

PASTORALE

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
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Music : "Pastorale" Time 3:32 Speed : As on Music
Download Casa Musica Album: Secret Garden
Rhythm : WALTZ ph VI Date : August 2022 Ver. 1.2
Footwork : Opposite, directions for man(lady as noted)
Sequence : Intro - A - B - A - Bmod - Ending



Meas INTRO

1~ 8 Low Bfly/RL0D lead foot free for both Wait pickup notes & 1 meas;
Explode Apt; Rec W Roll to Wrap; Roll Out to OP/Wall;
(L foot) X Ck Extend; W Roll Bk to Skaters fc DC; Horse & Cart;
W Insd Roll to Pickup(CP/DC);

- 1-- 1 Low Bfly/RL0D lead foot free for both Wait pickup notes & 1 meas;
1-- 2 {Explode Apt} Sd lunge L twd LOD(W twd RL0D) lead arms circle CCW(W CW),-,-;
(123) 3 {Rec W Roll to Wrap} Rec R lead W LF roll,-,-(W rec L commence roll LF, cont roll
R, L) wrapped fc Wall look at partner;
--- 4 {W Roll Out to OP} Hold lead W roll out,-,-(W sd & fwd R commence roll RF, cont
(123) roll L,R)OP/Wall L foot free for both;
1-- 5 {X Ck & Extend} Ck XLIF of R, extend lead arms,-;
1-3 6 {W Roll Bk to Skaters} Rec R,-, small step sd & fwd(W rec R commence roll LF,
(123) cont roll L,R) blend Skaters/DC;
--- 7 {Horse & Cart} Still skaters weight on L unwind LF,-,-(W runaround LF L/R,L/R,
(1&2&3&) L/R) Skaters/LOD;
1-- 8 {W Insd Roll} Small step fwd R,-,-(W fwd L commence LF trn under left hands,
(123) cont LF trn R,L) blend CP/DC;

9~12 Telespin to; Throwaway Oversway; Link to SCP/DC;

- 123 9-11 {Telespin to Throwaway Oversway} Fwd L commence LF trn, fwd & sd R cont LF trn,
sd & bk L with partial weight(W bk R commence LF turn bring L beside R with no
weight, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
-23 Spin L taking weight to L/cont spin, sd R cont LF trn, sd & bk L(W fwd L/fwd R
(&123) cont LF trn toe spin on R, cl L, fwd R cont LF trn);
--- Swivel LF on L relax knee and body trn left fc DW keeping right sd and point R
bk hold(W swivel LF on R to bring L leg bk under body and extend bk twd DW),-,-;
-23 12 {Link to SCP} Rise on L, cl R to L, SCP sd & fwd L(SCP/DC);

Meas PART A

1~10 Q OP Rev; Rising Lk(CP/DC); Double Rev Spin; Split Ronde
(CP/RDC); Contra Ck & Switch; Nat Hover X; Sync Ending;
Telemark to SCP; Thru Chasse Bjo; Manuv;

- 12&3 1 {Q OP Rev} Fwd R commence LF trn, fwd L cont LF trn/sd R & bk cont LF trn, right
sd stretch bk L twd DC in contra Bjo;
2 {Rising Lk} Bk R commence LF trn lead W pick-up, cont LF trn sd L, cont trn XRIB
of L (CP/DC);
12- 3 {Dbl Rev Spin} Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring
(12&3) L foot under body beside R no weight fc DW(W bk R commence LF trn, cl L to R
heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF
of R);
-23 4 {Split Ronde} Lower on R ronde left leg CCW commence LF trn, cont LF trn XLIB of
(123&) R, cont trn slip bk R(W sd R lower on R ronde left leg CCW commence LF trn, cont
Trn XLIB of R, cont trn sd R/slip fwd L) end CP/RDC;
5 {Contra Ck & Switch} Commence upper body LF trn flexing knees with strong R sd
lead ck fwd L, rec R commence strong RF trn leaving left foot almost in place,
cont strong RF trn rec L soft knees CP/DW;
6 {Nat Hover Cross} Fwd R commence RF trn, sd L cont RF trn, cont trn sd R fc DC(W
bk L commence RF trn, cl R to L heel trn with right sd stretch, cont RF trn sd
L);
12&3 7 {Sync Ending} XLIF of R outsd partner, rec R/sd & fwd L, fwd R outsd partner
Bjo/DC;

- 8 {Telemark to SCP} Fwd L commence LF trn, sd R cont LF trn, sd & slightly fwd L to end SCP/DW(W bk R commence LF trn bring L beside R with no weight, cont LF trn
 12&3 9 {Thru Chasse Bjo} Thru R, sd L/cl R, sd & fwd L Bjo/DW;
 10 {Manuv} Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R to L CP/RLOD; on R heel and change weight to L, sd & fwd R);

11~18 Spin Overtrn; L Trning Lk to Bjo; Nat Prep; Same Foot Lunge; Rec W Swivel to Hinge Line; Hover Telemark(SCP/DW); Chair & Slip; Double Rev Spin(CP/LOD);

