

SPRINT

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Music: Artist: Musica Poesia CD: Casa Musica "Ballroom Classics 4" CM-BC 104 Track #4
Suggested speed: Slow to 28MPM from 29MPM
Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]
Rhythm & Phase: Waltz V+2 (Same Foot Lunge & Fallaway Ronde & Slip)
Sequence: **Intro A B A C A(1-6) End**

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Ver 1.1

Meas

INTRO

1-4 WAIT; SHADOW CHAIR REC SD; CROSS CHECK & EXTEND; W SYNC TRN LF TO BJO;

- 1 Wait 1 meas in SHADOW Pos both fcg LOD R-ft free for both pointed sd L-hnds jnd & extended sd M's R-hnd at W's R-shoulder blade W's R-hnd extended sd;
2 **{Shadow Chair Rec Sd}** Slightly trng body RF on L XRIF twd DLC, rec L, sd R twd WALL;
1-- 3 **{Cross Check & Extend}** Slightly trng body LF on R XLIF twd DLW, hold extending upper body twd DLW, cont extend upper body looking R;
123 4 **{W Sync Trn LF to Bjo}** Bk R, sd & fwd L leading W trn LF releasing L-hnds, fwd R outside ptr (W 12&3) assuming BJO (W bk R, sd & fwd L comm trng LF/cont trng LF to fc DRW sd & bk R, bk L ptr outside) end BJO/DLC;

PART A

1-4 TELEMARK TO SCP; OPEN NAT; BK BK/LK BK; BK TRNG WHISK;

- 1 **{Telemark to SCP}** BJO/DLC fwd L comm trng LF, cont trng LF sd & fwd R around W, cont trng LF sd & fwd L (W bk R comm trng LF, cont trng LF on R-heel cl L, cont trng LF sd & fwd R) end SCP/DLW;
2 **{Open Nat}** Thru R comm trng RF, cont trng RF sd & bk L, cont slightly trng RF to fc DRC bk R (W thru L comm trng RF, cont trng RF sd & fwd R, cont slightly trng RF fwd L) end BJO/DRC;
12&3 3 **{Bk Bk/Lk Bk}** Bk L ptr outside, bk R/XLIF, bk R (W fwd R outside ptr, fwd L/XRIB, fwd L);
4 **{Bk Trng Whisk}** Bk L ptr outside, trng RF sd & bk R small step, cont trng RF XLIB (W fwd R outside ptr, trng RF sd & fwd L, cont trng RF XRIB) end SCP/DLC;

5-8 W SWIVEL TO DEVELOPE; CLOSED WING; DBL REV SPIN; CONTRA CHECK REC SD TO BJO;

- 5 **{W Swivel to Develope}** SCP/DLC swivel LF on L comm rotating upper body LF dragging R bk, cont rotating upper body LF w/ sway to R pointing R bk, extend body w/ sway to R (W swiveling LF on R lift L-knee along R-leg, extend L-toe fwd w/ sway to L looking well L, -);
1-- 6 **{Closed Wing}** Fwd R outside ptr, draw L to R rotating upper body LF, cont rotate upper body (W 123) LF tch L to R (W bk L, sd R IF of M, fwd L outside ptr w/ R-shoulder lead) end SCAR/DLC;
12- 7 **{Dbl Rev Spin}** Fwd L outside ptr comm trng LF, cont trng LF sd & fwd R around W, spin LF on (W 12&3) R to fc WALL (W bk R ptr outside comm trng LF, cont trng LF on R-heel cl L/cont trng LF sd & bk R, cont trng LF XLIF) end CP/WALL;
8 **{Contra Check Rec Sd to Bjo}** Flexing R-knee fwd L w/ R-shoulder lead looking at W, rec R, sd & fwd L (W flexing L-knee bk R w/ L-shoulder lead looking well L, rec L, sd & bk R) end BJO/DLW;

9-12 NAT TRN PREP; SAME FT LUNGE w/ CHG OF SWAY; SD HOVER TRANS TO BJO; OUTSIDE SPIN;

- 12- 9 **{Nat Trn Prep}** BJO/DLW fwd R outside ptr comm trng RF, cont trng RF fwd & sd L around W, (W 123) cont trng RF on L to fc COH tch R to L (W bk L ptr outside comm trng RF, cont trng RF sd & bk R small step, cont trng RF on R cl L to R) end CP/COH (W fcg DRW);
1-- 10 **{Same Ft Lunge w/ Chg of Sway}** Flexing L-knee sd & slightly fwd R leaving L extended sd pointing twd RLOD, extend upper body twd DLC /w sway to R looking DLC, chg sway to L looking L (W flexing R-knee bk R leaving L extended fwd pointing twd RLOD, slightly rotate body LF w/ sway to L looking well L, chg sway to R looking RLOD);

