

MOMENTS

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 Music : "Moments" available from Casa Musica Rimini Strings 2"37
 Rhythm/Phase : Waltz Phase V +2(Throwaway Oversway, Traveling Contra Check)
 Footwork : Opposite Unless noted (Woman's footwork in parentheses)
 Timing, 1 2 3 unless indicated, reflects actual weight changes.
 Sequence : INTRO, A, B, C, A(1-14), End

Meas

INTRODUCTION

1-4

WAIT; ROLL 3 to RLOD; X LUNGE & EXTEND; M REC SD W SYNC ROLL LF to BJO

- 1 OP/WALL R ft free for both wait 1 meas;
 2 {Roll 3} Sd & fwd R twd RLOD comm to trn RF, sd & bk L cont RF trn, complete 1 full RF roll sd R both fc WALL;
 1 -- 3 {X Lunge & Extend} Joining trail hands XLIF with flexed knee twd DRW, hold rest of measure extend lead arm out to the side, - ;
 1 - 3 4 {M Rec Sd W Sync Roll LF to BJO} Rec R, hold leading W roll LF, sd & fwd L (W rec R comm trng LF, cont LF trn sd & fwd L/fwd R, fwd L cont slight LF trn/complete 1&1/2 roll sd & bk R) to BJO/DLW;
 (12&3&) ※Option : W can Roll Bk In 3 with 1/2 LF roll (1 2 3)

Meas

PART A

1-8

MANUV; SPIN OVERTRN; R TRNG LK to SCP/DLC; RUNG OP NAT; LF TIPPLE CHASSE to CP/LOD; SLOW R LUNGE; REC HI-LINE & SLIP; TELEMAR to SCP/DLW;

- 1 {Manuv} Fwd R outsd ptr comm RF trn, sd & fwd L cont RF trn, cl R to CP/RLOD;
 2 {Spin Overtrn} Bk L pivot RF, fwd R rising cont trn, bk L twd DC to CP/DRW;
 1&23 3 {R trng Lk to SCP/DLC} Bk R twd DLC with R sd lead comm RF trn/XLIF cont RF to fc COH, with slight left sd stretch cont to trn upper body RF sd & fwd R between W's feet cont to trn RF, fwd L (W fwd L with left sd lead comm to trn RF/XRIB, with slight right sd stretch fwd & sd L staying well into the M's right arm cont to trn RF, fwd R) to SCP/DLC;
 12&3 4 {Rung Op Nat} Fwd R comm RF trn, fwd & sd L cont RF trn/cont RF trn sd & bk R, bk L (W fwd L, fwd R between M's feet/sd & fwd L, fwd R outsd ptr) to BJO/DRW;
 12&3 5 {LF Tipple Chasse} Comm LF upper body trn bk R trning LF, sd L with slght right sd stretch trning LF/cl R, cont LF trn sd & slightly fwd L (W comm LF upper body trn fwd L trning LF, cont trning LF sd R with slight left sd stretch/cl L, cont LF trn sd & slightly bk R) to CP/LOD;
 1 -- 6 {Slow R Lunge} Flex L knee move sd & slightly fwd R keeping left sd in twd ptr and as weight is taken R flex R knee and make slight LF body trn and look at ptr, extend the line,-;
 1 - 3 7 {Rec Hi-line & Slip} Rec L, rollg upper body RF, slip R past L to CP/DLC;
 8 {Telemark to SCP/DLW} Fwd L comm to trn LF, sd R cont LF trn, sd & slightly fwd L (W bk R comm to trn LF bringing L beside R with no weight, trn LF on R heel (heel trn) and chg weight to L, sd & slightly fwd R) to SCP/DLW;

9-16

MANUV; SPIN OVERTRN; L TRNG LK; L WHISK REC SD; SLOW CONTRA CK; HOVER EXIT to SCP/DLW; THRU to L WHISK; UNWIND W SYNC RUN AROUND 5 to SCP/DLC

