

Sam Waltz

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Record: Olivia Newton John's "Back to Basics Essential Collection" CD or available from choreographer

Phase: IV+1 Waltz Opposite footwork except where noted in parenthesis for the woman

Sequence: Introduction A B Interlude A B Ending Release: December 2002

INTRODUCTION

1 - 8 OPEN POS FCG PTR & WALL WAIT;; APART POINT; SPIN MANEUVER; OPEN IMPETUS;
FWD HOVER BJO; BACK HOVER SCP; PICKUP, SD CL;

1-2 In Open pos fcg ptr & wall wait;;

3-4 Trailing hands jnd apart point; Fwd R trng RF, con trn fwd & sd L, cl R to CP RLOD (W spin LF L,R,L);

5-6 Bk L, cl R heel trn (fwd R between M's feet, trng RF sd L arnd M), trng to SCP fwd L; Thru LOD R, fwd L slight rise (W trn LF to BJO), rec R;

7-8 Bk L RLOD, bk R slight rise (W trn RF to SCP), rec L to SCP; Fwd R LOD (W fwd L trng LF to fc ptr), sd L, cl R fc LOD CP;

PART A

1-8 FWD WALTZ; MANEUVER; BACK PASSING CHANGE; BACK UP WALTZ; OUTSIDE CHG SCP;
CROSS PIVOT SCAR; CROSS HOVER SCP; PICKUP TO BFLY;

1-2 Fwd LOD L,R,L; Fwd R DLW trng RF sd L DLW, cl R to fc RLOD in CP;

3-4 In Contra BJO bk RLOD R, L, R; In CP RLOD bk L,R,L;

5-6 Bk L DLC in Contra BJO, bk R blending to CP comm LF trn, fwd L DLW to SCP; Comm RF trn fwd R DLW, sd L cont RF trn, fwd R (W comm RF trn fwd L, fwd R between ptr's feet piv RF, bk L) to SCAR DLC;

7-8 XLIF of R (W XRI B), sd R RLOD with slight rise & slight LF trn, rec L to SCP/DLC; Fwd R LOD (W fwd L trng LF to fc ptr), sd L, cl R to fc LOD BFLY;

9-16 TWINKLE OUT TO WALL; PICKUP, SD CL; TWO LEFT TURNS;; HOVER; WING SCAR; OPEN TELEMAR;
PICKUP, SD LOCK;

9-10 Release trailing hnds step thru L to wall, sd R, cl L; Thru COH R, sd L, cl R fc ptr & LOD CP;

11-12 Fwd L comm LF trn, sd R finish LF trn to fc RLOD, cl L; Bk R comm LF trn, bk & sd L finish LF trn, cl R to DW;

13-14 Fwd L DW, sd & fwd R, rec L to SCP; thru R, draw L to R, tch L to R no wght trng upper body LF (W thru L, fwd R, fwd L around M to SCAR) man fcg DC;

15-16 Fwd L Contra SCAR comm LF trn rising strongly (W bk R toe to heel rising in body only), sd R cont LF trn (W heel trn), trn to SCP DW fwd L; thru R, sd & fwd L rising slightly, lk RIB of L (W lk LIF of R) to CP LOD;

17-18 CHANGE OF DIRECTION; DBL REVERSE SPIN;

17 Fwd L DC, sd R, draw L to R tch L to R;

(12&3) 18 Fwd L, trng LF sd R DLC (heel trn), cont trn tch L (/sd & fwd R arnd M, XLIF) CP fcg DLW;