PART A (cont'd)

- 23 11 **{Sd Hover Trans to Bjo}** Comm moving body to L leading W fwd, sd L rising on toe trng body slightly LF, rec R (W fwd L, fwd R rising on toe trng LF to fc ptr, rec L) end BJO/DRC;
(W 123)
- 12 **{Outside Spin}** Bk L small step ptr outside comm trng RF, fwd R cont trng RF, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, cont trng RF cl L, cont trng RF on L fwd R) end CP/DRW;
- 13-16 BK TO L-WHISK; W RUN AROUND; RF TRNG HOVER TO SCP; SLOW SD LK;**
- 13 **{Bk to L-Whisk}** CP/DRW bk R, slight trng LF sd L twd LOD, XRIB flexing both knees looking R (W fwd L, slightly trng LF sd R twd LOD, XLIB flexing both knees looking L) end RSCP/RLOD;
- 14 **{W Run Around}** Comm twisting RF on ball of R & heel of L leading W fwd, cont twist RF, cont twist RF on both ft (W thru R comm running around M, fwd L/R, fwd L) end momentary CP/DLC;
(W12&3)
- 3 15 **{RF Trng Hover to SCP}** Cont trng RF shift wgt to R, rising on R brush L to R, assuming SCP sd & fwd L (W cont trng RF fwd R, fwd L trng RF to fc M rising on toe brushing R to L, assuming SCP sd & fwd R) end SCP/DLC;
(W 123)
- 16 **{Slow Sd Lk}** Thru R leading W trn LF, sd & fwd L, XLIB (W thru L comm trng LF, cont trng LF to fc M sd & bk R, XLIF) end CP/DLC;

PART B

- 1-4 **CURVING THREE STEP; BK TO PROM SWAY; CHG TO OVERSWAY; SD HOVER TO SCP;**
- 1 **{Curving Three Step}** CP/DLC fwd L comm curving LF, fwd R cont curving LF w/ slight sway to L, fwd L cont curving LF to fc DRC w/ slight sway to L end CP/DRC;
- 12- 2 **{Bk to Prom Sway}** Bk R, trng LF to fc WALL sd L twd LOD leading W slightly trn RF to SCP/LOD, sway L looking LOD;
- 3 **{Chg to Oversway}** Slowly chng sway to R flexing L-knee & extend R twd RLOD, -, -;
- 1-3 4 **{Sd Hover to SCP}** Sd R flexing knee, rising on R brush L to R, assuming SCP sd & fwd L (W sd L flexing knee, slightly trng LF to fc M rise on L brushing R to L, assuming SCP sd & fwd R) end SCP/DLC;
- 5-8 CHAIR REC PT; THRU RIPPLE CHASSE TO SCP; JETE PT; FALLAWAY RONDE & SLIP;**
- 12- 5 **{Chair Rec Pt}** SCP/DLC thru R checking, rec L, point R twd DRW;
- 12&3 6 **{Thru Ripple Chasse to SCP}** Thru R, sd & fwd L sway to R/cl R straightening body, sd & fwd L end SCP/DLC;
- 1&-- 7 **{Jete Pt}** Thru R picking up W comm trng LF/rising on R cl L cont trng LF, flex L extending R twd DLC looking R, - (W thru L comm trng LF/sd & fwd R around M cont trng LF to fc M, flex R extending L twd DLC looking L, -) end RSCP/DLC;
- 8 **{Fallaway Ronde & Slip}** Sd R ronde L CCW looking L, XLIB momentary in SCP/DRW, bk R small step under body trng LF 1/4 (W sd L ronde CW looking R, XRIB, swiveling LF on R to fc M fwd L small step btwn M's ft) end CP/DLW;
- 9-12 HOVER TELEMAR TO SCP; THRU CHASSE TO BJO; MANUV; PIVOT 3;**
- 9 **{Hover Telemark to SCP}** CP/DLW fwd L, sd & fwd R trng RF, assuming SCP sd & fwd L end SCP/DLW;
- 12&3 10 **{Thru Chasse to Bjo}** Thru R, sd & fwd L leading W trn LF/cl R, sd & fwd L (W thru L, slightly trng LF to fc M sd & bk R/cl L, sd & bk R) end BJO/DLW;
- 11 **{Manuv}** Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP/RLOD;
- 12 **{Pivot 3}** Bk L comm pivoting RF 1-1/4, fwd R cont pivoting RF, bk L cont pivoting RF end momentary CP/COH;
- 13-16 SD TO EROS LINE; R-LUNGE LINE; REC TO HINGE LINE; RF TRNG HOVER M TRANS TO SCP;**
- 1-- 13 **{Sd to Eros Line}** CP/COH cont trng RF sd & fwd R twd DLC leading W trn RF, extend R-sd of body w/ L-sway, - (W cont trng RF sd & bk L, lift R-leg parallel to floor looking well R, -) end Eros Line/COH;
- 14 **{R-Lunge Line}** Rotate body LF picking up W, flexing R-knee extend L twd RLOD w/ sway to R looking R, -/chng sway to L (W lowering R-leg swivel LF on L to fc M, flexing L-knee extend R twd RLOD w/ sway to L looking well L, -/chng sway to R) end R-Lunge Line/COH;