- 9 {Manuv} Fwd R outsd ptr comm RF trn, sd & fwd L cont RF trn, cl R to CP/RLOD;
 10 {Spin Overtrn} Bk L pivot RF, fwd R rising cont trn, bk L twd DLC to CP/DRW;
 1&23 11 {L Trng Lk} Bk R with right sd lead and right sd stretch/XLIF, bk & slightly sd R starting to trn LF, sd L (W fwd L with left sd lead & left sd stretch/XRIB, fwd & slightly sd L starting to trn LF, sd) to CP/WALL;
 12 {L Whisk Rec Sd} Cross R well behind L to RSCP trng upper body to left, rec L, sd & fwd R to CP/DRW;
 1 -- 13 {Slow Contra Ck} Comm LF upper body trn flexing knees with strong right sd lead ck fwd L in CBMP (W comm LF upper body trn flexing knees with strong left sd lead bk R in CBMP looking well to left), cont extending the line, - ;
 1 - 3 14 {Hover Exit to SCP} Rec R, rise with hovering action brush free L foot to R foot, sd & fwd L to SCP/DLW;

- 15 {Thru to L Whisk} Thru R, sd & fwd L to CP, cross R well behind L to RSCP trning upper body to left;
- - 3 16 {Unwind W Sync Run Around 5 to SCP/DLC} Comm unwinding RF on both feet, cont (1&2&3) unwinding RF shifting weight to R, trning LF fwd L (W rec R comm RF trn/fwd L trning RF around M, fwd R trning RF around M/fwd L trning RF, fwd R) to SCP/DLC;

Meas**PART B****1-8****QK OP REV; HOVER CORTE; BK WHISK; SYNC WHISK; OP NAT; OUTSD****SPIN; R TRNG LK to SCP/DLC; SLOW SD LK;**

- 12&3 1 {Qk Op Rev} Fwd R, fwd L comm to trn LF/cont LF trn sd & bk R, with right sd stretch bk L (W fwd L comm to trn LF, cont LF trn bk R/sd & fwd L, with left sd stretch fwd R outsd ptr) to BJO DRW;
- 2 {Hover Corte} Bk R comm LF trn, sd & fwd L with hovering action, cont body trn, rec R with right sd leading (W fwd L trng LF, sd & fwd R with hovering action cont trng LF, rec L with left sd leading) to BJO/DLW;
- 3 {Bk Whisk} Bk L, sd R rotating upper body RF leading W to whisk, XLIB (W fwd R, sd L, trng RF XRIB) to SCP/LOD;
- 1&23 4 {Sync Whisk} Thru R/left hip trns twd ptr cl L to R in CP, sd R with slight right sd stretch, with right sd strch & slight RF body trn XLIB (W thru L/right hip trns twd ptr cl R to L in CP, sd L with slight left sd stretch, with left sd stretch XRIB) to tight SCP;
- 5 {Op Nat} Fwd R comm RF trn, sd L across LOD, cont RF trn bk & sd R with right sd leadng (W fwd L, fwd R between M's feet, fwd & sd L with left sd leading) to BJO/DRW;
- 6 {Outsd Spin} Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont RF trn bk & slightly sd L (W fwd R around M, cl L to R for toe spin, fwd R between M's feet) to CP RLOD;
- 1&23 7 {R trng Lk to SCP/DLC} Bk R twd LOD with R sd lead comm RF trn/XLIF cont RF to fc COH, with slight left sd stretch cont to trn upper body RF sd & fwd R between W's feet cont to trn RF, fwd L (W fwd L with left sd lead comm to trn RF/XRIB, with slight right sd stretch fwd & sd L staying well into the M's right arm cont to trn RF, fwd R) to SCP/DLC;
- 8 {Slow Sd Lk} Thru R, sd L slightly trn LF, XRIB (W XLIF) to CP/DLC;