- 11 {Spin Overtrn} Cont RF trn bk L pivot 1/2 RF, fwd R between W's feet heel to toe cont RF trn fc RDW, sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF, bk L cont RF trn brush R to L, sd & fwd R);
 1&23 12 {L Trning Lk} Bk R right sd lead/XLIF of R, bk R commence trn LF, cont LF trn sd & fwd L to Bjo/DW;
 12- 13 {Nat Prep} Fwd R commence RF trn, cont RF trn sd & bk L, cont trn fc COH tch R (123) to L(W bk L commence RF trn, cl R without weight cont RF trn(heel trn) wight on R, cont trn fc Wll sd L);
 1-- 14 {Same Foot Lunge} Sd & slightly fwd R with right sd stretch looking R, (W XRIB of L well under body trning body to L and looking well to L),-,-;
 1-- 15 {Rec W Swivel to Hinge Line} Rec L lead W LF swivel,-,-(W rec L swivel LF on L, thru pt R, relaxing L knee head to L,-);
 -23 16 {Hover Telemark} Hold lead W RF trn, sd & fwd R commence RF trn, cont RF trn blend (123) SCP sd & fwd L(W rec R commence RF trn, cont RF trn sd & fwd L, cont trn blend SCP sd & fwd R) SCP/DW;
 17 {Chair & Slip} Thru R relax right knee, rec L commence LF trn, slip R bk cont LF trn on ball of R(W thru L relax left knee, rec R, swivel LF on R fwd L)end CP/DC;
 12- 18 {Dbl Rev Spin} Fwd L commence LF trn, cont trn sd R, spin LF on ball of R bring (12&3) L foot under body beside R no weight fc LOD(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe/sd & slightly bk R cont trn, cont body trn XLIF of R) CP/LOD;

Meas

PART B

1~10 Trn L & R Chasse Bjo; Outsd Chg to SCP; Thru Ripple Vine; Slow Sd Lk; Cked Rev & Slip; Double Nat Spin; Link to SCP; Thru Hover Bjo; Bk & R Chasse; Rumba X(CP/RDW);

- 12&3 1 {Trn L & R Chasse Bjo} Fwd L commence LF trn, cont LF trn sd R/cl L, sd & bk R to Bjo/RDW;
 2 {Outsd Chg to SCP} Bk L, bk R trning LF, sd & fwd L to SCP/LOD;
 12&3 3 {Thru Ripple Vine} Thru R, sd & slightly fwd L with slight left sd stretch/cont left sd stretch into right sway as you XRIB of L looking to right holding sway, sd & fwd L losing sway blending to SCP;
 4 {Slow Sd Lk} Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) CP/DC;
 5 {Cked Rev & Slip} Fwd L, fwd R on toe trning LF cking fwd motion, trning RF rec bk on L cont RF trn to fc DW(W bk R, cl L to R rise to toes trning LF cking bk motion, trning RF slip R fwd to CP cont RF trn) CP/DW;
 12- 6 {Double Nat Spin} Fwd R trning body RF, fwd & sd L cont a RF trn on L foot with (12&3) spinning action, tch R to L Bjo(W bk L trning body RF, cl R to L for heel trn cont RF trn on ball of R/sd & fwd L around M, fwd R outsd partner's right sd) Bjo/DW;
 1-3 7 {Link to SCP} Fwd R commence RF trn, tch L to R cont RF trn, SCP sd & fwd L SCP/DW;
 8 {Thru Hover Bjo} Thru R, fwd L (W LF trn) to Bjo, rec R Bjo/DW;
 12&3 9 {Bk & R Chasse} Bk L commence RF trn, sd R/cl L, sd R CP/RDW;
 1&23 10 {Rumba Cross} Fwd L with left shoulder lead/XRIB of L trning RF on toe, cont RF trn bk L, fwd R(W Bk R, XLIF of R trning RF on toe, cont RF trn fwd R between M's feet pivot, bk L) end CP/RDW;

11~19 Slow Contra Ck; & Extend; Rec to Prom Sway; Chg to Oversway; Fallaway Ronde & Slip; Telespin to;; Throwaway Oversway; Link to SCP/DC;

- 1-- 11-12 {Contra Ck & Extend} Flexing knee ck fwd L(W head to right),-,-;
 --- Upper body LF trn to sway chg,-,-;
 12- 13 {Rec to Prom Sway} Rec R, sd & fwd L twd LOD stretch left sd look over joined lead hand,-;
 --- 14 {Chg Oversway} Relax L knee keeping R leg extended, slight LF trn stretch L sd of body, cont sway & look W(W look L);
 15 {Fallaway Ronde & Slip} Rec R ronde L CCW(W CW), XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R end to CP/DC;
 16-19 Repeat 9-12 of Introduction;;;;