PART B (cont'd)

- 1-- 15 **{Rec to Hinge Line}** Sd L slightly rising, swivel LF on L flexing knee comm extending R twd LOD, cont swivel LF on L extend R (W sd R slightly trng LF to fc M/cont trng LF cl L, flexing L-knee extend R twd LOD, cont extend R twd LOD flexing L-knee looking well L);
- 1-3 16 **{RF Trng Hover M Trans to SCP}** Sd R comm trng RF leading W fwd, cont trng RF rising on toe brush L to R leading W trn RF, assuming SCP sd & fwd L (W thru R comm trng LF, sd & fwd L around M rising on toe brush R to L, assuming SCP sd & fwd R) end SCP/DLC;
- 17-22 WEAVE 6 TO BJO;; MANUV; SPIN OVERTRN; RF TRNG LK TO SCP; FEATHER TO BJO;**
- 17-18 **{Weave 6 to Bjo}** SCP/DLC thru R, fwd L comm trng LF, cont trng LF sd & bk R (W thru L comm trng LF, cont trng LF sd & bk R, cont trng LF sd & fwd L); Bk L ptr outside, bk R comm trng LF, sd & fwd L (W fwd R outside ptr, fwd L cont trng LF, cont trng LF sd & bk R) end BJO/DLW;
- 19 **{Manuv}** Fwd R outside ptr comm trng RF, fwd & sd L cont trng RF, cl R end CP/RLOD;
- 20 **{Spin Overtrn}** Bk L comm trng RF, cont trng RF fwd R twd LOD, cont trng RF sd & bk L twd LOD end CP/RLOD;
- 1&23 21 **{RF Trng Lk to SCP}** Bk R w/ R-shoulder lead comm trng RF/XLIF cont trng RF to fc almost COH, cont trng RF sd & slightly fwd R btwn W's ft rising momentary to CP, cont trng RF to SCP sd & fwd L (W fwd L w/ L-shoulder lead comm trng RF/XRIB cont trng RF, cont trng RF sd & fwd L around M, cont trng RF to SCP sd & fwd R) end SCP/DLC;
- 22 **{Feather to Bjo}** Thru R, fwd L leading W trn LF, fwd R outside ptr (W thru L comm trng LF, cont trng LF sd & bk R, bk L ptr outside) end BJO/DLC;

PART C

- 1-4 OPEN REV TRN; OPEN FIN TO BJO; WHISK TO SCP; SEND HER OUT TO FC M TRANS;**
- 1 **{Open Rev Trn}** CP/DLC fwd L comm trng LF, cont trng LF sd & bk R, bk L ptr outside end BJO/RLOD;
- 2 **{Open Fin to Bjo}** Bk R comm trng LF, cont trng LF sd & fwd L, fwd R outside ptr end BJO/DLW;
- 3 **{Whisk to SCP}** Fwd L, sd & fwd R, slightly trng RF XLIB end SCP/LOD;
- 12- 4 **{Send Her Out to Fc M Trans}** Thru R checking leading W fwd, rec L releasing hnds, pt R sd & bk R twd RLOD (W thru L, fwd R trng LF 1/2 to fc M, rec L) end FCG Pos/DLW no hnd jnd; (now same footwork)
- 5-8 PASSING CROSS HOVER TWICE;; W INSIDE UNDERARM TRN TO SKATERS; WHEEL W TRN TO FC;**
- 5-6 **{Passing Cross Hover Twice}** FCG Pos/DLW no hnd jnd fwd & slightly across body R w/ arms crossed IF of body, sd & fwd L trng RF arms down comm extending outwards, rec R arms out to sd end Fcg Pos/DRW; Fwd & slightly across body L w/ arms crossed IF of body, sd & fwd R trng LF arms down comm extending outwards, rec L joining R-hnds end Fcg Pos/DLW R-hnds jnd;
- 7 **{W Inside Underarm Trn to Skaters}** Fwd R raising jnd R-hnds to lead W trn LF, fwd L comm trng RF, cont trng RF fwd R to fc RLOD assuming SKATERS Pos (W fwd R comm trng LF 1-1/8 under jnd R-hnds, cont trng LF fwd L, cont trng LF sd & bk R) end SKATERS/RLOD L-hnds jnd & extended sd R-hnds jnd at W's R-hip;
- 8 **{Wheel W Trn to Fc}** Fwd L comm wheel RF, cont wheel RF fwd R leading W trn RF & release R-hnds, cont wheel RF fwd L to fc DLW (W bk L comm trng RF, cont trng RF sd R, cont trng RF to fc DRC sd & bk L) end FCG Pos/DLW no hnd jnd;
- 9-12 PASSING CROSS HOVER TWICE;; W INSIDE UNDERARM TRN TO SKATERS; WHEEL 3 TO SHADOW;**
- 9-11 Repeat Meas 5-7 of PART C end SKATERS/RLOD;;;
- 12 **{Wheel 3 to Shadow}** Fwd L comm wheel RF, cont wheel RF fwd R, cont wheel RF fwd L to fc DLW assuming SHADOW (W bk L comm wheel RF, cont wheel RF bk R, cont wheel RF bk L) end SHADOW/DLW L-hnds jnd & extended sd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd;