PART B

- 1-8 DIAMOND TRNS;;; DRAG HESITATION; BK, BK/LK BK; OUTSIDE CHANGE SCP; PICKUP, SD CL:
1-4 Fwd L to BJO DLC, sd R cont LF trn, bk L to fc COH; bk R trng LF, sd L ton trn, fwd R BJO RLOD; fwd L trng LF, sd R ont trn, bk L to BJO wall; bk R trn LF, sd L, fwd R to BJO LOD;
5-6 Fwd L trng LF, sd R blend to Contra BJO, draw L to R fc DRC; bk L, bk R/lk LIF of R (W lk RIB of L), bk R Contra BJO fcg DRC;
7-8 Repeat meas 5, Part A; Repeat meas 8, Introduction;
- 9-20 TWO VIENNESE TRNS;; CHANGE OF DIRECTION; DIAMOND TRNS;;; DRAG HESITATION; BK, BK/LK BK; OUTSIDE CHANGE SCP; WEAVE TO BJO;;
9-10 Fwd L, trng LF sd R DC, XLIF fc RLOD (W cl R); Bk R, trng LF sd L, cl R (W XLIF) fc LOD;
11 Repeat meas 17, Part A;
12-15 Repeat meas 1-4, Part B;;;
16-17 Repeat meas 5, Part B; Repeat meas 6, Part B;
18 Repeat meas 5, Part A;
19-20 Thru R DLC, fwd L comm LF trn, sd R DLC (W fwd L trng LF, sd & bk R DLC still trng, sd & fwd L); Bk L in BJO, bk R in CP trng LF, sd & fwd L (sd & fwd R) to BJO DLW;
- 21-26 CLOSED WING; TURN L, CHASSE BJO; OPEN IMPETUS; MANEUVER; SPIN TURN; BACK BOX;
21-22 Thru R, draw L to R, tch L to R no wght trng upper body LF (W bk L, sd R, fwd L trng LF slightly) to Contra SCAR; Thru L DLC (W bk R) comm LF trn to fc ptr & COH, sd R, cl L/sd R cont LF trn to BJO fcnng RLOD;
23-24 Repeat meas 5, Introduction; Repeat meas 2, Part A;
25-26 Bk L piv RF to fc LOD, cont RF trn fwd R LOD between ptr's feet heel to toe, cont RF trn sd & bk L CP DW; Bk R, sd L, cl R;

INTERLUDE

- 1-3 PROGRESSIVE BOX;; FWD CANTER:
1-2 Fwd L LOD, sd R, cl L; fwd R, sd L, cl R;
3 Fwd L, draw R to L, cl R;

ENDING

- 1-9 FWD CANTER; OPEN TELEMARK; NATURAL HOVER FALLAWAY; SLIP PIV BJO; MANEUVER; OPEN IMPETUS; THRU FACE CLOSE; BOX;;
1-2 Fwd L, draw R to L, cl R; Repeat meas 15, Part A;
3-4 Fwd R DW trng RF in SCP, sd & fwd L DRWin SCP rising on L, bk R end fallaway pos fc DRW; XLIB, bk R trng LF 1/8, sd & fwd L DW; (W XRI B, piv LF on R while slipping L fwd, sd & bk L) end Contra BJO DW;
5-6 Repeat meas 2, Part A; Repeat meas 5, Introduction;
7 Thru R, sd L trng to fc ptr & wall, cl R;
8-9 Fwd L, sd R, cl L; Fwd R, sd L, cl R;
- 10-19 DIP; REC TO SCAR; TWINKLE TO BJO; FWD FACE CLOSE; WALTZ AWAY; WRAP; FWD WALTZ; THRU FACE CLOSE; TWIRL; PICKUP TO HINGE;
10-11 CP wall bk L,,,; Rec R, sd L to wall trng RF 1/4, rec R to SCAR RLOD;
12-13 Fwd L, sd R RLOD trng LF to fc ptr & wall, cl L trng LF to BJO LOD; thru R, sd L fc ptr & wall, cl R;
14-15 Fwd L LOD release lead hnds, fwd R, fwd L; Fwd R, L, R (W roll LF into wrap pos L,R,L);
16-17 Fwd LOD L,R,L; Thru R, release trailing hnds sd L fc ptr & wall, cl R;
18 Sd L, XRI B, sd L trng W under lead hnds (RF trn R, L, R) traveling LOD;
19 Thru R LOD, sd lunge L COH with soft L knee & R leg extended to wall w/toe pointed (thru L

trng LF to fc ptr, sd R COH, hook L bhnd R trng LF slightly extend R leg out w/toe pointed);