9-16**REV FALLAWAY & SLIP; TELEMAR to; THROWAWAY OVERSWAY; HOVER****EXIT SCP/LOD; CURVED FEATHER CK; TIPPLE CHASSE; TRAVELING****CONTRA CK; THRU CHASSE W LF ROLL 3 to SHADOW/LOD;**

- 1&23 9 {Rev Fallaway Slip} Fwd L comm to trn LF/sd & bk R with right sd lead, bk L well under body trng LF in Fallaway POS, cont LF trn slip bk R past L toeing in cont LF trn but keep L ft fwd (W bk R/bk L with left sd lead, bk R well under body trng LF in Fallaway POS, cont LF trn slip L past R fwd L cont LF trn) to CP/DLC;
- 10 {Telemark to} Fwd L comm LF trn, fwd & sd R cont LF trn (W cl heel trn), sd & fwd L;
- - - 11 {Throwaway Oversway} Swyling & relaxing L knee and allowing R ft to pt sd & bk while keeping right sd in twd W and looking at her (W trning LF on R while relaxing R knee and sliding L foot bk under body past R foot to pt bk meanwhile looking well to the left and keeping left sd in twd M), - , - ;
- 1 - 3 12 {Hover Exit SCP/LOD} Rec sd R straight up, rise with hovering action brush free L foot to R foot, sd & fwd L (W fwd & sd L to CP/WALL, rise with hovering action brush free R foot to L foot, sd & fwd R) to SCP/LOD;
- 13 {Curved Feather Ck} Fwd R comm to trn RF, with left sd stretch cont RF trn sd & fwd L, cont upper body trn to right with left sd stretch fwd R outsd ptr (W fwd L comm to trn RF, staying well in M's right arm with right sd strch cont RF trn sd & bk R, cont upper body trn to right with right sd stretch bk L) in BJO/DRW;
- 12&3 14 {Tipple Chasse} Comm RF upper body trn bk L trning RF, sd R with slght left sd stretch trning RF/cl L, cont RF trn sd & slightly fwd R (W comm RF upper body trn fwd R trning RF, cont trning RF sd L with slight right sd stretch/cl R, cont RF trn sd & slightly bk L) to CP/LOD;
- 15 {Travelng Contra Ck} Fwd L using contra body motion with upper body turned to left [with right sd stretch], cl R to L, rising to toes [no sway] fwd L in SCP/LOD [with right sd stretch] (W bk R trning LF, cl L to R, riseing to toes fwd R in SCP/LOD);
- 12&3 16 {Thru Chasse W LF Roll 3 to SHADOW/LOD} Fwd R trning slightly RF, sd L/cl R, trning (123) slightly LF sd & fwd L (W fwd L comm LF trn, cont LF trn sd & bk R, cont LF trn fwd L) to SHADOW/LOD;

Meas**PART C****1-8**

SOLO RF TRNS w/ARMS; to SHADOW/LOD; SHADOW UNDER ARM ROLL fc COH; X & CHASSE; X LUNGE & EXTEND; ROLL BK 3 to SHADOW /DLW; FWD 3; X & CHASSE;

※ Now same footwork thru Part C meas 1-15

- 1 {Solo RF trns w/Arms} Fwd R, fwd L trng RF looping L arm over W's head, cont slight RF trn bk R lower L hands in front of W end M's SHADOW/LOD;
- 2 Bk L joining R hands behind M's bk & releasing L hands, trng RF sd R LOD taking R arms over W's head, cont slight RF trn fwd L releasing R hands and joining L hands to SHADOW/LOD;
- 3 {Shadow Under Arm Roll fc COH} Fwd R LOD, fwd L trng 3/4 RF as L arm loops over W's head, cont RF trn sd & fwd R bringing joined L hands down behind M's bk end TANDEM/COH;
- 12&3 4 {X & Chasse} XLIF, sd R/cl L, sd R;
- 1 - - 5 {X Lunge & Extend} XLIF with flexed knee, extend R arm out twd LOD, - ;
- 6 {Roll Bk 3 to SADOW/DLW} Rec R, trng LF sd & fwd L to RLOD swvlg 1/2 LF as L arm swing up and over W's head blend to SHADOW POS, cont LF trn bk R to SHADOW/DLW;
- 7 {Fwd 3} Fwd L, fwd R, fwd L;
- 12&3 8 {X & Chasse} XRIF, slightly trng LF sd L/cl R, sd L to SHADOW/LOD;

