas 5 of Part-B end SHADOW fcg DLW;
- 1&23 7 **{M Chasse Trn (W Roll RF) Trans to CP}** Fwd R leading W roll RF, trng RF 1/4 to fc DRW sd L/cl R, assuming CP bk L (W fwd R comm roll RF, sd L cont roll RF to fc M & DLC, fwd R) end CP M fcg DRW
- (W 123) 8 **{Box Fin}** Bk R, trng LF 1/4 sd L, cl R end CP M fcg DLW;

PART B (cont'd)

- 9-13 HOVER TELEMARK TO SCP; OPEN NAT; OUTSIDE SPIN; DBL RONDE; NAT TWIST TRN TO SCP;**
- 9 {Hover Telemark to SCP} CP M fcg DLW fwd L, sd & fwd R trng RF, sd & fwd L end SCP fcg DLW;
 - 10 {Open Nat} Thru R comm trng RF, cont trn RF sd & bk L, cont trng RF bk R (W thru L, fwd R comm trng RF, cont trng RF fwd L) end BJO M fcg RLOD;
 - 11 {Outside Spin} Bk L small step ptr outside comm trng RF, fwd R cont trng RF to fc DLW, cont trng RF on R sd & bk L w/ checking motion (W fwd R outside ptr comm trng RF, cont trng RF cl L, cont trng RF fwd R w/ checking motion) end CP M fcg RLOD;
 - 12 {Dbl Ronde} Fwd R comm trng RF ronde L CW, cont trng RF on R sd L, cont trng RF XRIB (W bk L comm trng RF ronde R CW, cont trng RF on L XRIB, cont trng RF sd & fwd L) end BJO M fcg DRW;
 - 3 13 {Nat Twist Trn to SCP} Comm twist trn RF 1/2 on both ft, cont twist trn shifting wgt to R, rising on (W 1&2&3) R sd & fwd L (W cont trng RF fwd R outside ptr/comm running around M L, R/L, rising on L sd & fwd R) end SCP fcg DLC;

- 14-17 BIG TOP; CONTRA CHECK REC TO BJO; MANUV; HESITATION CHG;**
- 14 {Big Top} SCP fcg DLC thru R comm spinning LF, cont spinning LF on R XLIB, cont spinning LF slip R bk under body (W fwd L comm spinning LF, cont spinning LF fwd R around M's L-sd, cont spinning LF brushing L to R fwd L btwn M's ft) end CP M fcg DRC;
 - 15 {Contra Check Rec to BJO} Flexing R-knee fwd L across body w/ R-sd lead, rec R comm trng LF, cont trng LF to fc DLW sd & fwd L (W flexing L-knee bk R across body w/ L-sd lead looking well L, rec L comm trng LF, cont trng LF bk R) end BJO M fcg DLW;
 - 16 {Manuv} Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP M fcg RLOD;
 - 12- 17 {Hesitation Chg} Bk L comm trng RF, cont trng RF sd R, draw L to R end CP M fcg DLC;

PART A - MODIFIED

- 1-4 TELEMARK TO BJO; MANUV; OVERTRN SPIN TRN; R TRNG LK;**
- 5-8 SYNC NAT WEAVE; TUMBLE TRN; BK TO HINGE; RISE TO SAME FT LUNGE LINE;**
- 9-14 PICKUP TO TELESPIN TO SCP;; CURVED FEATHER CHECK; OUTSIDE SWIVEL & LILT PIVOT; SLOW R LUNGE; HOLD REC HIGHLINE & SLIP;**
- 1-14 Repeat Meas 1-14 of Part-A;,,,,,,,,,,,,;
- 15-16 TELEMARK TO SCP; CROSS PIVOT TO SCAR;**
- 15 {Telemark to SCP} Repeat Meas 15 of Part-A end SCP fcg DLW;
 - 16 {Cross Pivot to SCAR} Thru R comm trng RF, cont trng RF sd & bk L twd DLW, cont trng RF strongly on L sd & fwd R (W thru L, fwd R comm trng RF, cont trng RF sd & bk L) end SCAR M fcg DLW;
- 17-20 HOVER TELEMARK TO SCP; CONT HOVER CROSS:::**
- 17 {Hover Telemark to SCP} SCAR M fcg DLW fwd L, sd & fwd R btwn W's ft trng RF, sd & fwd L end SCP fcg DLW;
 - 18-20 {Cont Hover Cross} Repeat Meas 16-18 of Part-A;;

END

- 1-4 DBL REV SPIN W TRANS; SPLIT RONDE & SLIP; SLOW CONTRA CHECK & EXTEND::**
- 12- 1 {Dbl Rev Spin W Trans} BJO M fcg DLC fwd L comm trng LF, cont trng LF sd R, spin LF on R to (W 12&3&) fc LOD (W bk R comm trng LF, cont trng LF on R-heel cl L/cont trng LF sd & bk R, cont trng LF XLIF/shift wgt to R) end CP M fcg LOD;
 - 23 2 {Split Ronde & Slip} Lowering on R ronde L CCW comm trng LF, cont trng LF XLIB, cont trng LF (W -2&3) on L slip R bk under body (W lowering on R ronde L CCW comm trng LF, cont trng LF XLIB/cont trng LF sd & bk R, cont trng LF slip L fwd) end CP M fcg DRW;
 - 2- 3-4 {Slow Contra Check & Extend} Flexing R-knee extend L fwd w/ R-sd lead, shift wgt to L looking --- at W, cont roll body up onto L; Extend as music fades out, -, -;