PART C (cont'd)

- 13-19 SHADOW OPEN RF TRNS;; M CHASSE (W TRN RF) TO SCP; QK OPEN REV; HOVER CORTE; BK SD CL; R-LUNGE ROLL & SLIP;**
- 13-14 **{Shadow Open RF Trns}** SHADOW/DLW fwd R comm trng RF, sd & fwd L cont trng RF to fc RLOD, bk R; Bk L comm trng RF, sd & bk R cont trng RF to fc DLC, fwd L end SHADOW/DLC;
- 12&3 15 **{M Chasse (W Trn RF) to SCP}** Fwd R, fwd L leading W trn RF/cl R rising, assuming SCP sd & (W 123) fwd L (W fwd R comm trng RF, sd & fwd L small step rising cont trng RF to fc ptr, cont slightly trng RF sd & fwd R) end SCP/DLC; (now opposite footwork)
- 12&3 16 **{Qk Open Rev}** Fwd R, fwd L comm trng LF/cont trng LF sd & bk R, bk L ptr outside (W fwd L comm trng LF, sd & fwd R crossing IF of M cont trng LF/sd & fwd L, fwd R outside ptr) end BJO/RLOD;
- 17 **{Hover Corte}** Bk R comm trng LF, cont trng LF sd L hovering, cont trng LF rec R (W fwd L comm trng LF, cont trng LF sd R hovering, cont trng LF rec L) end BJO/DLW;
- 18 **{Bk Sd Cl}** Bk L, trng RF to fc WALL sd R, cl L end CP/WALL;
- 19 **{R-Lunge Roll & Slip}** Flexing L-knee sd & slightly fwd R looking R w/ R-sway, rec L rotating body RF looking L, swiveling LF on L bk R under body end CP/DLC;

END

- 1-5 SYNC ZIGZAG; CHECK TO QK HOVER CORTE; OUTSIDE SPIN; W RONDE & SYNC CIRCLE VINE; W FLICK SWIVEL TO SAME FT LUNGE LINE;**
- 1&23 1 **{Sync Zigzag}** SCAR/DLC fwd L outside ptr/trng LF sd & bk R end momentary BJO/DRC, bk L ptr outside, trng RF on L-heel cl R (W bk R outside ptr/trng LF sd & fwd L, fwd R outside ptr, trng RF sd & bk L) end SCAR/DLC;
- 1&23 2 **{Check to Qk Hover Corte}** Fwd L outside ptr checking/rec R slightly trng LF, sd & fwd L rising comm trng LF, cont trng LF rec R (W Bk R ptr outside checking/rec L slightly trng LF, sd & bk R rising comm trng LF, rec L) end BJO/DRC;
- 3 **{Outside Spin}** Bk L small step ptr outside comm trng RF, fwd R cont trng RF, cont trng RF on R sd & bk L (W fwd R outside ptr comm trng RF, cont trng RF cl L, cont trng RF on L fwd R) end CP/DRW;
- 1-- 4 **{W Ronde & Sync Circle Vine}** Fwd R btwn W's ft leading W ronde CW, slightly flexing R-knee (W 12&3) comm swiveling RF on R leaving L extended sd, cont swivel RF on R to fc WALL (W bk L ronde R CW, XRIB comm circular vine around M/cont circulating around M sd & fwd L around M, XRIF) end CP/WALL W slightly to his R-sd;
- 5 **{W Flick Swivel to Same Ft Lunge Line}** Rising on R leading W swivel RF, flexing R-knee sway R extending L sd twd LOD, cont extending sway to R looking R (W swivel RF on R flicking L bk, flexing R-knee comm extending L twd LOD w/ sway L, cont extending sway to L looking well L) end SAME FT LUNGE LINE;