Meas PART Bmod

1~10 Trn L & R Chasse Bjo; Outsd Chg to SCP; Thru Ripple Vine; Slow Sd Lk; Cked Rev & Slip; Double Nat Spin; Link to SCP; Thru Hover Bjo; Bk & R Chasse; Rumba X(CP/RDW);

- 1-10 Repeat 1-10 of Part B:;;;;;;;

11~20 Slow Contra Ck; & Extend; Rec to Prom Sway; Chg to Oversway; Fallaway Ronde & Slip; Telespin to;; Throwaway Oversway; Link to SCP; Slow Sd Lk(CP/DC);

- 11-19 Repeat 11-19 of Part B:;;;;;;;
 20 {Slow Sd Lk} Thru R, sd L lead W pickup, slightly LF trn XRIB of L(W thru L commence LF trn, cont LF trn sd R, cont trn XLIF of R) CP/DC;

Meas ENDING

1~ 8 OP Rev Trn; Outsd Ck; Bk Passing Chg; Rising Lk(CP/DC); Double Rev Spin; Split Ronde(CP/RDC); Contra Ck & Switch; Manuv;

- 1 {OP Rev Trn} In CP fwd L trning LF, cont LF trn sd R, bk L to Bjo fc RLOD;
 2 {Outsd Ck} Bk R trning LF, sd & fwd L, ck fwd R outsd partner Bjo/RDW;
 3 {Bk Passing Chg} Still Bjo bk L, bk R, bk L;
 4- 7 Repeat meas 2-5 of Part A:;;;;
 8 {Manuv} Fwd R(W bk L)commence RF trn, cont RF trn sd L, cl R to L CP/RLOD;

9~12 Explode Apt; Rec W Roll to Wrap; Roll Out to OP/Wall; (L foot) X Ck Extend;

- 9-12 Repeat meas 2-5 of Introduction;;;;

PASTORALE

Choreographers: Takao & Setsuko Ito

Rhythm: WALTZ ph VI
SEQ: Intro - A - B - A - Bmod - Ending

INTRO

- 1~8 Low Bfly/RL0D lead foot free for both Wait pick-up notes & 1 meas;
Explode Apt; Rec W Roll to Wrap; Roll Out to OP/Wall;
(L foot) X Ck Extend; W Roll Bk to Skaters fc DC; Horse & Cart;
W Insd Roll to Pick-up(CP/DC);
- 9~12 Telespin to;; Throwaway Oversway; Link to SCP/DC;

PART A

- 1~10 Q OP Rev; Rising Lk(CP/DC); Double Rev Spin; Spilit Ronde(CP/RDC);
Contra Ck & Switch; Nat Hover X; Sync Ending; Telemark to SCP;
Thru Chasse Bjo; Manuv;
- 11~18 Spin Overtrn; L Trning Lk to Bjo; Nat Prep; Same Foot Lunge;
Rec W Swivel to Hinge Line; Hover Telemark(SCP/DW); Chair & Slip;
Double Rev Spin(CP/LOD);

PART B

- 1~10 Trn L & R Chasse Bjo; Outsd Chg to SCP; Thru Ripple Vine; Slow Sd Lk;
Cked Rev & Slip; Double Nat Spin; Link to SCP; Thru Hover Bjo;
Bk & R Chasse; Rumba X(CP/RDW);
- 11~19 Slow Contra Ck; Chg Sway; Rec to Prom Sway; Chg to Oversway;
Fallaway Ronde & Slip; Telespin to;; Throwaway Oversway;
Link to SCP/DC;

PART A

- 1~10 Q OP Rev; Rising Lk(CP/DC); Double Rev Spin; Spilit Ronde(CP/RDC);
Contra Ck & Switch; Nat Hover X; Sync Ending; Telemark to SCP;
Thru Chasse Bjo; Manuv;
- 11~18 Spin Overtrn; L Trning Lk to Bjo; Nat Prep; Same Fool Lunge;
Rec W Swivel to Hinge Line; Hover Telemark(SCP/DW); Chair & Slip;
Double Rev Spin(CP/LOD);

PART Bmod

- 1~10 Trn L & R Chasse Bjo; Outsd Chg to SCP; Thru Ripple Vine; Slow Sd Lk;
Cked Rev & Slip; Double Nat Spin; Link to SCP; Thru Hover Bjo;
Bk & R Chasse; Rumba X(CP/RDW);
- 11~20 Slow Contra Ck; Chg Sway; Rec to Prom Sway; Chg to Oversway;
Fallaway Ronde & Slip; Telespin to;; Throwaway Oversway;
Link to SCP/LOD; Slow Sd Lk;

ENDING

- 1~8 OP Rev Trn; Outsd Ck; Bk Passing Chg; Rising Lk(CP/DC);
Double Rev Spin; Spilit Ronde(CP/RDC); Contra Ck & Switch; Manuv;
- 9~12 Explode Apt; Rec W Roll to Wrap; Roll Out to OP/Wall;
(L foot) X Ck Extend;