

NATASHA

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 Record: Telemark # 937A (Recommend 43 to 44 RPM)
 Sequence: Intro, A, B, A, B, Tag

Measure **INTRODUCTION**

- 1-4 **WAIT 2 MEAS.; HOVER TO SCP; THRU, FAN, RISE/TCH;**
- 1-2 CP fcg DW wait 2 meas.;
- 3 Fwd L, sd & fwd R trng W to SCP, fwd DC L;
- 4 Thru R lower slightly, fan L CW (W fan R CCW), trng Rf rise & clo L fcg DW CP;

PART A

- 1-4 **FWD WALTZ; MANUV; RUNNING SPIN; WEAVE 3;**
- 1-2 Fwd L, sd & fwd R, clo L; Fwd R trn RF, sd L DW, clo R fcg RLOD CP;
- 12&3 3 Bk LOD small step L trng RF, fwd LOD R cont' trn/sd LOD L, bk DC R contra bjo (W fwd R between M's feet trn RF, bk LOD L cont' trn/sd LOD R, fwd DC L);
- 4 Bk DC L, bk R trng LF CP, sd & fwd LOD L contra bjo;
- 5-8 **CK'D NAT. TRN & SLIP; OPEN TELEMAR; SEMI CHASSE'; CURVED FEATHER;**
- 5 Fwd R trng RF, sd L rising to toe trng body to R fcg DRW, slip R bk strong LF trn to CP DC.
- 6 Fwd L trng LF, sd R cont' trn, fwd DW L SCP (W bk R trn LF, clo L for heel trn, fwd R).
- 12&3 7 Fwd R, chasse' sd L/clo R, sd & fwd L SCP;
- 8 Fwd R trng RF, sd DW cont' trn, fwd DRW R check to toe contra bjo (W fwd L, sd & bk R, bk L checking to toe);
- 9-12 **HESITATION CHNG; TRAVEL CONTRA CK; PROGRESSIVE WING; REV. TRN;**
- 9 Bk LOD L strong RF trn, sd DW R slight L sway, draw L to R straighten sway fcg DC CP;
- 10 Relax R knee strong step fwd L across body lead with R shoulder (W bk R well under body), fwd R trng W to SCP, sd & fwd L DC SCP;
- 11 Fwd R, sd L, curve slight LF XRIB high on toes fcg DC (W fwd & arnd M L, R, L to SCar);
- 12 Fwd L DC trng LF, sd across LOD R, clo L fcg RLOD CP;
- 13-16 **TOP SPIN; REV. CORTE; BK WHISK; THRU, SD, LOCK;**
- 12&3 13 Bk LOD R strong LF trn, sd & fwd L cont' trn/fwd R COH high on toe spin LF, XLIB of R DW (W fwd L strong trn LF, sd & bk LOD R cont' trn/bk COH L high on toe spin LF, XRIF of L DW) fc DRC contra bjo;
- 14 Bk DW R trng LF, rise to toe cont' trn bringing L to R no wt, lower to R heel ct 3 (W fwd L trng LF, sd R rise to toe, clo L to R);
- 15 Bk DRC L, bk R, draw L to R rising XIB of R fcg LOD SCP;
- 16 Fwd DC R, sd small step & slightly fwd, XLIB trng LF to CP DC (W fwd L trng LF, sd & bk R XLIF of R);

PART B

- 1-4 **OPEN TELEMAR; NAT. FALLAWAY; BK CHASSE' to BJO; BK TRN, TCH, SWAY (Trans);**
- 1 CP Fwd L DC trng LF, sd R cont' trn, sd & fwd L DW SCP;
- 2 Stay in SCP fwd R DW trng RF, fwd L rise cont' trn, bk LOD R;
- 12&3 3 Bk L, bk R/clo L, bk R contra bjo (W bk R trng LF, sd L/clo R, fwd L);
- 4 Bk L trng RF fc COH CP, teh R to L pressure of toe to floor, sway just slightly to L (W fwd R trn RF fc wall, clo L full wt, sway just slightly R);
- 5-8 **SAME FT LUNGE; DEVELOPE/SWIVEL TO HINGE LINE; OPEN IMPETUS; QK OPEN REV TRN;**
- 5 Continue sway to L (W R) pushing inside edge of R toe twd LOD (W XRIB of L push R toe bk twd LOD) cts 2 & 3 both roll wt to R ft relaxing R knees M looking at W (W looking well to L with slight sway to L);
- 6 M rec wt to L fcg COH (W rec L fcg RLOD), M hold ct 2 as W kick R ft twd RLOD & quickly bring R bk to L knee, M relax L knee as in regular hinge as W swivels LF & points R twd LOD Looking well to L, Straighten L knee (W rec R trng RF stopping between M's feet), take wt to R rising slightly, fwd L DC, SCP (W arnd M L trng RF rise & brush R to L, fwd R DC SCP);
- 12&3 8 Fwd R, fwd L trng LF/sd & bk R LOD, bk L contra bjo (W fwd L trng LF, sd & bk R cont' trn/sd & fwd L, fwd LOD R contra bjo);
- 9-12 **HOVER CORTE; OUTSIDE SPIN; RONDE & SLIP; OPEN TELEMAR;**
- 9 Bk LOD R trng LF, sd & bk L cont' trn, bk R DRC contra bjo (W fwd L trng LF, sd & fwd R rise cont' trn, fwd L DRC contra bjo);
- 10 Bk L small stp toeing in to R heel (W strong step fwd R arnd M trng RF), M strong stp fwd R arnd W rise to toe cont' RF trn (W clo L to R rising to toes), sd L cont' trn fcg DW CP (W fwd between M's feet cont' trn);
- 11 Fwd R between W's feet strong body trn to R leave L extended (W sd L & Ronde R CW), M take wt bk to L (W bk R momentary SCP), slip R ft Bk strong LF trn (W trn LF slip L ft fwd between M's feet) fc DC CP;
- 12 REPEAT MEAS 1 PART B;
- 13-16 **CHASSE' to BJO; MANUV; SPIN TRN; BK, SD, CLO;**
- 12&3 13 Fwd R DW, sd L/clo R, sd & fwd L contra bjo (W fwd L, sd R/clo L, bk R);
- 14 REPEAT MEAS 1 PART A;
- 15 Bk LOD L trng RF, fwd LOD R cont' trn rise to toe, sd & bk L DC (W fwd R between M's feet trng RF, sd & bk L cont' trn brush R to L, fwd R DC);
- 16 Bk DC R trng LF, sd L, clo R fc DW CP;

TAG

- 1-2 **WHISK; THRU, SD, THROWAWAY;**
- 1 Fwd L DW, sd & fwd R rise, XLIB (W bk R, sd & bk L, XRIB trng to SCP DC);
- 2 Thru R DC, sd DC L stretch L side, relax L knee sway slightly R look at W (W thru L, sd R stretch R side, draw L ft bk DW slowly sway & look L);