9-16

SOLO RF TRNS w/ARMS; to SHADOW/LOD; SHADOW UNDER ARM ROLL fc COH; X & CHASSE; X LUNGE & EXTEND; ROLL BK 3 to SHADOW/DLW; FWD 3; X & CHASSE W LF ROLL 3 to BJO/DLW;

- 9-15 Repeat Meas 1-7 of Part C
- 12&3 16 {X & Chasse W LF Roll 3 to BJO/DW} XRIF, sd L/cl R, sd & fwd L (W fwd R, fwd L trn 1/2 LF, bk R) to BJO/DLW;
- (123)

Meas**PART A 1-14****1-14**

MANUV; SPIN OVERTRN; R TRNG LK to SCP/DLC; RUNG OP NAT; LF TIPPLE CHASSE to CP/LOD; SLOW R LUNGE; REC HI-LINE & SLIP; TELEMAR to SCP/DLW; MANUV; SPIN OVERTRN; L TRNG LK; L WHISK REC SD; SLOW CONTRA CK; HOVER EXIT to SCP/LOD;

- 1-14 Repeat Meas 1-14 of Part A

Meas**ENDING****1-8**

W ROLL LF M X CK REC PT to LOP/WALL; X & CHASE; X LUNGE & EXTEND; W SYNC ROLL BK M REC SD to BOLERO-BJO; SYNC WHEEL; to CP/WALL; SD to THOROWAWAY OVERSWAY;;

- 1 2 - 1 {W Roll LF M X Ck Rec Pt} XRIF, rec L, pt R twd RLOD (W fwd L twd LOD comm to trn LF, sd & bk R cont LF trn, sd L fc WALL) to LOP/WALL;
- (123) 2 {X & Chasse} XRIF, sd L/cl R, sd L;
- 12&3 3 {X Lunge & Extend} XRIF with flexed knee twd DLW, hold rest of measure extend trail arm out to the side, - ;
- 1 - - 4 {W Sync Roll Bk M Rec Sd to BOLERO-BJO} Rec L, - , sd R (W rec L comm RF trn, cont RF trn fwd R/sd & bk L, cont RF trn fwd R/sd & bk L) to BORELO-BJO/WALL;
- 1 - 3 4 {W Sync Roll Bk M Rec Sd to BOLERO-BJO} Rec L, - , sd R (W rec L comm RF trn, cont RF trn fwd R/sd & bk L, cont RF trn fwd R/sd & bk L) to BORELO-BJO/WALL;
- (12&3&) 4 {W Sync Roll Bk M Rec Sd to BOLERO-BJO} Rec L, - , sd R (W rec L comm RF trn, cont RF trn fwd R/sd & bk L, cont RF trn fwd R/sd & bk L) to BORELO-BJO/WALL;
- 1&2&3& 5-6 {Sync Wheel 2 meas} In BOLERO-BJO comm run around CW fwd L/fwd R, fwd L/fwd R, fwd L/fwd R; fwd L/fwd R, fwd L, sd R to CP/WALL;
- 1&23 5-6 {Sync Wheel 2 meas} In BOLERO-BJO comm wk around CW fwd L, fwd R, fwd L; fwd R, fwd L, sd R to CP/WALL (123;123)
- 1 - - 7-8 {Sd to Throwaway Oversway} Sd & fwd L relaxing left knee and allowing R ft to pt sd & bk while keeping right sd in twd W and looking at her [with left sd stretch] (W sd & fwd R trning LF while relaxing right knee and sliding L ft bk under body past the R ft to pt bk meanwhile looking to the left and keeping left sd in twd M), - , - ; Extend the line, - , - ;
- - -